

Stress, Anxiety & Panic Attacks

Improve your day and your life



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Support to leave anxiety and worry behind

Using hypnotherapy, mindfulness and supporting clients to learn effective self-help techniques I have helped people to move forward in their life, to step away from anxiety and panic attacks and live life with confidence and self-belief.

Are you ready to find ways to leave behind anxiety, stress or panic attacks and live your life with confidence? I am a certified and registered clinical hypnotherapist and mindfulness instructor.



About

It doesn't need to be like this

Positive stress can help in life to reach goals and even feel exciting at times, but life brings challenges, and there are times stress, anxiety or even panic attacks can disrupt day to day life.

We can all feel anxious at times, but when those anxious feelings and thoughts take over it can be exhausting. Maybe you are finding anxiety is even stopping you from doing things you enjoy, making work difficult or causing you to just not be yourself, or the you that you want to be.

There is a way forward. Hypnotherapy can help you to change negative thoughts that lead to anxiety and even panic attacks.



Services & Fees

Anxiety and Stress Relief options available:

Hypnotherapy Appointment £65

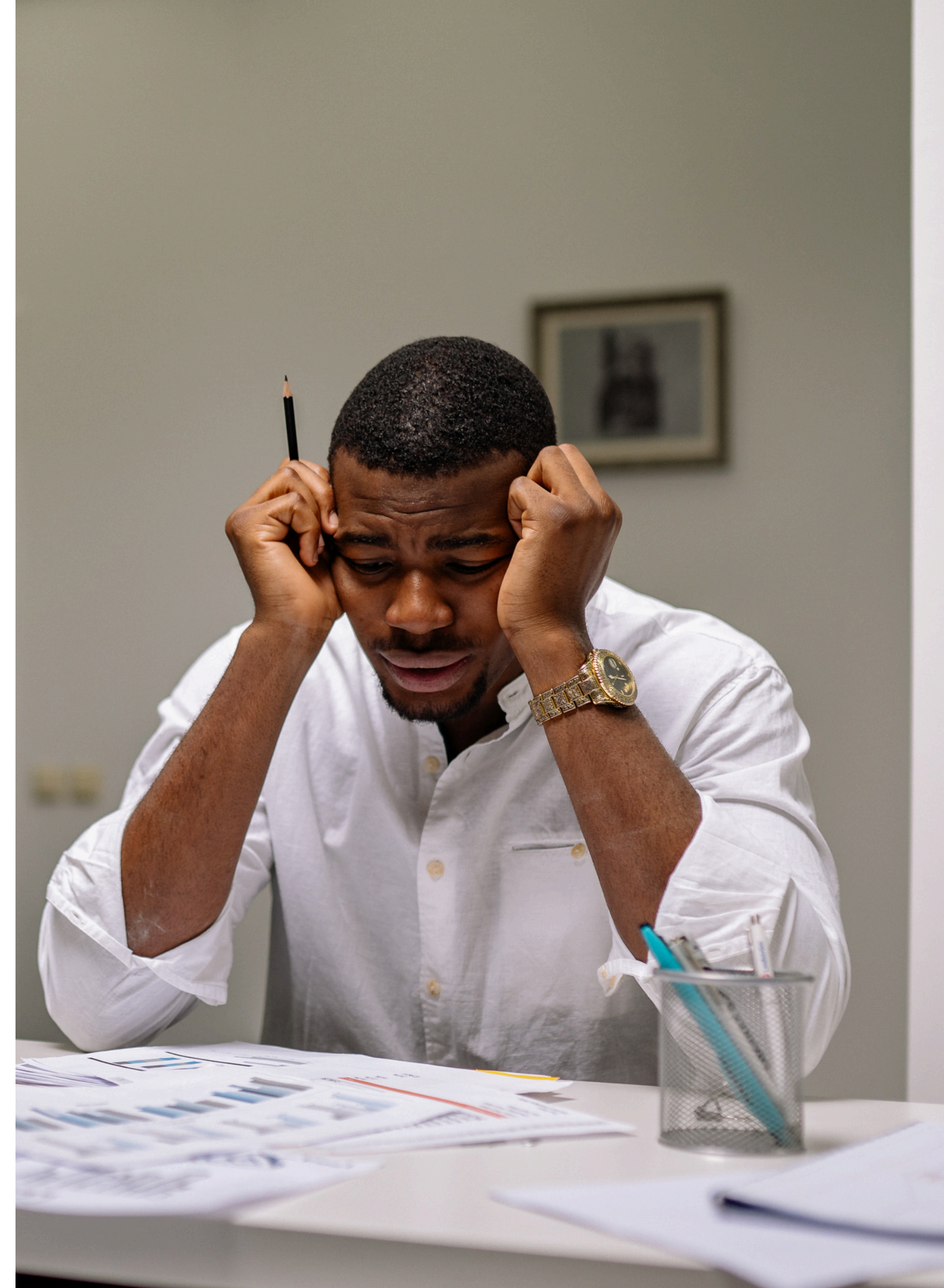
Anxiety & Stress Relief Programme £180

Individualised Anxiety & Stress Relief providing you with practical techniques to help you take control of anxiety, and develop self-help techniques. The programme includes:

- Three personalised hypnotherapy appointments
- Anxiety, its management information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, programme appointments can be taken over an agreed time frame.

10% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

Anxiety & Stress Relief for Groups

Please enquire for details.

Case Study

A case study for a Stress & Anxiety Relief client is available to read [here](#).

Contact Me

For further details or to make a booking:

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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***