

Nighttime Resources

Techniques to help you sleep better

Nighttime plan (to turn off your brain and sleep)

What to do: ONE hour before you want to sleep, decrease the light in your area and turn off electronics and TV

Why do this? Because light shining onto your eyes prevents your brain from releasing sleep neurochemicals



CBT for Insomnia

Here is a free Youtube video and related relaxation meditation:

<http://tinyurl.com/jjfc08c>

Online self-paced program, very small fee:

<http://tinyurl.com/jetdzhv>

Bedtime routine should be similar each night and end with a relaxing activity

What to do: Listen to music, repetitive puzzles (Sudoku, word find), read a technical book, adult coloring books

Why do this? If you follow a predictable pattern, it will become a trigger for you to start getting sleepy.

Relaxation Meditations

<https://www.youtube.com/watch?v=8KzrrglpHa8>

<https://www.youtube.com/watch?v=8TDcGYmEgyM>

<https://www.youtube.com/watch?v=Zljg2ptExHc>

<https://www.youtube.com/watch?v=l4r6r2IGKgU>

https://www.youtube.com/results?search_query=sleep+meditation

Anxiety Resources

Techniques to help you manage anxiety

Learn about your anxiety

What to do:

- Keep a daily journal; write down when, where, and why it happens each time.

Why do this?

- This will help you become aware of what triggers the anxiety, so you can avoid these triggers and be better prepared for them.

Replace anxiety with beneficial behavior

What to do:

- Distract yourself from anxious thoughts by talking to someone (like a spouse, friend, or doctor)
- Distract yourself by doing another activity, such as exercising, doing yoga, picking up a hobby, or doing chores

Why do this?

- Distraction skills can provide immediate relief from the anxiety and give you time to find an appropriate coping response.

Adopt healthy lifestyle habits

What to do:

- Eat a balanced diet: don't skip meals or consume caffeine such as coffee or soda

Why do this?

- Putting your body on a regular schedule and avoiding stimulants such as caffeine can help your body avoid triggering anxiety symptoms.



Additional Resources

For more information about anxiety and self-help:

<http://tinyurl.com/hsoytnj>

For more information to give to family and friends:

<http://tinyurl.com/jbwkwyg>

For more information about CBT for anxiety:

<http://tinyurl.com/hqo6bn2>

<http://tinyurl.com/hlq993o>

3 Ways of Controlled Breathing

1. The Measured Breath

- You can sit or stand. Make sure your hands and knees are relaxed.
- Drop your shoulders and let your jaw relax.
- Breathe in slowly through your nose and count to four. Keep your shoulders down and allow your stomach to expand as you breathe in.
- Hold the breath for a moment.
- Now release your breath slowly and smoothly as you count to seven.
- Repeat for a couple of minutes.

2. The Bumblebee

- Relax your shoulders.
- Cover your ears with your thumbs and your eyes with your fingers
- Keep your lips closed and your teeth slightly apart with your jaw relaxed and breathe out slowly making a long, low humming sound
- Make your exhalation long and smooth
- Repeat 5-10 times

3. Belly Breathing (More Advanced)

- In this exercise, your stomach should expand, but your chest should rise very little. So, if you want, you can place one hand on your stomach and the other on your chest so you can feel how you are breathing.
- Relax your shoulders. Breathe in slowly and then exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep tongue and jaw relaxed. You may hear a soft “whooshing” sound as you exhale. Listen for that sound every time you practice and learn to value it as the sound of relaxation.
- Repeat this breathing exercise for several minutes. Make your outgoing breath as long and smooth as you can. The out breath is the key to relaxation so give it your full attention and practice breathing out in a long slow controlled breath and you will quickly feel the benefit.

Why do this?

Many people who live with high levels of anxiety are known to breathe through their chest. Shallow breathing through the chest means you are disrupting the balance of oxygen and carbon dioxide necessary to be in a relaxed state. This type of breathing will perpetuate the symptoms of anxiety.



When to do this?

These are designed to be quick and easy breathing exercises that you could try while you were at school, at work, sitting at a red light, or waiting in line. The more you practice, the more effective they'll become when managing your anxiety.

Where can I find more information?

<http://www.anxietybc.com/sites/default/files/CalmBreathing.pdf>
<http://primarycarepsychology.com/topics/anxiety/self-help-handouts/>
<https://intermountainhealthcare.org/ext/Dcmnt?ncid=51089338>