Hypnotherapy Center

Anxiety and low mood â holistic support guide
Free complementary guide â Hypnotherapy Center

Support prompts (optional)
1. Name one pressure that feels loudest today.
2. What has helped even 5% on a hard day before?
3. Who can you tell without needing to perform strength?
4. What is one kind action toward your body today?
5. If low mood or anxiety worsens, who is your next professional contact?

Complementary support only â not medical advice, diagnosis, or a cure.
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