

# Blossom Hypnosis – SMPs (15)

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## Facebook (8)

1. Read up our expert blog on resentment and learn why this is a heavy and toxic emotion to harbor as well as what you can do about it!  
<https://www.cognitivehealing.com/stress-management/everything-you-need-to-know-about-working-with-resentment/>
2. If left unchecked, co-dependency can be quite damaging to both parties involved! If you think that you might be codependent or in a codependent relationship, this blog post is what you need:  
<https://www.cognitivehealing.com/anxiety-disorders/spotting-co-dependency-7-things-you-should-look-out-for/>
3. If you need more information on what we do and what we're about, follow the link!  
<https://www.cognitivehealing.com/hypnosis-services-contact/>
4. If you want to learn more about how to address, work with and heal from your depression, read this expert blog:  
<https://www.cognitivehealing.com/self-esteem/the-true-weight-of-depression-and-breaking-the-cycle/>
5. Having an outlet for our emotions keeps us healthy, internally balanced and functional. Here's how you can get better at expressing your emotions:  
<https://www.cognitivehealing.com/personal-growth/a-systematic-guide-to-expressing-your-emotions/>
6. Here are five ways to boost your self-esteem every day!  
<https://www.cognitivehealing.com/self-esteem/perfection-is-a-myth-5-ways-to-boost-your-self-esteem-everyday/>
7. If you experience any of these symptoms on a daily basis, you may actually be suffering from high functioning anxiety:  
<https://www.cognitivehealing.com/self-esteem/6-signs-of-high-functioning-anxiety/>

8. Is getting fit your New Year's resolution? Here are five amazing weight loss tips:  
<https://www.cognitivehealing.com/personal-growth/5-brilliant-weight-loss-tips-you-should-know/>

## Twitter (7)

1. #Depression is hard to live with, but you can #heal! Here's a guide to overcoming depression:  
<https://bit.ly/3alRZic>
2. If you want help #healing from #rage, #depression, #anxiety or a host of other problems follow the link!  
<https://bit.ly/2piUSBR>
3. Knowing how to #express #emotions in a #healthy manner is critical to your mental wellbeing! Here's how you can get better at expressing your emotions:  
<https://bit.ly/379XAq8>
4. Want to learn how to be more #confident? Here's how hypnosis can help you:  
<https://bit.ly/2RvzoHQ>
5. Here's how #hypnosis can help alleviate the #stress and #anxiety that comes with #exams:  
<https://bit.ly/2RmcD9m>
6. Check out these brilliant #WeightLoss tips:  
<https://bit.ly/3andX4n>
7. Here are seven signs that indicate you're becoming #codependent:  
<https://bit.ly/3aeggH7>

SAMPLE