



A CALMER MIND · A BRIGHTER TOMORROW

A Clearer Head, a Stronger You

Confidential hypnotherapy for men's health, confidence and wellbeing

Strictly confidential. No judgement. Many men carry stress, pressure and worry quietly, until it starts to show in their sleep, focus, confidence or relationships. Taking the first step is often the hardest part. Here you can talk openly, at your own pace, and work on the part that lives in the mind: **the habits and patterns** that keep you stuck.

How Clear Horizon Helps

1

A Private First Conversation

We talk about what you would like to change, in confidence and at your own pace. You only share what you are comfortable sharing.

2

A Plan Built Around You

Together we set clear, realistic goals, whether that is calmer nerves, better sleep, more confidence or following through on your health.

3

Focused Hypnotherapy Sessions

In a relaxed, focused state we work on the stress, self-talk and automatic patterns behind the problem. You stay awake and in control throughout.

4

Tools You Keep

Simple self-hypnosis and reset techniques to use between sessions and long after, plus follow-up support whenever you need it.

Already seeing a doctor? Good. Hypnotherapy works alongside medical care, never instead of it. Keep following your doctor's advice and any treatment you are receiving.

What You Can Look Forward To

Calmer under pressure

Less worry, and more headspace for what matters.

Confidence that lasts

At work, at home and in the moments that count.

Better sleep

Switching off at night and waking up more rested.

Back in control

Following through on the goals you set yourself.

ONLINE SESSIONS

Secure · Convenient · From anywhere

FACE-TO-FACE SESSIONS

Available by arrangement

Questions to Ask Yourself

Change starts with noticing. Take a quiet moment to consider:

- When did I last feel properly rested and clear-headed?
- What am I worrying about that I have not told anyone?
- Is stress showing up in my sleep, temper, drinking or energy?
- Where has my confidence slipped: at work, at home or in my relationship?
- What have I been putting off that I know would help?
- What would I change first if I knew I could?

A 60-Second Reset: CLEAR

- C** **Calm your breath.** In slowly for four, out even more slowly for six. Repeat three times.
- L** **Loosen your body.** Drop your shoulders, unclench your jaw and let your hands go soft.
- E** **Ease the thought.** Notice the worry, name it, and let it pass as just a thought.
- A** **Anchor yourself.** Feel your feet on the floor and notice the room around you.
- R** **Refocus.** Ask yourself one question: what is the most useful thing I can do next?

Our Promise to You

Reaching out is a big step. Here is what you can expect from every session:

- **Strictly confidential.** What you share stays between us. Your details are never passed on.
- **No judgement.** Whatever brings you here, you will be met with respect, not opinions.
- **Your pace.** You decide what to talk about, and when. Nothing is forced.
- **You stay in control.** Hypnosis is relaxed, focused attention, and you are aware throughout.
- **Discreet and convenient.** Online sessions from home, or face-to-face by arrangement.
- **Works alongside your doctor.** Non-medical support that never replaces medical care.

See Your Doctor First If You Notice...

Chest pain or breathlessness, especially with exertion	New symptoms that are unexplained, worsening or persistent	Changes in energy drive or performance that are new to you	Low mood that lasts longer than two weeks	Poor sleep heavy snoring, or waking unrefreshed for weeks	Thoughts of self-harm Call SADAG on 0800 567 567, day or night
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Confidentiality applies except where the law requires disclosure or someone is at serious risk of harm.

Take the first step today

Book a private first conversation with Clear Horizon Hypnotherapy
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