

The importance of self-care

In our increasingly connected world, people are more 'on the go' and on the hook for instantly responding to the demands of emails, messages, social media posts and work and family demands. Studies on these 'external intrusions' have shown the average adult lives in a constant state of distraction. All these stresses and distractions can have a disastrous effect on your sleep patterns as well. And if you're not sleeping well at night, it makes everything else worse.

So what can we do about it? Self-care. It has become a buzzword lately, but the simple act of 'turning off' and giving ourselves some attention - even if just for several minutes - can have profound benefits on our overall wellness. Among the jet-set business crowd, Arianna Huffington was the first to speak openly about the need for 'self-care'. In her book, "Thrive," she speaks particularly about women running themselves ragged by constantly putting the needs of others first.

"Self-care is not a luxury," says Kate Percival, founder and CEO of *Grace Belgravia*, a private women's club in London.

Kate splits her time between Monaco and London and has shared with *Riviera Insider* that she would love to find a suitable location for a *Grace* club in the Principality. Despite the luxurious surroundings of Monaco, Kate says *Grace's* mission is to get people to acknowledge that looking after yourself is not a luxury. "No matter if you are a CEO or a mum, your stress is equally valid."

When asked why women have such a hard time putting their needs first, Kate speaks from experience: "We're wired not to fail and not to let people down. We want to please and be loved: we please our kids, our partners, our nannies...We easily flip-flop to suit other's needs and keep everything running smoothly." She describes her club as a 'haven' that supports and nurtures the varied needs of women. Sure, they offer yoga and meditation classes, personal trainers and a full spa--what makes *Grace* unique is in addition to those things, they have a full-service integrative medical centre and healthy restaurant. Functional MDs, homeopaths, nutritionists and numerous other specialists can all be found under the same roof. It's like a one-stop shop for body and soul. The private club environment allows women to

pop-in any time of the day to rest and relax. Whether to sit and read a book without the kids distracting, or have a luncheon in the organic restaurant, she strives to offer a true, modern-day sanctuary.

"Self-care is at the heart of what we do. We want to empower women by feeling great about themselves." ▴



Kate Percival, CEO of *Grace Belgravia*

New Clinical Hypnotherapy school in Nice

Solution Focused Clinical Hypnotherapy Training school is opening its first European location in Nice centre. 'Solution Focused Hypnotherapy' uses neuroscience to understand how the brain reacts and stores experiences, which has been invaluable in learning the effects of stress, depression, addiction and even self-sabotaging behaviour.

The new location will be run by Julie May and Lisa Williams, Clinical Hypnotherapists, Senior Lecturers and Supervisors in Hypnotherapy. They chose Nice for their first European school because of its central location, easy transport system, the international community and its year-round climate. "We are so excited to bring the school to Nice and share this amazing science," Julie May told *Riviera Insider*. This "evidence-based therapy" has shed light on

how people experience and remember their life. According to Julie, recent brain studies have shown that recounting or reliving traumatic experiences do not help a person overcome the trauma, but rather lights up the same areas of the brain that originally experienced the trauma. In contrast to standard Psychotherapy where the patient recounts their past experiences, their 'Solution Focused' model does not need the patient to tell their story. Instead, they focus on how the patient would like to be, teaching them to rewire the brain by creating and reinforcing positive neuro pathways. Their system teaches people of all ages (including children) to train themselves into calm and positive thinking.

"When we train someone to think about what they want their life to be, the brain actually lights up new pathways," says Julie. "It's absolutely amazing to see the way the brain works." Solution Focused Hypnotherapy has proven very

successful in dealing with stress, anxiety, depression, smoking, and many other debilitating states. It has also been very useful in helping children deal with school stresses, including bullying and suicidal thoughts.

Their Solution Focused Hypnotherapy Practitioner Training School is open to everyone. Courses are taught in English at the Hotel Nice Riviera, near Place Massena, and run two days a month for ten months. Students who complete the training course are professionally qualified with a Diploma in Clinical Hypnotherapy, recognised worldwide. ▴

For more information on the course, visit www.cphtnice.com



Julie May and Lisa Williams, lecturers at CPHT Nice