

SLEEP TIPS



SLEEP IS IMPORTANT!

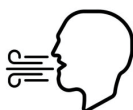
Make sure to maintain your regular sleeping and waking hours. This is important for our mental health and immune system!

See this link for tips to **maintain a healthy sleep rhythm:**

[HTTPS://EP.BMJ.COM/CONTENT/102/3/127](https://ep.bmj.com/content/102/3/127)

BREATH WORKS

REMEMBER TO BREATHE!! There are simple breathing techniques which help shift our brain from fight/flight to relaxed (or at least a little more relaxed).



An excellent (and researched supported) breath technique is the 4-7-8 breath (linked below). If you find 4-7-8 is not attainable in your body—start with making your exhales slightly longer than your inhale.

Example: Inhale for a count of 2; exhale for a count of 3, and repeat.

www.youtube.com/watch?v=YRPh_GaiL8s

HYDRATION & NUTRITION

REMEMBER TO DRINK PLenty OF WATER AND EAT FRUITS AND VEGGIES. And canned or frozen still count—they don't need to be fresh to have plenty of health benefits!

See these links for helpful information:

www.choosemyplate.gov/
www.eatright.org/
www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/



MEDITATION



RESEARCH HAS SHOWN MEDITATION CAN CHANGE OUR BRAIN FOR THE BETTER.

It has been found to be particularly helpful during times of stress, anxiety, depression, etc.

See the link below for evidence on the benefits of meditation.

<https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>

Not sure where to start? Or even what is meditation?

The first link is an excellent article explaining meditation and has a lot of different meditation resources. The second link is to Headspace which is a meditation app. They are providing free subscriptions to health care workers and have moved a lot of their content to 'free of charge' during this trying time.

www.nytimes.com/guides/well/how-to-meditate
www.headspace.com

EXERCISE



EXERCISE IS PROVEN TO IMPROVE MENTAL HEALTH.

Some studies have even shown it is as effective as some SSRIs for treating depression in some individuals. See evidence here:

www.ncbi.nlm.nih.gov/pmc/articles/PMC3674785/
www.ncbi.nlm.nih.gov/pmc/articles/PMC5430071/

There have been plenty of local gyms that are live streaming or providing 'on demand' exercises:

- Alchemy <https://alchemy365.com/>

Free YouTube resources:

- Yoga with Adrienne https://www.youtube.com/results?search_query=yoga+with+adrienne
- Jessamyn Stanley Yoga for self-love: https://www.youtube.com/watch?v=-VdIX8auOH_M
- Jessamyn Stanley Yoga for beginners: <https://www.youtube.com/watch?v=DkgJ82UVQ7c>

HIIT training https://www.youtube.com/results?search_query=HIIT

Gentle exercises/stretchers to do at your desk/while seated:

<https://www.youtube.com/watch?v=vE1idGTZOIY>
https://www.youtube.com/watch?v=faf_CS4Z0yc
<https://www.youtube.com/watch?v=LN5SXd0JxL0>

GRATITUDE



A gratitude practice is an excellent way to shift our thoughts from catastrophic thinking patterns or anxious thinking patterns to patterns of joy, calm, and peace.

Every day when you wake, think of 5 things you are grateful for. Do this same exercise as you go to bed for the end of the day.

The following is a link to help start a gratitude practice—or switch yours up if you already have one!

www.happify.com/hd/the-science-behind-gratitude/

OTHER RESOURCES

Podcast on Health and Wellbeing

<https://blubrry.com/umncshtake5/38971725/necessity-of-equity/>

Free education modules on Integrative Therapies and Approaches

www.csh.umn.edu/education/online-learning-modules-resources

Center for Mind-Body Medicine

<https://cmbm.org/>

National Alliance on Mental Illness - Maryland

<http://namimd.org/>