

00:00:02:12 - 00:00:19:09

Unknown

Welcome, everybody, I'm so happy you could join me today for our live webinar on stress, sleep and mindfulness. As you may know, my name is Christy Goff. I'm a registered dietician and yoga instructor with Pacific Medical Center and run the program called the Living Well Alliance.

00:00:19:21 - 00:00:44:07

Unknown

So this program offers research based preventative programs kind of like what we're doing today around nutrition topics specifically. I also do some individual counseling around four of our pack med clinics for people that are struggling with either their food, relationship, diabetes, heart disease, anything that kind of relates back to food.

00:00:44:18 - 00:01:01:10

Unknown

And often I use these strategies of mindfulness around my counseling. So definitely it's a very true and dear topic of mine and kind of got into it on my own through my yoga practice, but also just for stress management purposes.

00:01:02:07 - 00:01:25:09

Unknown

So I encourage questions today, use that chat bar, use the Question Answer tab for participation. I want to cater this to you, so definitely ask me any more questions or to elaborate on certain topics. So what I got for you is we're going to look at mindfulness as a key tip in reducing both stress and sleep.

00:01:25:22 - 00:01:39:17

Unknown

So we're going to go over both of those, as well as some of the kind of ins and outs of what mindfulness is. And I'll offer a deep breathing practice or a short meditation. So if you'd like to join on that, you're welcome to as well.

00:01:42:04 - 00:02:00:16

Unknown

So what is mindfulness? It's not common for people to equate mindfulness are not uncommon. Sorry to equate mindfulness with meditation, right? They seem to go kind of hand in hand, and it's true that meditation is a powerful way to practice mindfulness.

00:02:01:01 - 00:02:25:22

Unknown

However, they are different. So mindfulness in the definition sense is a meaning a moment maintaining a moment by moment awareness of our thoughts, feelings, body sensations and surrounding environment through a gentle and nurturing lens. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them.

00:02:26:07 - 00:02:43:08

Unknown

I would say this is one of the key components of our food relationship as well, like noticing what thoughts come up without that judgment, which can be so automatic without believing, for instance, that there is a right or wrong way to think or feel in a given moment.

00:02:43:14 - 00:02:58:08

Unknown

Very hard to do right. When we actually practice mindfulness, our thoughts tune in to what we're sensing in the present moment, rather than rehashing something that's been going on in the past or imagining what might happen in the future.

00:02:59:08 - 00:03:20:07

Unknown

Mindfulness is rooted in Buddhist meditation, but we've kind of transition to a more non secular practice or nonreligious practice here in the western world. So we'll talk a lot about how we can adapt this concept of mindfulness into our kind of journey for stress reduction and also better sleep.

00:03:21:10 - 00:03:42:11

Unknown

They have done 100 and thousands of studies on mindfulness around the benefits to our both, our physical but also our mental health. So we'll go over a couple of those great things today as well. And one thing to note is that we see that mindfulness is a state that's brought on through practice.

00:03:42:12 - 00:04:00:01

Unknown

It's not static, so we're constantly learning. We're constantly being more aware and practicing this mindfulness. And some people are and no one is actually born being more mindful than others. They might just have the more ability to practice and actually use it in their real life.

00:04:00:10 - 00:04:13:22

Unknown

So I want to start there because I know a lot of times it can be really intimidating when someone practices this regularly, regularly and sees their mindfulness helping with these things. And maybe you're just at the beginning of the spectrum.

00:04:14:09 - 00:04:30:19

Unknown

So that first polling question that I think you guys could still see is just asking, have you tried meditation before? And it seems like there's a couple that, yes, often more of the group has had once or twice experience with a bunch of you have never tried it.

00:04:30:19 - 00:04:55:14

Unknown

And then, yes, occasionally. So I'm going to go ahead and share those poll results for you. Thanks for participating in that one. So another resource around what is mindfulness, and I love this website called Positive Psychology Gqom, as you can read a lot about what this is, and they actually have some practice steps that you can do

00:04:55:14 - 00:05:18:06

Unknown

to really get into the groove of what mindfulness might be for you and your life. We know that mindfulness impacts the brain on a physical level, so it's really interesting when we practice mindfulness, they can actually do a cat scan of your brain and see different areas light up on people that are more, I guess, proficient in

00:05:18:06 - 00:05:41:08

Unknown

meditation and mindfulness and those that are not. So there's different parts of the brain that help activate certain emotional state. So we find that mindfulness and meditation can actually grow our ability to be more empathetic, sensitive and the more we practice, the more we can become this active state, essentially.

00:05:41:21 - 00:06:03:21

Unknown

So just eight to twelve weeks of meditating daily, your dorsal medial prefrontal cortex. That's a mouthful gets activated. This is the part of the brain that helps us develop empathy, which is why a lot of us sometimes have a strong reaction to things and others might have more of that calming reaction time.

00:06:04:13 - 00:06:25:06

Unknown

So I love this diagram. I think it's a really good reminder that it's not just this kind of weird concept that you hear about over and over again. It's actually changing the composition of your brain. And because of that, we'll look at the reasons why metaphor meditation can be helpful for you.

00:06:25:19 - 00:06:50:23

Unknown

So the first one that will focus the most on today is stress reduction. A 2014 study that looked at 17 different studies, and they concluded that out of those 17 studies, 16 demonstrated positive change in the psychological state of our mind and helping us to reduce anxiety and or stress.

00:06:51:10 - 00:07:13:02

Unknown

So even though there is a couple limitations in these studies, the authors basically concluded that mindfulness based stress reduction appears to be a promising modality for our stress management. And you might hear that over and over again. So they have done actual studies that looked at people that are experiencing mindfulness over those that might not have any

00:07:13:02 - 00:07:37:10

Unknown

of those skills and seeing a really big reduction in stress. We also see that again, we see changes in the brain, it helps us focus, helps with our memory and decision making. And essentially, this is because there's a different like growth of our threat response versus our our rest and digest response.

00:07:37:20 - 00:08:01:06

Unknown

So these are the mindfulness practice will actually lessen feel fearful responses that enhance stress and make you more apt to go into that rest and digest mode, even in a stressful situation. So that was pretty interesting. Research has found that it's also increased their density of gray matter in the brain, and these regions are linked to learning

00:08:01:06 - 00:08:24:10

Unknown

memory, emotional regulation and empathy. And oftentimes, they'll look at the gray and white matter when they're considering diseases like Alzheimer's and dementia and that sort of thing. We also know that when we reduce our stress, we improve our sleep quality and we'll talk about ways that mindfulness and meditation can be part of your sleep hygiene, your sleep

00:08:24:11 - 00:08:47:17

Unknown

routine at night to get you into that more rest and digest mode and sleeping mode. Interestingly, mindfulness fosters compassion and altruism. So research suggests that mindful training makes us more likely to help someone in need and increases the activity of our neural networks involved in understanding the suffering of others.

00:08:48:01 - 00:09:07:13

Unknown

And it's part of that emotional regulation piece so really beneficial, especially for teens and kids, but of course, for adults as well. This can also boost your own self compassion towards yourself. So not only having empathy for others, but being able to see that you need also empathy for yourself.

00:09:09:10 - 00:09:35:01

Unknown

Sustaining relationships. So research suggests that mindful training makes couples more satisfied with their relationships, makes each partner feel more optimistic and relaxed, and makes them more accepting of and closer to one another. Again, trying to reduce some of those natural reactions and annoyances that we have, maybe towards our significant other, being mindful can help kind of contain

00:09:35:01 - 00:09:57:17

Unknown

those and really work on the individual that helps the collective in a way. And then lastly, on the list here is practicing mindful eating. So this is what I use a lot in nutrition because mindful eating encourages healthier eating habit habits, helps them savor food and helps them have just a better relationship with food.

00:09:58:01 - 00:10:17:15

Unknown

A lot of us have maybe not an eating disorder, but I would say we have disordered eating in our country very prominently and a lot of judgment around food. So mindful eating kind of tries to take away that judgment and really get back to the why we're eating and the how it makes us feel, essentially.

00:10:18:02 - 00:10:38:12

Unknown

So those are all great benefits to mindfulness. If you've had any others that you've experienced, you can also just put that in the chat bar the question, the Answer tab as well. So moving into stress and why we even care to reduce stress, right?

00:10:38:21 - 00:10:54:05

Unknown

Stress obviously takes a toll on many systems in the body. You can see from this diagram here that the stress response activates this fight or flight or freeze response in the body. And the main hormone doing that is cortisol.

00:10:54:05 - 00:11:13:24

Unknown

So as soon as you experience or see something stressful, this hormone cortisol is excreted and does all of the things that the diagram is showing. So, for example, it starts to slow our digestion down. So saliva flow decreases, food movement slows down.

00:11:14:09 - 00:11:36:21

Unknown

Digestive enzymes also decrease. In addition, our outer extremities get more focus. So we're kind of downplaying our digestive system and then sending a lot of blood and energy into the extremities that allow our blood vessels to contract our heartbeat to speed up muscles, become tense and more reactive, and our breathing accelerates.

00:11:37:16 - 00:12:01:01

Unknown

Now, all of these things happen within a couple seconds of feeling that stress response. But if we have stress that is chronic, that's hanging around for a really long time, say, from a relationship of caregiving, a work environment that's not really conducive to your health, then we see this response kind of stay and never leave the body

00:12:01:01 - 00:12:19:05

Unknown

or leave the body. Very rarely. And then we know that there's different systems of the body that stress is affecting, so all of these kind of go back to different natural bodily systems that we need to survive. So are the endocrine system, is that hormone response?

00:12:19:17 - 00:12:39:18

Unknown

We know that hormones. The cortisol specifically will increase blood glucose and possibly can put people more at risk for developing diabetes if they already have some risk factors there. We also know that you can burn out over producing too much of this cortisol and stress hormones.

00:12:40:03 - 00:13:02:21

Unknown

So it's one that I guess medical term is adrenal fatigue, where you're just over producing these and your body gets less and less sensitive to them. We have an effect on our respiratory system because when we are stressed, that can increase our shallow breathing, so we'll talk a lot about deep breathing versus shallow breathing.

00:13:03:05 - 00:13:27:02

Unknown

And this essentially keeps the body in that fight or flight mode circulatory system. This is about how your heart is working. So under stress, your heart beats faster, working to pump blood quickly around the body. But this can over time continue like continuous stress can actually raise blood pressure and can cause some increased risk for heart disease

00:13:28:12 - 00:13:48:10

Unknown

. Digestive system, we saw that our digestion slows down, so we actually feel more the effects of poor digestion, so heartburn acid reflux. Some people develop ulcers, have esophageal spasms, they could have diarrhea or vice versa, have a lot of constipation.

00:13:48:16 - 00:14:13:20

Unknown

IBS is also very linked to stress. So oftentimes getting some control over our stress and having ways to manage that can ultimately help that digestion out. And then lastly, is the muscular system. So during times of high stress, your muscles are constantly tight, and this can lead to overall pain, injury, arthritis and chronic issues like migraines or

00:14:13:20 - 00:14:31:04

Unknown

tension headaches just because of that tightness in that readiness to pounce, essentially. So you might have heard a few of those, but kind of think back to a time when you've experienced some of these maybe potential problems and if stress was involved as a result.

00:14:33:24 - 00:14:52:05

Unknown

So we know that mindfulness can help with combating stress from the studies I mentioned, and now we maybe have a little more motivation to try it out. But how do we get started? So one program that we often use in the western world is called the Mindful, Mindful Based Stress Reduction Program.

00:14:52:15 - 00:15:17:13

Unknown

This was developed by Dr. Corbat Zheng in the 1970s, and he essentially created this as a non secular practice of non religious practice, adapting how to put mindfulness into your daily life. He originally was working with patients struggling with mental health disorders or physical disorders, but kind of have adapted it to a more wider audience.

00:15:17:14 - 00:15:40:13

Unknown

So now it's studied in schools and it's studied in prisons and different community groups as opposed to just like a specific modality. We also know that most of his Mindful Base Stress Reduction program revolves around meditation and some yoga practice.

00:15:40:14 - 00:15:59:20

Unknown

So some physical movement in there, and we can also kind of adapt it so it's personally more effective per person. So everyone has their individual ways that they want to focus on around mindfulness and meditation. So it is a very flexible program, which is nice.

00:16:01:03 - 00:16:22:06

Unknown

So he has a couple foundational attitudes that are integral to practicing the mindfulness based stress reduction program, essentially. So I wanted to just quickly go over those and then hear what might be more problematic for you in starting a meditation practice or what you've already struggled with in the past.

00:16:22:19 - 00:16:45:19

Unknown

So the first one on the list is the non judgment, so attentively assume the mind frame of an impartial witness having that objectivity when you're focusing on that meditation, right? Not having any any thoughts about how you're doing it or or kind of silly thoughts around why you're doing it, having more of that open minded awareness, having

00:16:45:19 - 00:17:09:15

Unknown

patients. So knowing that there's a there's a wisdom within our self that allows ourselves space and time to have the experience, it takes time. It's not something that is a pill that's going to suddenly correct something overnight. It takes a lot of practice and time having a beginner's mind, a mindset that's willing to experience everything for the

00:17:09:15 - 00:17:26:13

Unknown

first time. So even if this is your 20th or 100th meditation coming into it with that beginner's mind and being curious trust having trust in yourself, honoring that your own knowledge and experience is exactly where you need to be.

00:17:26:23 - 00:17:51:07

Unknown

So there's not necessarily a certain type of position that you should be in or a certain thought process that you should be having. Knowing that it's very flexible to honor your own body non striving. So an attitude that we want to not get somewhere because of this practice, not have certain outcomes being open to what comes on

00:17:51:07 - 00:18:07:13

Unknown

its own. Having some acceptance of seeing things as they really are in each moment, not putting that like facade of, Oh, everything's OK, I'm so happy and fine that yogi mindset almost that we see in the media a lot, right?

00:18:07:14 - 00:18:35:22

Unknown

So kind of being realistic and having things be accepting of if you're struggling with something or if you're succeeding right and then letting go so intentionally releasing control, allowing yourselves to fully participate in that experience. So I'm curious, I'm opening a poll right now which our attitude or fundamental attitude, foundational attitude is probably the hardest for you

00:18:35:22 - 00:18:58:17

Unknown

, and I think you can choose more than one answer. I tried to set it up like that, but you never know. So I'm curious to see if you have any areas that are really challenging for you. And I personally find patients pretty challenging.

00:19:00:11 - 00:19:16:17

Unknown

Because we are a society that often wants immediate results. Right? You do it one time and you feel great. All right. But patience is really challenging with a mindfulness practice or if you are doing like a meditation practice.

00:19:22:03 - 00:19:41:11

Unknown

Any questions so far about stress reduction, the specific program, I put a link at the end as well, so you can go and look

a little bit closer. There are like guided programs that I've seen and online programs that people will deal.

00:19:41:12 - 00:20:04:16

Unknown

So I'll put some resources in your follow up as well. I'll give you a couple more seconds to fill out that poll. The two big ones are patients and letting go. There's a lot a decent amount of non striving as well.

00:20:05:14 - 00:20:31:06

Unknown

Yeah, they all kind of overlap a little bit too. All right, I'll close the poll and share the results with you guys. Thanks for doing that. Yeah, it's nice to know where you stand, right when you start. I think that can be helpful when we're being realistic and accepting where we are right when we start this process

00:20:33:03 - 00:20:50:06

Unknown

. So I talked a little bit about deep breathing, and this is one of the key aspects for stress reduction, but also for a mindfulness practice. Right? You don't you might not have to do a full meditation, but if we can work on being aware of how we're breathing, this can really help with our stress.

00:20:50:14 - 00:21:04:03

Unknown

So you can see from the screen, it encourages full oxygen exchange. It can slow the heartbeat down. It can lower or stabilize our blood pressure. So that's why they always tell people to do nice, deep breaths before taking that blood pressure at the doctor.

00:21:04:22 - 00:21:26:01

Unknown

It can help us concentrate by focusing on the breath. You can disengage from distracting thoughts. It gives you that focal point, essentially and practicing ten to 20 minutes. So this is kind of the general ality, but I would say deep breathing can be powerful, even if you only have a few moments to spare before a presentation or

00:21:26:01 - 00:21:51:24

Unknown

before a stressful event or meeting a stressful person. So we'll practice. With a mindful activity right now. So if you are sitting on cross your legs, find a comfortable seat, relax the arms. If you feel OK to do so, you might close your eyes or look just away from the computer screen for a moment.

00:21:56:23 - 00:22:23:23

Unknown

And before we get started, there's two main parts of a meditation being attentive, but also practicing that acceptance peace. So keep those in mind as we go through. So just to start, feel yourself on your chair. Maybe take an inhale through the mouth or through the nose.

00:22:25:10 - 00:23:03:16

Unknown

And then let go, exhale out the mouth. Start to these inward noticing any physical sensations in your body. Shifting around positions at first. Noticing the speed or the quality of your breath right now without judgment. Now, take a few gentle, deeper breaths.

00:23:05:01 - 00:23:37:13

Unknown

Inhaling through the nose. And exhaling through the nose. Make these breaths come from the belly. So can you intentionally breathe more air into the space around your belly button? And then expand the chest and the rib area. And on each exhale, see if you can let all of the breath out.

00:23:49:03 - 00:24:11:09

Unknown

If thoughts come into your mind, you can acknowledge them. But then come back to the breath. Everyone has a monkey mind. It's part of our evolution where we're ping-pong from one topic to another. From one thought to the next.

00:24:12:24 - 00:24:47:00

Unknown

And meditation isn't about stopping this. It's just about acknowledging it, it's happening. And choosing what thoughts we might want to follow and which ones we can let go of. Coming back to the breath again. Feeling the air flow through the nose.

00:24:52:06 - 00:25:42:05

Unknown

And then how your body can relax even further on that exhale. Maybe you count your inhales so that they match the exhales. And on your next exhale, you can slowly come back by opening the eyes or just slightly raising the chin back towards the screen.

00:25:44:12 - 00:26:18:23

Unknown

Taking your time to do so. Right. And when you're ready, you can come back to the presentation, if you would like to share your thoughts around that, what you felt. If you feel any different. Let me know. I put some resources here for some guided meditation, I think that can be a really powerful place to start.

00:26:20:06 - 00:26:40:23

Unknown

Since oftentimes it's. Like what, what's going on? So Headspace is a popular app. It is a subscription one, and then I put a couple that were from Harvard that I really enjoy around specifically like acknowledging those thoughts and feelings and how they come up.

00:26:43:03 - 00:26:59:20

Unknown

one question about the breath is the exhale through the nose or the mouth. It could be either. Oftentimes in yoga, we'll do inhale and exhale out the nose to contain the energy. But if you feel like you need to release or let go of things, it can help to exhale out the mouth.

00:27:00:23 - 00:27:22:13

Unknown

So there's not really a right or wrong for that one. Awesome. Well, thanks for trying that. And let's switch gears to sleep, so they're very related to stress and mindfulness. But sleep can have a really big impact on our mental wellbeing as well.

00:27:22:15 - 00:27:45:11

Unknown

Like, if we're not getting enough sleep, essentially we're going to feel that effects. So poor sleep and stress are greatly intertwined. And oftentimes, we just focus on stress management at night or breathing exercises at night. And it's funny that a lot of times the power of this mindfulness practice comes all day long.

00:27:45:12 - 00:28:06:00

Unknown

Right. Kind of managing those cortisol spikes so that you can have a calmer evening and can have a calmer night's sleep. So you can see on the screen lack of sleep, specifically deep sleep, which is inhibited when we have a lot of stress and those stress hormones floating around the body increases levels of stress the next day

00:28:06:14 - 00:28:22:06



Unknown

. So you're even setting yourself up to be more stressed if you didn't get enough sleep and then that can relate back to lack of sleep the next night, right? Because we're more stressed, we get tired. We might have difficulty coping.

00:28:22:06 - 00:28:37:22

Unknown

We might do a lot of caffeine to counteract that. And all of these things kind of go hand-in-hand into our ability to fall asleep if we have stress hormones peaking in the afternoon or evening when we should be relaxing.

00:28:38:06 - 00:29:02:00

Unknown

This can often affect our sleep as well. So learning that deep breathing before stressful events or just in general practicing meditation, maybe in the morning to kind of start your day out right, can be really helpful for calming that that hormone cocktail and then less sleep means more exhaustion, focus and increased stress and usually less exercise, which

00:29:02:00 - 00:29:15:09

Unknown

can also help with releasing some of the stress that we hold on. Sleep is definitely a necessary function to I know a lot of us try to get rid of it from our day to day to make room for other things.

00:29:15:20 - 00:29:31:01

Unknown

But it does allow our brains to recharge and our physical body to rest. And when we don't sleep long enough, we can start to see the effects on our muscle muscles and aches and pains. Our mental health really does suffer.

00:29:31:10 - 00:29:54:09

Unknown

And research has shown that most Americans would actually be much happier if they even just got 60 to 90 minutes or more sleep per night. So that was an interesting article that I was reading around. If we just had a little bit more sleep, right, they they do a lot of work around sleep and what the world

00:29:54:09 - 00:30:08:10

Unknown

is saying around it with the American Psychological Institute. So sorry, I forgot to put those up. So they did some surveys, and I love to hear like how many hours of sleep you guys are doing a night. So I'll put another polling question out there.

00:30:09:15 - 00:30:24:20

Unknown

So in general, they find that on average, when they did this survey over thousands of people that the average American was getting about 6.7 hours of sleep per night. So that means some way less, probably in some way more.

00:30:26:04 - 00:30:45:20

Unknown

42% of adults report that their sleep quality is fair or poor. So that's almost half of the participants in the study saying that they could use better sleep. 43% of adults report that they cause stress, causes them to lie awake at night.

00:30:46:08 - 00:31:09:15

Unknown

Lack of sleep can increase stress, so there's two statistics around that. And then stress causes fatigue over time, so people feel irritable, have trouble concentrating, not having motivation to take care of breath like sleep, recommend or not sleep recommendations, motivation to take care of their responsibilities and so many other things coming out of it.

00:31:09:15 - 00:31:26:00

Unknown

Oops. So I encourage you to check this one out, I think this was done in 2000. Let's see if it says on here. I thought it was 2020, but I'm not sure. Yeah, and there's a lot of different interesting things around how stress can affect sleep.

00:31:26:07 - 00:31:51:22

Unknown

So I got some questions for you. So let's check those out for a second. So we had one I always been a night owl and simultaneously an early bird to the point where you like doing both getting up late, I'm sorry, staying up late or getting up early, and people might not feel like they need sleep, right

00:31:52:13 - 00:32:08:24

Unknown

? And there is a variety of people that can get away with, like a little bit less sleep. But on average, most people need about seven hours a night, so that 6.7 average is pretty close. I would say, however, just know that.

00:32:10:09 - 00:32:31:06

Unknown

Oftentimes, when we don't feel like we need sleep, there might be something else going on that would be interesting to kind of check out, right? Like, are we just ignoring the signs of tiredness? Are we thinking to the best of our ability and the clearest that we could be thinking, is there any other adaptive thing?

00:32:31:07 - 00:32:50:14

Unknown

So usually when we get older, we get more of the effects of lack of sleep from our youth. And so it could be age and lack that adaptability. Can you share the extra sleep we need per night? Oh, the article, yes, I'll I'll put that in the follow up email for you.

00:32:52:00 - 00:33:08:23

Unknown

Is that I hope that's what you were, meaning if you want to clarify, you can write that in the chapter. So, yeah, again, just trying to get sick like an extra hour, basically for most people, if you're already getting like nine plus hours, maybe that's too much sleep, right?

00:33:09:05 - 00:33:21:12

Unknown

So you want to always consider the individual. I'm going to close the poll out and share the result. Looks like most of you are getting between five and six, six and seven and seven and eight, so basically from five to eight.

00:33:24:06 - 00:33:41:18

Unknown

Which is common. That's what I see in a lot of classes. I would say. Yeah, and then there's two types of like I would say, sleep problems, right? Getting to sleep initially could be cause more of the stress response and then waking up.

00:33:41:22 - 00:34:01:08

Unknown

So that can still be caused by some stress. But there's also other components of that, right, like being able to self soothe yourself back to sleep once you wake up in between. There's a natural tendency for everyone to wake up a little bit between sleep cycles, so that's not necessarily abnormal, but you should be able to fall

00:34:01:08 - 00:34:21:08

Unknown

asleep pretty quickly. And if not, that could be related again to stresses in your life. Is your mind going 100 miles an

hour? It could be hormonal. A lot of times when we hit menopause, we get more disruptive sleep and like if we have any medical conditions that can really affect our sleep as well.

00:34:21:17 - 00:34:44:21

Unknown

So there's definitely some different strategies for different sleep problems out there. So let's look at some things that we could do with the practice of mindfulness and practice of meditation to see if that can help our sleep. Again, these are like the low hanging fruit where we can still start them, their medication free.

00:34:45:04 - 00:34:57:22

Unknown

We can try them out and seeing if they're working for us. But oftentimes again, there's going to be a lot that might maybe someone goes through before they find what's going to work for them. And there's a lot of different philosophies on this.

00:34:57:23 - 00:35:20:21

Unknown

So I put some additional resources for other strategies that you guys could read after the fact. So meditation practice daily and again, this could be not just before bed, but trying to do some kind of breathing exercise or calming of that stress response throughout the morning or the afternoon to set yourself up for success.

00:35:21:05 - 00:35:39:07

Unknown

Because again, if we can train our mind to tap into this place of calm, that's going to be a lot easier to get to sleep at night if we've already kind of been able to let some of the anxieties go even if we have them and strengthen that mind muscle right by this daily practice.

00:35:40:12 - 00:36:01:24

Unknown

Recognizing, though, that this is often not like a cure. All right, so you might try it, but avoiding expectations that this will immediately help your sleep. It's just one kind of treatment, I guess, that we recommend. Body scans is another type of meditation where you go through all different parts of the body and you kind of relax

00:36:01:24 - 00:36:25:12

Unknown

shoulders, elbows, hands, waist and kind of soothe yourself in that way. So again, paying attention to the tightness of your muscles, being able to physically let go and relax them can be really helpful for sleep. There's a lot of experts out there that says if you are out of bed or like in bed for more than 30

00:36:25:12 - 00:36:43:10

Unknown

minutes in between those sleep cycles, or even when you're going to bed that we want you to not stay there, right? So get out of bed and do something quiet for ten to 20 minutes to see if you can disassociate that feelings of frustration and anger that we get the longer we can't fall asleep.

00:36:44:03 - 00:36:59:06

Unknown

So this would be a quiet activity, something without electronics, ideally and low lighting. So if you are going to be reading for some reason, it would be something in low light as opposed to like its shining bright lights back on to you.

00:36:59:22 - 00:37:22:21

Unknown

But that can be really beneficial for people that have a lot of trouble, either going back to sleep or starting sleep in general. Saying goodnight to devices, so there is a lot of people that will be on their phones right before bed or watching

television, and that blue light can definitely affect our biological clock to tune in

00:37:22:21 - 00:37:39:09

Unknown

and get into that sleep mode. So the more we can practice, like other activities that do not involve electronics, that could be soft music reading a bath or shower routine, something that's going to signal to your mind, Hey, it's time to wind down, it's time to go to bed.

00:37:39:20 - 00:37:59:17

Unknown

And this works really well with children, too. So it's not just adults that need or not just children that need those nighttime routines that adults need to find are like ideal sleep hygiene, hopefully without those electronics. Try not to force it, so allow worrying worrisome thoughts through.

00:38:00:02 - 00:38:21:03

Unknown

So again, part of that meditation is just accepting what comes up. Sometimes that means we need to write out our worries or stressors before bed. Some people really enjoyed that practice or kind of tuning into some of the gratefulness that they've experienced throughout the day or the positive effects they've felt throughout the day.

00:38:21:03 - 00:38:38:01

Unknown

So again, those are two different methods as well. And again, trying not to force it. So the more we get frustrated and angry for ourselves are not going to sleep or not being mindful enough, right? The worse it kind of gets for ourselves.

00:38:38:21 - 00:39:00:11

Unknown

So I'll send you these resources in your follow up so you can read more about it. But essentially it's does anyone have any other things that work for them around being mindful of their sleep? Yeah, and you'll get all of the free resources for mindfulness, too.

00:39:00:12 - 00:39:26:11

Unknown

There's some apps that don't require a subscription, so I'll share with those at the end. And there we have it. So again, a lot of this mindfulness practice is just trying to pinpoint parts of your day where you can just be more aware of what your mind is doing, right?

00:39:26:12 - 00:39:46:17

Unknown

So again, our mind is kind of forced to look at negatives first before positive. It's a survival mechanism that can induce stress, however, and our stress response. And if we're not taking our care to notice those stress responses, how and how our body feels, it can lead to chronic diseases long term.

00:39:47:01 - 00:40:07:03

Unknown

So I love that a lot of modalities are now kind of incorporating mindfulness. So nutrition I mentioned, but a lot of therapists will use this as well to make people just more tuned in to how their mind is, is or what their mind is telling them about the world that they're in.

00:40:07:03 - 00:40:25:10

Unknown

So sometimes being that objective citizen can be huge for it. So be curious. That's a great place to start. Just being curious about what's out there and how it could be helpful for you, right? Again, I said, everyone is very individual in their journey around this.

00:40:26:05 - 00:40:42:04

Unknown

So these are just a couple of resources that you could potentially try. The 10% happier is a they have a podcast as well. So if you're into more of a realistic approach to meditation and mindfulness, that one's a really good place to start.

00:40:42:04 - 00:41:01:13

Unknown

I like their interviews and the person on the that hosts it does a lot of meditation, but very real, real person kind of thing, not your typical Buddha or typical yoga type type person in. A lot of these will have free components to them, and then you could also pay.

00:41:01:22 - 00:41:15:04

Unknown

But I find like Insight Timer is a really good one for tracking your meditation. You can do have a mindfulness coach, so that was based on, I think, a company wellness program that they kind of opened up to the real world.

00:41:15:24 - 00:41:33:07

Unknown

Com and Headspace are really popular. And then these two smiling minds and stop breathe and think we're recommended to me by a yogi as well. So there's tons of others. I put a ton of resources at the end of your presentation, I'll show you in a second.

00:41:34:02 - 00:41:50:08

Unknown

There's YouTube videos that you could watch for nighttime stories that one's called the honest guys at the bottom of your screen here. There's also a great amount of resources on mindful dot org. There's also some with Harvard Public Health.

00:41:50:22 - 00:42:06:20

Unknown

And then there's this fun quiz you can do when you get off line today to look at how mindful are you right now? So it could be like, Wow, I didn't know I was as mindful or, Oh man, I need to work on a couple other things to make my mindful score go up.

00:42:07:05 - 00:42:35:23

Unknown

So that ones can be a fun little quiz to try out today. Any other questions I can answer around either mindfulness, meditation, stress, sleep? Again, stress and sleep could be a whole presentation on their own. But these are just the highlighted components where mindfulness can fit into that and hopefully help even in the smallest way to make

00:42:35:23 - 00:43:21:05

Unknown

you feel a little calmer and have more empathy and self compassion for others, but also yourself to. All right, well, any other questions before we can? Oh, I have one and suggestions for quick self-soothing to get back to sleep, so a lot of people will do a breathing exercise.

00:43:21:05 - 00:43:38:14

Unknown

So one of the deep breathing kind of components where you actually count your inhales and exhales, it's a little better than like counting sheep, but kind of similar idea. It's focusing your mind on something concrete so that thoughts around stress and the past or future kind of dissipate a little bit.

00:43:39:10 - 00:44:02:01

Unknown

There's a ton of breathing exercise suggestions out there, so definitely check out some of the resources for those. But a simple counting breath is like a really good one to practice with. Other self-soothing that I've seen work for people is doing some kind of like smell, so lavender has actually been shown to help with the easing the

00:44:02:01 - 00:44:15:11

Unknown

stress of the mind. So doing a little bit of lavender spritzer on your pillow or on your arms or on your neck can be really pleasant if you enjoy that scent. If you don't, don't use it because it won't help you.

00:44:16:10 - 00:44:31:13

Unknown

Also, just making sure that you are aware of stress throughout the day, right? So if you had a stressful day, did you exercise that day? That can be helpful for just setting yourself up for better sleep at night.

00:44:31:24 - 00:44:54:18

Unknown

Oftentimes, we find that choosing lots of fiber rich foods and nutrient rich foods are actually better for keeping people in deep sleep. So there is some research around. Food can be helpful. And then there is something to be said around that hot cup of milk before bed because of the ability for tryptophan to get in and start

00:44:54:18 - 00:45:20:08

Unknown

to produce more serotonin and happy hormones to calm the body. So those are just a few. Some people do rocking. Some people will like again, like get a specific kind of comforter, so they feel really nice. It could be turning up or down the temperature in your room to have like a specific environment for sleep and then

00:45:20:08 - 00:45:48:02

Unknown

a sleep hygiene. So like timing of when you go to bed and when you wake up, being pretty consistent can be helpful. Now, the mind is so powerful. Yeah, most of the guided meditations are audio, so it's less than reading, so you can really kind of focus internally on those.

00:45:53:19 - 00:46:08:03

Unknown

And it's kind of you you have to find a voice that's going to suit you because some are going to be better than others. So practice a lot of different types of meditation and a lot of different presenters, right?

00:46:09:00 - 00:46:33:07

Unknown

So it could be very different experience if you have maybe someone's voice that just doesn't work for you. OK, well, if you have any more questions or would like a specific resource, you can reach out to me at the email below.

00:46:33:15 - 00:46:52:06

Unknown

I'll send you an email so you can have that in your box and just know I will be on maternity leave next week. So if you have questions, send them before Friday because I will not be answering that for a while and I am so happy that we got a chance to work together this year and the

00:46:52:06 - 00:47:06:19

Unknown

next three webinars. If you're in the webinar subscription program, we'll be recording so you can always like and ask questions through the email that I leave for you there, but know that those will be prerecorded and not live.

