

Positive Mental Training - Self-Help Relaxation

Why use this Self Help Programme?



Positive Mental Training is a self help programme that research has shown helps people recover from depression. It encourages self-development, based on the acquisition of life skills through relaxation, visualisation and self-hypnotic techniques. A similar system was first developed in the 1970s in Sweden as a system for improving sports performance. It was noted to have good effects in people's personal lives. Since then it has been used by millions of people in all walks of life and all sectors of society.

How does it help in depression and anxiety?

Positive Mental Training works by using relaxation, visualisation and self-hypnotic techniques. When we feel low, we tend to think of negative memories and feelings. Relaxation swaps our mood to a positive state, and in this state we can more easily find positive memories. With access to these positive memories our unconscious mind is able to use them to help us solve our current difficulties.



As you work through the series of CDs you can learn the mental tools to help increase relaxation, self-esteem, self-confidence, decision-making, goal setting, self-belief and problem solving. With regular listening, these new skills can become integrated into your life, in the way that you want them to be, and they can be there to automatically guide you in the future.

How do I get started?



It's easy! Start with CD1 and listen to track1 everyday for a week. At the end of this time, move on to track 2, listening everyday for a week and so on moving stepwise throughout the whole series of tracks and CD's.

There are 3 CD's each with 4 tracks on them. Each track lasts for about 15 minutes. It does not matter what time of day you listen, but it will be easier if you make it a habit by listening at a fixed time every day. To have the most effect it is necessary to listen regularly, at least 5 days out of 7, ideally every day. As these are relaxation CDs don't listen when you need to be alert, i.e. driving or operating machinery.

Be committed

It is very important to start your mental training with the intention of persisting to the end of the course. This way you will get the most out of it. Just as an athlete will physically train the body by exercising everyday, the same is true of mental training.

There is one significant difference. This training only needs to be done once in a lifetime. The regular practice allows your mind to become so familiar with the mental skills and techniques that in future situations they should help you automatically without conscious thought, analysis or voluntary effort.



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Positive Mental Training Weeks 1 – 4 (CD1, tracks 1 – 4)

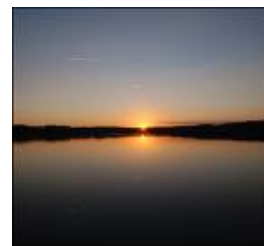
Week 1 – Muscular Relaxation 1 Week 2 – Muscular Relaxation 2
Week 3 – Mental Room 1 Week 4 – Mental Room 2

Weeks 1 & 2

Develop a deepening state of relaxation through awareness of muscular tensions. This deep relaxation is anchored in a 'trigger' that is used from week 3 onwards. Developing deep relaxation is a cornerstone of mental training.

Weeks 3 & 4

Introduces and develops the 'mental room'. This 'inner mental room' is a safe place to relax and to achieve a state of deep relaxation. You will also be given the tools and aids for effective positive mental programming, e.g. you can learn to use a writing board for suggestions. Visualising your 'mental room' deepens the state of relaxation and makes 'programming' more effective. You may find as you continue to create your mental room over this time that it develops and changes. That is normal and OK. Many people do not actually have a 'room', some have a garden, a beach or a place by a stream. Your mind will choose what is best for you and where you can be most comfortable.



Weeks 5 – 8 (CD2 tracks 1 – 4)

Week 5 – Self- confidence Week 6 – Problem solving
Week 7 – Mind-Body Programming Week 8 – Trigger the future

When you reach week 6 and week 8 it is important not to try too hard to select 'situations' to work on. Allow your mind to drift; even if nothing comes into your conscious mind, your unconscious mind will be working on situations that are relevant to your tensions.



Weeks 8-12 (CD3 tracks 1-4)

Week 9 Distance & meaning Week 10 Love yourself
Week 11 Creative thinking Week 12 Vision for the future

As you work through these tracks they can build a sense of inner security and peace of mind. You can find that you concentrate better and focus better.

You can find the resources within you to guide yourself out of your depression.

If you are experiencing any problems contact your doctor.

