

Relaxation and Creative Visualisation for weight loss

- **How Relaxation Techniques can assist you**
- **How Creative Visualisation and Positive Affirmations can help your motivation with weight loss.**
- ***The Chooz to Looz* 'Relaxation and Creative Visualisation for Weight Loss' CD**
 - Tell me more?
 - How can I purchase?
 - Tell me about the Special **FREE*** Healthy Book with CD OFFER

More about Relaxation Techniques (as a form of relaxation)

Using a relaxation technique is a way to cope with stress when it strikes. Today, more than 100 years ago, we suffer more tension and change in our lives and the pace of living has got faster. In addition, the ability to relax is not greatly valued in our society. In fact, our society generally values people who are 'on the ball' constantly and much of our social and leisure activities are in fact concerned with maintaining our image or are competitive and often not relaxing at all.

For some people, food is an excellent 'tranquilliser.' Many people find that they can stop these uneasy feelings from mild anxiety or worry, by eating. They may not be consciously aware that they are doing this, but have found simply a way to feel better by eating.

Learning relaxation techniques makes one concentrate on the body. Repeated use of this puts one more in touch with ones body. **This increased awareness, combined with being taught to think about whether one could be actually hungry, can improve this aspect of not understanding, clearly, what the body is saying.** Relaxation can also aid headaches, muscular aches and pains, high blood pressure, ulcers, asthma and a general worried state. It can also be very useful before and after difficult situations, eg: Like when meeting new people, an unpleasant encounter, or talking in front of a group of people.

Relaxation techniques are really quite simple and easy to learn, but you will need to practice regularly, if you want to effectively relax at will. Ideally, try to practice them every night before you go to sleep and at any other time you think of, especially when you are aware that you **want food because you are tense, worried or tired and that you know you are not hungry.**

4 Essential Features for Learning Relaxation Techniques

There are 4 essential features for learning relaxation techniques...

- (1) **QUIET ENVIRONMENT** - Quiet, not necessarily noise free, but a place where you will not be disturbed, and you can close your eyes.
- (2) **A COMFORTABLE POSITION** - To reduce muscle tension. Sitting comfortably is ideal or you may like to lie down (be careful not to fall asleep as this is a different process and the benefits of relaxation will not be fully obtained).
- (3) **A PASSIVE ATTITUDE** - Try not to let outside thoughts distract you, just come quietly back to the practice as soon as you are aware of it.
- (4) **A MENTAL DEVICE** - This assists in taking the mind away from usual pre-occupations.

Examples of Mental Devices include:

- To concentrate fully on your body's breathing processes;

- To repeat a sound, word or phrase silently or aloud;
- To put the awareness on a body point (eg: Between eyebrows or the tip of the nose);
- To move the awareness all around the body from point to point;
- To visualise the details of a favourite pleasant and restful place; or
- To listen to some favourite, relaxing music.

When you have practiced some of these practices outlined above, you will find you will get to the point where you can apply them easily in stressful situations even with your eyes open.

More about Creative Visualisation and Affirmations

Our **self-image** is the controlling factor in how we behave because we must act as we see ourselves to be. For example, if you see yourself as a poor public speaker you will stutter, stammer or be nervous during your speech.

The mind works on two different levels, the conscious and the subconscious, but these two parts of the mind are not operating independently from each other. By programming the subconscious with **positive 'self-talk' (or affirmations)**, that is what you say to yourself about you, you can modify your current self image which will then control your success. Affirmations are the messages we give ourselves until we believe our 'self-talk.

Your self image was built up over years from your 'self-talk.' It is the accumulation of all thoughts, attitudes and opinions that you have perceived and stored about yourself. Your attitudes and habits got into your subconscious by what you constantly said to yourself.

The subconscious does not know the difference between something that is real and something we imagine to be real. The result is that once a vividly imagined experience is recorded in the subconscious we are stuck with it until we choose to displace it. **If you choose to make changes in your 'self-image' you can use positive 'self-talk' to create a new subconscious picture of yourself** and this will bring about the changes you desire. When we begin to believe our 'self-talk' then we begin to act it out. When we act the 'self-talk' long enough, it becomes a new habit. **All meaningful and lasting changes start first in our imagination and then work their way out into reality.**

MOTIVATING YOURSELF

Using weight loss as an example:

If you want to lose weight you must know the advantages of achieving you ideal weight. **You must imagine yourself at your ideal weight**, see yourself acting, thinking, walking, talking and living as a slim person.

Your subconscious will then direct you so that your conscious mind obeys and goes into action making you live, breath and act like a slim person. You are reprogramming yourself for success; the power is already within yourself.

In order to change your weight, your self image must change first. All growth starts first on the inside of us and works its way out, thus **you must think slim in the mind before you can be slim in the body.**

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Chooz to Looz 'Relaxation and Creative Visualisation for Weight Loss' CD

ABOUT THIS CD

- ◆ The first part of this **chooz to looz™** CD begins with a practical relaxation exercise for **deep muscle relaxation**. You will be taken through this exercise by Caron Milham, progressively relaxing and tensing the major muscle groups of the body. Soothing background **'sounds of nature'** accompany this recording. The session finishes with some **deep breathing exercises** and a **'Quick Release' relaxation technique** that you can use any time when confronted with a stress inducing situation.
- ◆ The second part of this **chooz to looz™** CD is an exercise in **Creative Visualisation for weight loss**, where you will **imagine yourself at your ideal weight**. This will **help program your subconscious mind** which will, in turn, influence your conscious mind and hence, your actual behaviour, and ultimately, your weight (particularly if you practice regularly). If you want to lose weight, you must know the advantages of achieving your desirable weight. You must imagine yourself already at your ideal weight, and see yourself acting, thinking, walking, talking and living as a slim person. **Your subconscious mind will then direct you** so that your conscious mind obeys and goes into action, making you live, breath and act like a slim person. You will be **reprogramming yourself for success**. **In order to change your weight, your self image must change first**. All growth starts on the inside of us and works it way out, thus **you must think slim in the mind before you can be slim in the body**. Caron Milham will be taking you through this visualisation, accompanied by **varying, soothing, relaxing nature sounds**, including a variety of bird calls and sounds of waves breaking on to the shore.

HOW TO PURCHASE

This **CD** runs for 40 minutes and is **available** at our **clinics** or from this website **www.milhamdietitians.com** for **\$24.95**.

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Special FREE OFFER

We will send you either a **complimentary copy** of the **best-selling Australian Healthy Cooking Guide** or the **best-selling Australian Healthy Shopping Guide** with your **Chooz to Looz** CD purchase. Just send us an email letting us know which book you would like following your purchase.

Note: RRP. (Registered retail price) of each guide is \$24.95.

