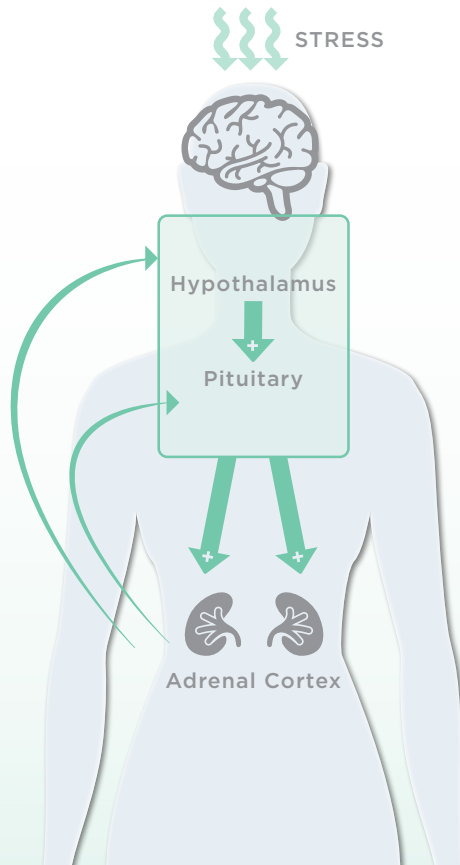


## WEEK 5

### SLEEP HEALTH AND STRESS REDUCTION

#### COPING WITH STRESS AND ANXIETY

We know physiological reactions to stress in our body are completely natural and normal. But what isn't natural or normal is the frequency that our bodies go into the stress response.



#### ANXIETY AND CHRONIC STRESS

Stress responses are on a cyclic feedback system. Cortisol and adrenalin are constantly being pumped out into the bloodstream. Chronic stress can lead to an over stimulation of the hormonal responses to stress, which may contribute to the physical feelings of anxiety including: increased heart rate, shaking muscles, nervousness, light headedness and increased breathing .

#### ANXIETY AND PANIC

There are many different types and degrees of anxiety, from general through to full disorders.

Panic disorders are on the more severe end of the spectrum, are debilitating and often paralysing.

Panic is not fully understood, but may be linked to excessive adrenalin production. Often fatigue is associated with anxiety and panic.

## WHAT CAN LEAD TO ANXIETY

- \* Chronic stress caused by:
  - Relationships
  - Work
  - Home
  - Financial
  - Self-esteem
- \* Mismatch of goals and values
- \* Misaligned thoughts feelings and beliefs
- \* Poor work-life balance
- \* Hormones

## SLEEP

Sleep is an essential part of our wellbeing. It is as essential to our health as food and water.

The amount of sleep required will vary between individuals, but generally everyone needs seven to nine hours of uninterrupted sleep every night.

## TIPS FOR BETTER SLEEP

- \* Regulate your sleep patterns.
- \* Reduce caffeinated and alcoholic food and drinks after 2.00-3.00pm.
- \* Regular exercise.
- \* Reduce noise and light exposure, including from TV or alarm clocks.
- \* Avoid phone and screens at least an hour before sleep.