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## 4 Quick Tips: Sleep When You're Stressed

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#### **4 Quick Tips**

**Stress Buster Course**

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Dear «First\_Name»

This is the first in a series of newsletters about stress.

Our quality of sleep can be poor when we are stressed; this in turn affects our mental and physical health and ultimately our performance at work, leading to more stress...and so the terrible cycle continues. [Read on...](#)

### **Quick Tips:**

When we find it difficult to get to sleep there can be a number of contributors:

1. No bedtime routine...yes adults need one too! You can't expect your brain to switch from 100 mph thinking to 'Sunday driving'

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techniques / principles

- thinking, you've got to work through the gears.
2. Overkill on the stimulants: nothing after 12 pm if you're sensitive.
  3. Exercising too close to bedtime.
  4. When one thought leads to another...before you know it the cat has died and you've lost your job.

You can remedy 1 – 3 yourselves by making small changes. I've got a technique for No. 4:

- Position your irises in the centre as if you are looking forwards.
- Close your eyes (gently) and keep your eyeballs and head still. That's it!

Your eye's may move initially, but stick with it and it will soon be morning!

**Why it works:**

When we have thoughts we have to open files in our head; we do this by moving our eyes in various directions to access different parts of the brain. So in effect you are physically preventing yourself from thinking.

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which will enable you to:

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Think differently

**Leave negative feelings behind**

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**Keep stress at bay**

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Well, enjoy the weather.

Kind regards,

Estelle & Mike Read

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