



EAP GEMS

April 2023

Special note:

*When tragedy and complexity enter our lives, one of the most radical things we can do is give ourselves and others permission to **sit fully with the depth of all our emotions**. Telling ourselves and others explicitly that these events are not normal helps our brain and body begin to grasp what we are facing and holding.*

*As you go about the rhythm of your days, please hold onto this: **we are not meant to do this alone**. Your emotions are a sign you are awake, alive, aware, and paying attention – and that you care. Caring for yourself is vital, too; offer yourself profound self-compassion and, when the emotions become too heavy, it’s okay to set them down. Take a moment to breathe and a moment to connect – and to rest.*

EAP is here for you. -The team at Invest EAP/Centers for Wellbeing



Focus on Sleep Hygiene – and Real Rest

Sleep is incredibly powerful. While you’re slumbering away (an activity that takes up 1/3 of our life), our brain’s auto-functions are finally allowed to take over and perform the **essential work of repair, recovery, and even protection**. Good sleep is unmatched for its ability to restore and rejuvenate the human brain and body.

Despite how essential it is for us, many people don't get the necessary 7-9 hours of sleep a night. The consequences of skimping on sleep include: • *Irritability* • *Exhaustion* • *Easily distracted* • *Making unsound decisions* • *Difficulty remembering things you used to* • *Getting sick more often*

Flipping over to the cool side of the pillow, let’s talk about the positives. Getting enough sleep has been proven to help you: • Boost your immune system • **Lower your risk for serious diseases**, including cancer and heart disease • **Reduce Stress** • Improve your mood • **Get along better with people** • Make good decisions and even avoid injury.

Sleep for the brain is like gas (or electricity!) for a car. Without the fuel it needs, the car is useless. Refuel your body and improve your sleep hygiene with the tips below:

- **Get a baseline of your sleep habits:** First, glance at [this chart to see how much sleep you need](#) based on your age. Then, take this [quick sleep questionnaire](#). Did you answer “yes” to two or more? You may want to contact your healthcare professional.
- **Try something new:** Stress or anxiety may be keeping you up at night. Our bodies can be taught how to release that tension with one of these simple [relaxation or breathing techniques](#). (Each of them can be done right in bed as you drift off.)
- **Start during the day** – Our actions during awake hours impact us greatly overnight. [Read these extensive research-backed tips](#) for crafting your daily routine with the goal of a good night’s rest. Some highlights: Expose yourself to **bright sunlight in the morning**; **avoid sleeping in**, even on weekends; and try to **create a bedroom that feels peaceful**.
- **Managers and leaders:** You can play a role in promoting good sleep habits among your team. Check out [our infographics page with unique sleep tips](#) and share one with your team.
- **★ Nightstand phone challenge:** During one month, commit to **keeping your phone across the room or outside of your bedroom entirely** to prevent the urge to spend time on your electronics. Why? Having our phones, iPads and other electronic devices can interfere with our sleep quality – that endless stream of information and blue light exposure from the screens can stimulate our brains and keep us from falling asleep. Ask a friend or coworker to join in the challenge with you!

Reach out to us anytime - even on those sleepless nights.

- The team at Invest EAP/Centers for Wellbeing

Shared by [UVM Employee Wellness](#)

[You may need to [create a login on our website](#) to access some of the above links.]

Your Organization Password is: UVM

[If you’d like support on these or any other topics, call us 24/7/365 at 866-660-9533 or [request an appointment](#) to set a time to talk. Did you receive this as a forward and want to get our monthly wellness e-news directly next time? [Click here](#) to sign up.]