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**Q.** You have talked a lot over the years about anxiety. Is hypnosis also effective in dealing with anxiety?

**A.** Yes, in fact hypnosis is a good coping strategy. A big part of dealing with anxiety is the concept of mind over matter. This does not mean that extreme anxiety attacks are 'all in your head' as the phrase goes, but it does mean that we sometimes have to train the brain to respond differently to common triggers. When we are stressed the brain becomes hypervigilant—it watches for whatever danger might befall us. Many have heard of the fight or flight response. Our bodies have an autonomic nervous system that often mis-interprets stress to mean that we are under threat and that we either have to prepare ourselves to run or to fight. In order to have the energy to run or fight, our body releases adrenaline providing us with the needed extra energy. When we have an anxiety attack, the brain interprets our heightened anxiety to mean that we are under attack—why else would we be experiencing such extreme anxiety? In response, the brain tells the adrenal glands to release more adrenalin into the system. However, since we are not really under attack we are not using the extra adrenalin and it stays in the system making us feel very anxious and further contributing to the elevated state of anxiety.

Hypnosis along with other techniques provide us with a means of training the brain to stay calm in times of stress and to not react as it normally would to the fight or flight triggers. With hypnosis an individual can be placed into a state of relaxation while the trigger stressors are introduced so that the individual's brain learns to stay relaxed even when facing the things that usually would be stressful. Thus minimizing the anxiety rather than enhancing it. It is like retraining for the brain and it works.

**SUSAN S. POWELL**  
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SUSAN S. POWELL

**Q.** How do I have my child support increased if my husband is now earning a higher income than he was when we signed our Separation Agreement?

**A.** You should ask your husband for a copy of his previous years Income Tax Returns and then determine how much child support he should be paying. Once you have determined how much your husband should now be paying you can vary your child support by amending your Separation Agreement. An Amending Separation Agreement sets out the paragraph (i.e. child support) that is to be amended and states the new amount of child support. It should state your husband's current income and the date when the new amount of child support is to start.

If you have a Court Order then you must have the Order varied by the court. If you and your husband agree to the amount of the variation for child support then documentation must be filed with the Court and it is unlikely you will have to attend Court. If you are not able to agree then you will have to attend Court. In either case have a lawyer assist you with obtaining the change in your Court Order and/or preparing and Amending Separation Agreement.

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Gerry Ross  
H.B.Sc. PT, MCPA,  
res.CAMT

**Q.** My husband thinks that he has to live with his pain. What can I tell him?

**A.** One of the most common sentiments that we hear about pain is that it seems to have a mind of its own and therefore there is nothing that can be done to control it. This can make people feel that their pain controls their life causing depression and anger. This can make it difficult to get along with colleagues and family.

Our Physiotherapists are experts in the field of pain control. I would recommend that he speak to a professional before he settles for his current quality of life. He can check out [www.rossphysio.com](http://www.rossphysio.com) to increase his understanding of the physical rehabilitation process.

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to inform our  
readers & answer  
their questions

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*"It doesn't matter where you are, you are  
nowhere compared to where you can go."*

~ Bob Proctor