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|  | **Observations**  Stress is a part of our everyday lives and sometimes it becomes unbearable. After long periods of this pressure, the body will eventually give up. Because of this, many diseases form and the body cannot fight against the things it usually can. A person might start eating more or less as well as not bieng able to sleep. A person who contains extreme levels of stress cannot concentrate on one thing - he or she is always thinking about the many things he or she has to do. We are perfect examples of this. Because of school and sports and jobs, and generally the hectic world, the stress is sometimes unbearable. A solution is needed. This type of stress is harmful and must be reduced. We chose to investigate an unorthodox method for accomplishing our goal. We felt that an all natural method that didn�t involve medications would be best. After thorough research, we discovered that hypnosis was claimed to have accomplished stress reduction. Intrigued we were able to find a suitable sample size with the proper qualifications to test for a correlation between reduced stress levels and hypnosis. Our hypothesis stated that stress if severe could be lowered by certain hypnotic techniques.  Our results proved to be constant with our Hypthesis. Hypnosis does prove to reduce stress levels of various people, as seen by the surveys. When entering the Hypnosis sessions, most people were under very high levels of stress and needed a technique to ease the constant demands on their mental, physical, and emotional body. After a few sessions, when the subjects particpated in another set of surveys, we noticed that the stress levels were drastically lowered. The added amount of points for the stress levels were much lower than what was started with. Something had been able to remove the excess stress from their lives. It wasn�t that they had removed some time consuming commitment or had dropped any particular responsibility, but the fact that they were involved regularly with hypnosis. By mere suggestion they were able to accomplish their goal of relaxation. In all, Hypnosis can be a method to control one�s stress level, as well as a great relaxation method.  **Before Sessions of Hypnotherapy**     |  |  | | --- | --- | | 0-25 (A) | 2 | | 26-40 (B) | 15 | | 41-56 (C) | 17 | | 57-76 (D) | 16 |   \* Surveys are based on different numerical values. A,B,C,D have the same value in bithe surveys.  **After Sessions of Hypnotherapy**     |  |  | | --- | --- | | 20-29 (A) | 31 | | 30-49 (B) | 17 | | 50-69 (C) | 2 | | 70-80 (D) | 0 |   Our findings proved to be an encouraging discovery in the pursuit for the cure for stress. Stress is a common thing that is experienced in our everyday lives. To keep the levels of stress under control, methods are needed to avoid distress. Hypnosis is one of the safest and economical treatments for stress. No foreign substances enter your body, and no expensive procedures are necessary. All that is needed is the belief and expectation that hypnosis works and will work for you.  **Conclusion:** Hypnosis is effective in reducing the amount of stress one might be experiencing. |

*This Web Site is Best viewed with 256 or more colors.*

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