

# Managing Work and Family Stress: Hypnotherapy Solutions for National Work Life Week

*Discover how hypnotherapy helps parents manage the stress of balancing work and family during National Work Life Week.*

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EINPresswire.com/ -- As National [Work Life Week](#) approaches in October, the spotlight is once again on the challenges faced by working parents as they strive to balance their careers and family responsibilities. With workplace stress on the rise, [Steve Dell](#), a leading hypnotherapist in London, offers innovative solutions to help parents manage the pressures of modern life through [hypnotherapy](#).



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In 2024, nearly 60% of employees report experiencing significant stress at work, driven by high job demands, lack of control, and inadequate support (<https://www.laurageftman.com/blog/mental-health-2024-statistics-anxiety>). For parents, this stress is amplified by the daily pressures of managing a household and raising children, leaving many feeling overwhelmed and burnt out.

“The overlap of work and family can be incredibly draining,” says Steve Dell. “Parents are often juggling multiple roles—professional, parent, partner—and this can lead to chronic stress and anxiety. Hypnotherapy is a powerful, non-invasive way to address these stressors and give parents the tools they need to regain control of their mental health and find balance.”

Hypnotherapy helps individuals reach a state of deep relaxation, allowing them to address subconscious triggers of stress and develop effective, long-term coping strategies. Dell’s approach includes teaching relaxation techniques for managing stressful work situations, as well as improving mindfulness and focus to help parents handle their professional duties more

efficiently.

For parents struggling to keep up with the demands of family life, hypnotherapy also supports establishing a better work-life balance, reducing overall stress levels. It equips parents with positive parenting tools, leading to better interactions with their children and alleviating the strain that often accompanies juggling both work and family responsibilities.

"With hypnotherapy, parents can not only reduce their stress levels but also create lasting changes that improve their overall quality of life," Dell explains. "It's about more than just managing the day-to-day; it's about building a sustainable, balanced life that benefits both the parents and the family as a whole."

National Work Life Week offers the perfect opportunity for working parents to reflect on their work-life balance and seek practical solutions. Real-life success stories illustrate the benefits of hypnotherapy. Tom, a father of two and a full-time professional, credits hypnotherapy with transforming his life. "Steve's techniques have made a huge difference. I'm able to handle work stress much better and, more importantly, I'm present for my family."

As workplace stress continues to rise, particularly among parents, Dell emphasises the need for solutions that address the unique challenges of modern family life. "Supporting parents through accessible and effective methods like hypnotherapy isn't just vital for families, it's critical for the health and productivity of the workforce," he says.

For parents feeling the weight of work and family responsibilities, National Work Life Week is an ideal time to explore practical, evidence-based solutions like hypnotherapy. For more information or to book a session with Steve Dell, visit [stevedellhypnotherapy.co.uk](http://stevedellhypnotherapy.co.uk) or contact +44 07966 464005.

Steve Dell  
Steve Dell Hypnotherapy  
+447307149170 ext.

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