

- Karen Lazarus: Hypno4Children Practitioner and Cognitive Behavioural Hypnotherapist
- Works with children from age 5 through to adults on range of fears, habits, anxieties
- Works with Students for Study calm sessions to get them in the Zone
- An overview of techniques for parents/carers to create a positive mindset around your child's studies and have some tools to use



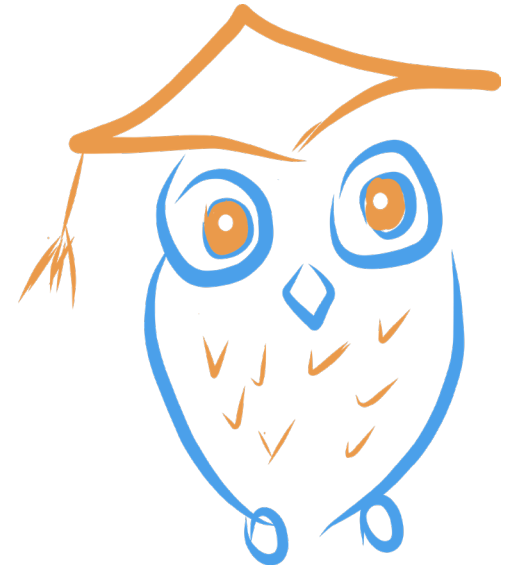
**To discuss any Study Calm related enquiries or how Karen can help with any other fears, habits, phobias or anxieties please get in touch:**

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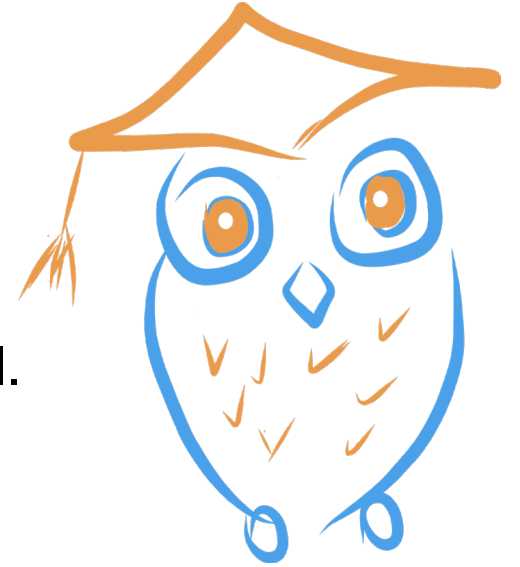
# Understanding Thoughts And How They Create Our Reality: Summary

- We have a Conscious and a Subconscious mind.
- Your child's thoughts create an immediate change in how their body feels eg if they think negatively around exams then this can cause anxiety
- Their feelings create beliefs about themselves
- If we are stressed this can make us panic/minds go blank
- **Good news: We/ they have a re-set button to bring us back online**



# Techniques to try

- Our breath is the natural way to calm and sooth yourself.
- Affirmations are positive words / phrases to feel good.
- Delete out unhelpful “Junk Mail” send themselves good messages.
- Use their senses to “Anchor” good feelings
- Tapping can help their energy flow positively.
- Setting up an internal MindSafe helps to retrieve learning in an exam hall.
- Closing thinking tabs / apps clears their mind for sleep
- Use superman pose before exams
- Reduced stress levels improve sleep, health, wellbeing & overall performance.



# Summary

- Use techniques and help them do things that you know makes them feel good
- Some days they will be on top of things and feel confident, enjoy those days
- Some days they will doubt themselves , and that is normal too, it's human nature. Help them Practice self-kindness, and be there with supplies when they need
- Calm is contagious and so is panic ( take a breath, lower tone, relax shoulders before checking in)
- **Keep calm and remember that they are the Captain of this ship- our role is to be the crew, and to help navigate and regulate, but they are driving.**