

Tips for Stress Relief

Sleep is a powerful stress reducer. A regular sleep routine calms and restores the body, improves concentration, regulates mood, and sharpens judgment and decision-making.

But sometimes your stress levels affect sleep and disrupt your regular sleep routines. When you begin to experience sleepless nights due to stress try these tips that I have listed below.

Four Stress Relief For Everyone

1. Eagle Eye
2. One Breath Meditation
3. Know what you control
4. Take advantage of technology

Tip #1: Eagle Eye

"All birds seek shelter during a storm"? An eagle however, avoids the storm by flying above it. The problem is the same, but the altitude makes all the difference and changes the perspective. In this frame of mind, you can decide what bothers you, what is insignificant and allows you to move on and no longer think of "the storm." My husband, Mark, says it's like being in the Air Force. You fly above it. Challenge your thoughts, words, and actions. Decide how you want to feel and act accordingly, and then fly on.

"Always seek less turbulent skies. Hurt? Fly above it. Betrayal? Fly above it. Stress? Fly above it. You are the one flying the plane."

– Marianne Williamson.

Tip #2: One Breath Meditation

Breathe. I know that sounds ridiculous because breathing is an involuntary action but here I mean actively pay attention to how you breathe and then breathe differently! First notice whether your breathing is short and shallow or deep and prolonged. Deep is good, short and shallow not so much. When we are stressed we tend to chest breathe that doesn't include our diaphragm. It's like only half breathing which can affect the amount of oxygen you get. Long, deep breaths are calming and calming reduces stress.

Sitting in bed or lying down, whichever you prefer, inhale deeply. Feel your stomach and chest rise. Breathe in all of your stress, negativity, and annoyances. Take them all in; but also take in the beauty and all of the good things in your life. Hold your breath for a few seconds. Allow these thoughts to mill around. Then, when you're ready, slowly exhale and release it all back to the world. Sometimes one breath might

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not be enough to help. Other times you might need to string a few breaths together to feel the most relaxed.

Tip #3: Know What You Can Control

Focus on what you can control. Too often we focus on things that may happen or could happen. We focus on how people treat us or what they think. As you learn to focus on what you can control you will be happier, healthier and more effective in every aspect of your life. You will spend more time and energy on the things that matter, people you care about and find new ways to make a difference in your life and the lives of those around you. You will feel more calm, in control and more grounded.

Knowing the difference between the things that you can control and the things you can't is essential for your stress management and during your nighttime routine is a good time to decipher which is which. Here are a few examples.,

1. You can control what you contribute to a situation or at work. You can't control the result or the outcome.
2. You can control how you act and how you show up at work, the amount of effort you put in and the ideas you share. You can't control what other people think about you, and how they react to you in a work setting.
3. In a personal relationship, you can do everything that you think is right for somebody. You can't control the way they react, or appreciate the things you do.

Concentrate on the things you can control and you will notice your stress level drop. Less stress leads to a good night's sleep allowing you to awaken refreshed , rejuvenated and ready to tackle the day.

"You have the power over your own mind, not outside events or people.
Realize this and you will find strength."

– Marcus Aurelius.

Tip #4: take advantage of technology

You have set a regular bedtime and awake time, learned the benefits of a good night's sleep, begun to master a good night sleep but how do you really know whether you're really getting the 7-9 hours of sleep that you require.? Perhaps you get up in the middle of the night to use the bathroom then couldn't fall back to sleep right away. During the night you woke up feeling hot or your feet were cold. Most of us don't take these things into account and may falsely think we are getting the right amount of sleep when we are not.

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Today, there's a better, more accurate way to track the quality of your sleep. Yup, there's an app for that. There's an app for everything, so why not sleep? Here are some apps for you to consider using:

- List of [best sleep trackers for 2021](#) from the Sleep Foundation.
- [Android Phones](https://www.androidauthority.com/best-sleep-tracker-apps-android-789293/) (https://www.androidauthority.com/best-sleep-tracker-apps-android-789293/)
- [iPhone Apple Watch](https://support.apple.com/en-us/HT211685) (https://support.apple.com/en-us/HT211685)
- Oura Ring: <https://get.ouraring.com/>

Sleep trackers provide you with accurate data you have never had before and is typically available only by visiting a sleep lab. Your personal sleep data uncovers patterns and discovers the reasons behind your sleep issues. Using sleep tracking can lead to positive change in your sleep and in your health. What you track you can change.

Time to catch your Z's. Good Night!

