



JEANETTE FOLEY

# STOP SMOKING

STRATEGIES FOR SELF-HYPNOSIS  
AND QUITTING SMOKING



**LOS ALTOS HILLS HYPNOSIS**  
JEANETTE FOLEY, PROFESSIONAL HYPNOSIS

[www.LosAltosHypnosis.com](http://www.LosAltosHypnosis.com)

## A Self-Hypnosis Strategy That Can Help You Feel Calm Relax With Self-Hypnosis and Feel Your Stress Melt Away

Like most people, you probably have more stress and anxiety than you want in your life. Stress and anxiety are phenomena everyone has to deal with on a regular basis.

***With self-hypnosis, you can take back control of your emotions and your life.*** It can take some time to master, but it's well worth the effort involved. It's a great tool to have at your disposal.



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### Use these 5 simple steps to reduce stress with self-hypnosis:

- 1. Turn off everything that could be disturbing or distracting.** Turn off your phone, computer, TV, stereo, and everything else. Peace and quiet are necessary so you can fully relax.
- 2. Get comfortable.** Find a body position that will allow you to fully relax, but not fall asleep. Sitting in a comfortable, but supportive, chair works well for most. You might feel a little cold as you relax deeply, so a light blanket might be good to have on hand.
- 3. Close your eyes and imagine you're floating in a pool of warm water.** You can feel the warmth fully penetrating every part of your body. Your body is so relaxed and your mind is so calm.
- 4. Imagine a chalkboard floating a comfortable distance in front of you.** Imagine holding a new and perfect piece of white chalk. It's large and comfortable in your hand. In your other hand, you have a brand new eraser that always works perfectly.
  - Start by writing the number 100. Then erase it and feel your body becoming more relaxed. Continue writing, erasing, and relaxing until you've counted down all the way to the number 1.
  - If you lose track, go back to the last number you remember and start over there. It's challenging to stay on task and not have your mind wander.
- 5. Now picture a door.** It's a perfectly handcrafted wooden door. It's slightly rough and warm to the touch. The door opens easily, and on the other side you find your ideal environment. It might be a beautiful beach, a meadow by a mountain lake, or a beautiful garden. It's your space, so make it whatever is pleasing to you.
  - Enter this perfect space and make it even more perfect. Add or subtract trees. Are there birds? Add whatever items, sounds, and feelings you require to make the space as perfect as possible.
  - Remember that you can do whatever you want here. Take the time to create the ideal setting that feels the most peaceful to you.
  - Enjoy this space for as long as you like. ***As a general rule, the more time you're able to spend in this perfect, imaginary space, the longer you'll be able to maintain the feeling of relaxation.***
  - It might be a good idea to set an alarm if your time is limited. That way, you won't be worried about the time or be late for something if you fall asleep.

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*It's important to practice your self-hypnosis during times of mild stress and anxiety.* The technique will then be more available to you during times of greater stress. Self-hypnosis is a great technique. If you learn how to use it, that stress will indeed melt away.

**Does stop smoking hypnosis work? Absolutely!**

**It works by changing your mind and changing your experience.**



**Hypnosis can help you to:**

- Quit with resolve and give up self-doubt
- Teach you how to stop cravings and overcome withdrawal
- Replace the habit of smoking with healthy habits
- Find ways to create calm and handle stress
- Overcome mental blocks to lasting change

You can schedule a free consultation with Jeanette Foley at [www.LosAltosHypnosis.com](http://www.LosAltosHypnosis.com) and discover how hypnosis can help you quit smoking!

## **How to Get Through Your First Day When You Quit Smoking with Hypnosis**

You may find the anticipation of quitting challenging when you're ready to quit smoking, but the benefits to your health and wellbeing make all the effort worthwhile.

As soon as you complete your stop smoking hypnosis session you will be off to a good start by doing everything you can to make the initial hours go by with feeling of joy and contentment

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## Some of these strategies can help you prepare to quit:

1. **Keep your mouth busy.** Oral satisfaction is a key reason why people smoke. *Switch to harmless alternatives like drinking water, chewing sugar free gum, and munching on low calorie snacks.*
2. **Occupy your hands.** While you're at it, give your hands something else to do, too. Knit a scarf or play computer games.
3. **Sleep more.** Take a nap. *Cravings are a lot less noticeable when you're asleep and you'll still be getting the nicotine out of your system.*
4. **Engage in physical activity.** On the other hand, exercise is also beneficial. Aerobic exercise causes your body to release endorphins that enhance your mood.
5. **Any day is a good day to quit smoking.** A lot of people wait for the perfect stress-free day to quit smoking. The reality? Life is full of stressors. Any day is a good day. Hypnosis will show you how to handle stress in new ways, and you should schedule as soon as you can so you can reduce the stress caused by smoking.
6. **Set short term goals.** Take it one day at a time or even a minute at a time. Reassure yourself that any cravings are temporary and that the tools of hypnosis can give you solutions to making any cravings disappear.
7. **Breathe deeply.** Inhaling deeply is another pleasure that you may connect with smoking. Take a break and focus on your breath instead of lighting up.
8. **Practice relaxation techniques.** Increased irritability is typical for a while when you give up smoking. Practice meditation or listen to instrumental music.

## Manage Your Triggers

1. **Limit alcohol consumption.** Alcohol can *weaken your willpower*. Skip the cocktails and take a walk after work.
2. **Get away from the table.** Smoking after meals may also be a habit. Head out for a walk rather than lingering around the dinner table.
3. **Think about your morning cup of coffee.** Treat yourself to something different if you often smoke while drinking coffee. Brew a cup of green tea instead and sample a new breakfast cereal.



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## Additional Suggestions

1. **Reward yourself.** Remind yourself of the advantages ahead. Plan on what you'll do with the money you save, like going on a weekend trip or buying new shoes.
2. **Encourage concentration.** You may find it difficult to concentrate until your body adapts to being tobacco free. *Write out to do lists, take notes, and post reminders for important tasks.*
3. **Seek out places that ban smoking.** Spend your time in places where smoking is prohibited. That's very easy to do these days.
4. **Brush your teeth.** You're less likely to want a cigarette when your mouth is feeling fresh. Keep a small toothbrush and toothpaste in your office desk or handbag.
5. **Surround yourself with helpful images.** Think about pictures you can use to reinforce your motivation. A family portrait may remind you that you want more years to spend with your loved ones.
6. **Enlist support.** *Let your family and friends know how they can help you quit.* Tell others you have quit smoking and ask for support.

Congratulations on the decision to quit smoking. Giving up tobacco is one of the most important things you can do to improve your health. If you plan ahead to minimize common obstacles on your first day without cigarettes, it can be the start of a whole new and better future for yourself.





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