

# MIND, BODY AND SPIRIT (PART THREE)

By showing the most commitment, Angela has drawn ahead of Bryan and Sam in our competitor preparation programme.

**Y**ou will recall that three lucky MSN! readers embarked on a comprehensive programme to improve their physical fitness and mental approach to competing. As coaches Stewart Wild and Anne Calleja emphasised at the beginning of the programme, those who put the most in will get the most out. So it has proved. While racer, Sam Hignett, and rally co-driver, Bryan Hull, have each missed sessions, rally driver, Angela Morris has demonstrated 100 per cent commitment.

Stewart says: "Angela has been a star. She has been diligent and even though illness has held her back, it shows that determination and a positive attitude works well.

"All her scores have improved since August. Body weight and body fat percentage are down. Her stamina has improved out of sight and this has had a positive

knock-on effect on increasing her lung function overall and lowering her resting pulse. She has also made improvements in her core strength.

"Hats off to her. She will without a doubt drive, feel and look better for the work she has done."

Below, Angela explains the 'brain gym' work she has been doing with Anne Calleja. Later, Anne discusses the strategies she adopted with Angela.

### Self hypnosis

Angela says: "Anne started the programme by asking me how I perceived myself. Although we all know what we are like on the outside, it is quite difficult to peel away the layers and find out our true beliefs and character. The saying 'to do something new you have to do something differently' is very true. We may have old beliefs and experiences that are holding us back and they need to be

identified and new experiences that are more positive laid on top of them.

"The hypnosis sessions with Anne are a fascinating and amazing experience. But it is much more difficult to do self-hypnosis, though it is getting easier for me. The process begins with breathing exercises to aid relaxation and then you count yourself down from 10 to 1. When you're in the hypnotised state, you repeat your chosen phrases (about aspects of yourself that you want to focus on and improve) three times. Then you let your mind drift to situations in the future and you interpret these statements. You then count yourself up from 1 to 10.

"The whole process only takes about 15 minutes and I need to do this twice a week. However, when and where you do it is



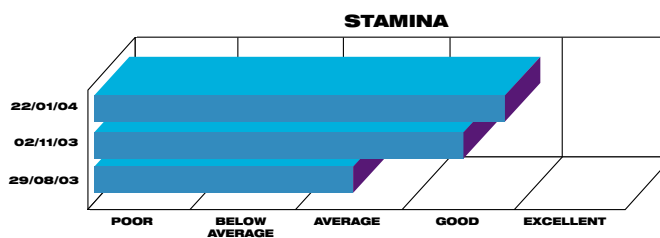
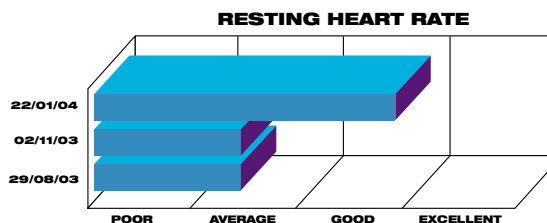
important. I found out quite quickly that after a hard day's work sitting on the sofa is not good idea! I was fast asleep when my partner Paul called to tell me supper was ready! Will I be scarred for life by not counting from 1 to 10?

"One of the first positive effects of the hypnosis was demonstrated at one of my gym assessments. I had my meeting with Anne prior to going in the gym and explained how I dreaded the 12-minute run on the running machine

**BELOW: Angela has improved in all areas - particularly her resting heart rate and stamina.**



**Bryan (left), Angela and Sam.**



► (renamed from treadmill - a word which was indicative of my feelings about it!). During my hypnosis, Anne built in some positive statements and by the time I arrived at the gym I had a 'bring it on' attitude and ran considerably further than before. Stewart even commented on how much lower my heart rate was.

**Anne's strategies**

Anne Calleja sums up her work as: analysis, advice [then] action. Here she outlines the strategy she adopted with Angela.

Anne says: "First, I listened to her language patterns. She talked a lot about time, anxiety and stress. Angela's language is more typical of a 'through time' thinker

**"This highlighted for me how important attitude is and the need to be positive. If you have negative or doubting thoughts then you are likely to get what you think."**

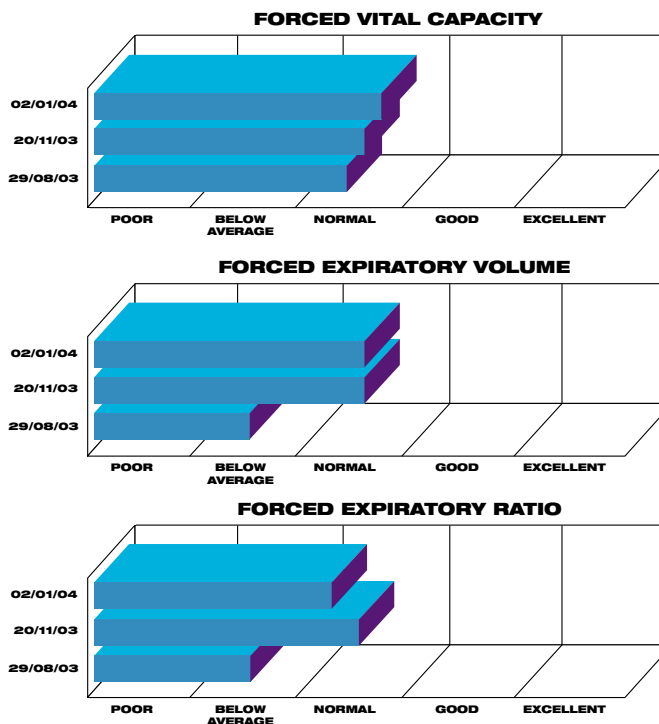
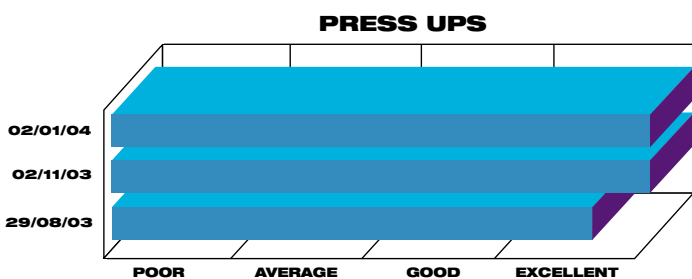
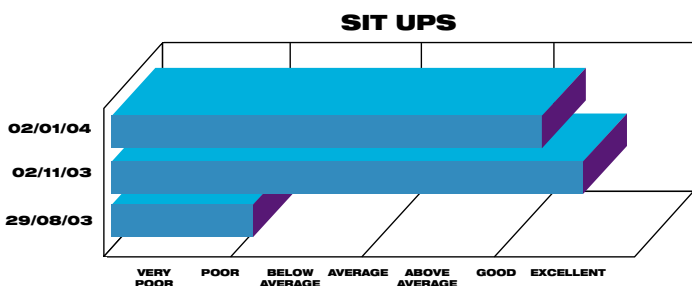
"This highlighted for me how important attitude is and the need to be positive. If you have negative or doubting thoughts then you are likely to get what you think. I hope to end this course with the ability to put myself into the best frame of mind to achieve my best, whatever the circumstances.

"The whole experience is asking more of myself than I have ever done before but I feel I am giving myself a much better chance of success."

- typical of successful rally drivers (but not necessarily racers). She thinks about the future and its consequences. She plans ahead in weeks and months rather than days. This is in contrast to 'in time' thinking patterns - more reactive and in the moment. A fire-fighter or paramedic would be more likely to have in time thinking patterns. In an ideal world we would utilise both.

"Through time thinking patterns tend to bring on anxiety - particularly if they think of the future and focus on its negative

**BELOW: Despite suffering from several viruses, Sam has shown improvement in his core strength since August 2003.**



**ABOVE: Bryan has improved in certain areas but not much in others. His stamina levels are now good and this has improved his lung functions.**

consequences. To counteract this it helps to find a more appropriate way of 'sorting' or 're-coding' experiences in your mind (a bit like a good filing system) so that positive thoughts and information you need can be 'triggered' at the appropriate time."

"Hypnotherapy and self-hypnosis enables this 'filing' process. In addition, 'cue words' are a technique used to re-frame negative thoughts to positive ones. These often begin with: "As soon as..." So a typical cue phrase for Angela is: "As soon as I turn the ignition key, I am calm and in control and I focus all my attention on the rally."

"Angela came to me as a confirmed 'gym-phobe'. To cope with this we discussed time distortion. When you're doing something you hate time often seems to drag, if it's something you enjoy, time appears to fly by. This is to do with how you see, hear and feel those experiences. Angela really felt her time in the gym was "like a treadmill". She described it as that "sinking feeling" in her stomach. She felt heavy and tired. Technically this

is known as a submodality of 'feel'. So we used a technique where she was able to change how she felt about her time in the gym. We coded her experience as feeling enthusiastic, so time went faster - coupled with a belief that "As soon as [note cue word] I go into the gym I feel I am one step nearer my goal and I will be better for it".

"This is why I achieve the greatest success with people who come to sessions regularly and diligently do the exercises. I suppose you'd call it fine tuning the mind but it must be practised regularly for new neural pathways in your brain to connect properly." ■

**KNOW MORE**

- **Link Fortune International (Anne Calleja)**  
website: [www.link-fortune.co.uk](http://www.link-fortune.co.uk)
- **Formula Fitness (Stewart Wild)**  
website: [www.formulafitness.co.uk](http://www.formulafitness.co.uk)