

Services as a Mindset Mentor

- **Chronic Pain Management**
- **Coping with Chronic Illness**
- **Calming down the emotional response to pain**
- **Improve sleep + posture.**

Symptoms:

- **Tension headaches**
- **Lower back pain relief**
- **Restless leg syndrome**
- **Relief of constipation**
- **Irritable Bowel Syndrome**
- **General Anxiety Disorder**
- **Stop panic attacks.**

Fears:

- **Fear of pain and emotions**
- **Fear of change**
- **Fear of doctors**
- **Fear of needles and self injection**
- **Fear of crowds**
- **Fear of hospitals**
- **Fear of general anaesthetic**
- **MRI Anxiety**

Self Esteem:

- **Finding your identity**
- **Positive attitude**
- **Resilience**
- **Motivation**
- **Optimism**

Day to Day living:

- **Ask for help.**
- **Remember your medication.**
- **Prepare for surgery.**
- **Overcome hypochondria (fear of illness)**
- **Overcoming Agoraphobia**
- **Cure Needle Phobia**
- **Try new things.**
- **Living in the moment**