

Illinois Hypnosis Offers Help With Anxiety for Students

CHICAGO, IL, June 17, 2013 /EINPresswire.com/ -- Anxiety can negatively impact the final grades of high school and university students. The licensed professionals at Illinois Hypnosis can offer treatment that solves the issue, resulting in better scores and a more peaceful demeanor.

As the end of the school year approaches, some students may find that the pressure to do well on final tests and presentations is overwhelming. With the current state of the economy, many students need to do well and get good grades to receive scholarships and loans they will need to begin or continue college. This increased pressure can cause debilitating anxiety, which can negatively affect test scores. While some people may take medication to help them relax, these medications can also make the student feel drowsy and confused, affect memory and the ability to think clearly while writing the test.

Instead of turning to conventional medicine, there are natural options that may help without any side effects. Hypnosis has been used for thousands of years to help with issues like anxiety, depression, and addiction. For many high school and university students, hypnosis has been shown to have a positive and calming effect on those who experience anxiety at crucial times. This can include before taking tests, or giving a speech in public. An experienced hypnotherapist can help to make these normally anxiety-inducing situations less intimidating.

For Illinois area students, help is available through the qualified hypnotherapists at Illinois Hypnosis. Jeanne Clark and Mary Kullman offer hypnosis for anxiety, addiction, or [weight loss in Chicago](#) area, Riverside and Naperville. Both are also qualified to help with many more issues. As members of the American Academy of Medical Hypnoanalysts, both have passed rigorous training requirements and are well educated as to the psychological causes for these issues.

Over the course of a few sessions with a qualified hypnotherapist, the student will be brought to a very relaxed mental state. While in this state, the hypnotherapist will make suggestions to decrease anxiety and increase mental focus. This leaves the student calm and ready to face any test with confidence. Also while in hypnosis, the therapist can resolve the cause of the problem.

In addition to performing hypnosis, Clark and Kullman often speak at functions and workshops to bring awareness to how hypnosis can help everyday people.

About Illinois Hypnosis:

Jeanne Clark and Mary Kullman have been serving the Chicago area for many years. By enabling patients to enter a relaxed and focused state of mind, hypnosis can make fundamental changes in the attitude and mentality. But hypnosis is much more than a solution to problems: it can assist anyone in reaching a higher state of mental concentration and focus which they may have never imagined. Chicago hypnosis and Naperville hypnosis can even teach athletes to maintain the mental focus necessary to block out any distractions while they compete.

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