

# TRYING NEW THINGS FOR HEALTH & WELL-BEING: SCARY OR NOT?

By Heather Rodriguez

I have heard people talk about how we have the luxury to focus on ourselves and our growth. On one hand that may be somewhat true, on the other is the fact that we only do if we make time for it and we decide what to do. There are thousands of things that are out there for self improvement. It can be overwhelming and that feeling alone can cause many of us to procrastinate and just put it off.

When thinking about trying something new for your self-growth/health have you ever thought or felt like any of these?

'I don't want to open that can of worms!'

'I am afraid of what I might see or find out if I delve deeper into myself!'

'I know I have some work to do but I don't know where to start.'

'There are so many workshops and health modalities to pick from and I don't know which one is best for me.'

'But can that work for me?'

These reasons and more - like not having enough time or not wanting to spend the money - are all part of how our minds get in the way, and make excuses to stop us from changing. It seems strange that our own minds would not want us to feel better!

But, in our minds we have developed habits based on our survival needs and while keeping us safe in 'status quo', it also means that we hold beliefs that came to be as a result of past experiences. The knowledge we have is based on what we have done and not what we have YET to do.

Here's the thing. Even if the talk or workshop you attend or the session you try only gives you a fresh perspective, a little more energy or the knowledge that it is, or isn't for you... It is worth it! Why?

Because it also has the possibility to be life-changing, to change the way you feel forever about something, and to get you well on your way to supporting



you to make the changes for yourself, step by step. At the same time, you meet like-minded people that care about your well-being along the way.

Even with something like hypnotherapy, which is more profound and can be a deeper and more changing experience, it will never be more than you can handle or want to see. That is the beauty of real healing - you will receive what you are ready for and what you need when you need it!

If you have had a feeling about something that you have been wanting to try, just do it! The experience alone will allow you to let go of things known and unknown and continue to open doors to awareness, acceptance, and truly help you to discover your greatness.

To learn more about Hypno Heather and the upcoming events and workshops she offers, go to [hypnoheather.com/events/upcoming-events/](http://hypnoheather.com/events/upcoming-events/) or check out her facebook page Hypno Heather.



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## Hypnotherapy for....

- Weight Loss
- Anxiety & Depression
- Fears & Phobias
- Self Love & Confidence
- Better Relationships
- Quitting Smoking
- Sleep Issues
- Menopause Grievances
- Business goals
- And much more...

### Why not try hypnosis?

**It's easier to be hypnotized than you think.**

What have you got to lose except some bad habits or a few pounds?



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