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

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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

[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.]