# Leveraging Hypnosis to Enhance Your Downtime

Are you feeling stressed? Do you grind your teeth? Or maybe you want to quit smoking or lose weight but you keep failing with your efforts. Hypnosis offers a solution to your problems, allowing you to change your behavior with the power of your mind.

## What Is Hypnosis?

Hypnosis is a mental and physical state of complete relaxation where the subject is highly susceptible to words spoken by a hypnotist who guides the session. It's very similar to reaching a state of deep meditation.

## What Can I Expect in a Hypnotherapy Session?

Hypnotherapy doesn't involve putting you to sleep. It's nothing like the stage stuff you've seen where hypnotists turn subjects into barking dogs on command. During a hypnotherapy session, you're fully conscious and aware of yourself and your surroundings.

The person leading the hypnosis aims to help you transition into a highly relaxed state. Your brainwaves change when you're calm and comfortable, making you more suggestible. Every fiber of your being feels light and relaxed, and your mind is open to what the hypnotist is saying. You can understand what they're saying to you, and you can break the state any time you wish.

When you enter the fully hypnotized state, the hypnotist will start reading a script, and you start playing with visualizations in your mind. The script can be for anything, from stress relief to quitting smoking. The session can last anywhere from 15 minutes to an hour.

After finishing the script, the hypnotist gradually wakes you up. It takes time for your senses to restore to full function, but you'll feel calm, relaxed, and stress-free when they do.

## Do I Need to Visit a Hypnotherapist?

There are many hypnotherapists offering local services in countries around the globe. However, you don't need to go through the hassle of battling traffic and parking to visit your hypnotherapist's office. Skip the hassle and do it from home. YouTube has thousands of hypnosis videos in all categories.

Find a channel you like and try one of the guided hypnosis sessions yourself. Some hypnotists layer their script with binaural beats to help your brain relax and tune into the optimal receptive state. Chances are you'll find the results are amazing, and you'll be doing hypnosis every day!

You don't need professional guidance to enjoy the power of hypnosis and its benefits in your life. This DIY method gives you the same results, and you have it available on demand.