

Regulate & Thrive

Hypnotherapy Skills for Neurodivergent Adults

An 8-module, skills-based series supporting nervous system regulation, at a gentle, sustainable pace designed for real life.



NADIA DAY
HYPNOTHERAPY




Flourish
Neurodivergent
Hub

What Is This Programme?

Regulate & Thrive is a supportive, skills-based hypnotherapy mini-series for adults navigating stress, anxiety, chronic pain, burnout, overwhelm, or difficulty with focus and emotional regulation.

This is **not therapy** - it is a practical, educational space where you learn tools, build self-awareness, and gently expand your capacity to feel more regulated in everyday life.

 Each module stands alone. Come to one or all eight, in any order that feels right for you.



How Your Nervous System Works

Understanding why your body and mind respond the way they do is the foundation of this entire series.

Safety vs. Threat

Your nervous system is always scanning for danger, even when no real threat exists. Anxiety, pain, and shutdown are protective responses, not personal failings.

Capacity & Regulation

When your system is overwhelmed, thinking clearly feels impossible. Regulation practices gently expand your window of tolerance over time.

Repetition Builds Resilience

Small, consistent practices reshape neural pathways. There are no quick fixes - only real, lasting change built through gentle repetition.

Nervous system education is woven throughout every module - always accessible, never clinical.

Programme Format

1

Once Per Month

Last Saturday of each month. Time between sessions allows skills to settle into daily life without pressure.

2

1 Hour 15 Minutes

Long enough to go deep, short enough to feel manageable, even on a full day.

3

Virtual Setting

A warm, group environment -supportive but never pressuring participation. Cameras on or off.

4

8 Standalone Modules

No fixed order, no commitment to the full series required. Every session is complete in itself.



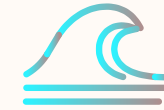
MODULES AT A GLANCE

The Eight Themes



Pain

Shifting your relationship with chronic pain signals



Anxiety

Working with the alarm system, not against it



Focus

Building gentle attention without force or shame



Procrastination

Understanding freeze and reconnecting to action



Relaxation

Teaching the body what rest actually feels like



Emotional Reset

Clearing, grounding, and returning to yourself



Stress

Discharging activation and restoring inner calm



Confidence

Anchoring self-trust and a steadier sense of self

MODULES 1-4

A Closer Look

Pain

Chronic pain is often amplified by nervous system sensitisation. We explore how the brain interprets pain signals and look to gently shift your relationship with discomfort -not eliminate it, but make it feel less consuming.

Anxiety

Anxiety is your alarm system doing its job - just too often. We explore the fight/flight response, why it activates, and begin building a steadier baseline. You are not broken, you are wired for survival.

Focus

Difficulty focusing is rarely laziness, it is often a dysregulated nervous system. We look to support a calmer, more accessible state of concentration. Gentle and consistent beats forced and frustrated.

Procrastination

Procrastination is often freeze - a nervous system protection. We explore the roots of avoidance and aim to reconnect with momentum. Starting small is always valid. One step is enough.

MODULES 5–8

A Closer Look



Relaxation

For many neurodivergent adults, the body has forgotten what rest feels like. This session begins teaching the nervous system that it is safe to soften. Relaxation is a skill, not a personality trait.



Emotional Reset

When emotions feel stuck, heavy, or overwhelming, the system needs a gentle clearing. We create internal space. You do not need to process everything, sometimes a reset is enough.



Stress

Stress is stored activation that needs discharging. We explore why stress accumulates, and help the system complete the stress cycle. You are not overwhelmed because you are weak, your load is simply heavy.



Confidence

Confidence is not performed - it is felt in the body. We start build an internal sense of steadiness. You do not need to believe in yourself perfectly, just a little more than yesterday.

Why Monthly? Why This Pace?



Monthly sessions are a deliberate, therapeutic choice, not a limitation. Nervous system change is **gradual by nature**, and spacing sessions gives your body and mind time to integrate what they have learned.

→ **Practice time between sessions**

Skills need repetition in real life to take root



No overwhelm

Frequent sessions can flood the system - slow is safe



Consistency without pressure

A monthly rhythm is sustainable, even on hard weeks


A Final Word

You do not need to be fixed. You need support, tools, and a little more understanding of yourself. That is what this series is here to offer.

Regulate & Thrive is not about perfection or guaranteed results. It is about learning, practicing, and slowly building a gentler relationship with your own nervous system - one session at a time.

You will also receive a recording of each hypnosis session to use whenever you need it.

**Last
Saturday of
each month**

 **1 hour 15
minutes**

**All welcome,
any order**

