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## Help Keeping Your New Year's Resolution

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Many view the new year is the time to get rid of unwanted habits. To make New Year's resolutions easier to keep, some turn to an alternative way to cope.

This is the time of year that hypnotherapists get more calls to try and help people kick bad habits. Sheri Parker is a Certified Master Hypnotherapist and says at the beginning of the year she hears from many people wanting to end a smoking habit or lose weight.

**Hypnotherapy can be a big help**, Sherri says, if you're motivated. I sat down with her and she put me in a trance, which she describes as an inward focus that humans go through approximately every 90 minutes. A trance or state of hypnosis is where you can make suggestions to the unconscious mind, suggestions that go beyond what you don't want to do.

"I say to them well what do you want? Many times they don't know. And that's where bulk of the work is, is to help someone understand who they want to be rather than who they don't want to be," says Parker, Certified Master Hypnotherapist.

She says no one can be hypnotized to do something they don't want to do so if you want to succeed at changing a behavior then your conscious mind has to be willing to sacrifice and put in the work.

There are other options, besides hypnotism, to help you keep your resolution. The Shawnee County Health Agency is offering two sessions of "Freedom From Smoking" classes. Classes start January 9th at 5:30 pm or January 17th at 3:30 pm. To register you can call the American Lung Association at (785) 368-2030.