

FROM THE TEAM AT RAISE



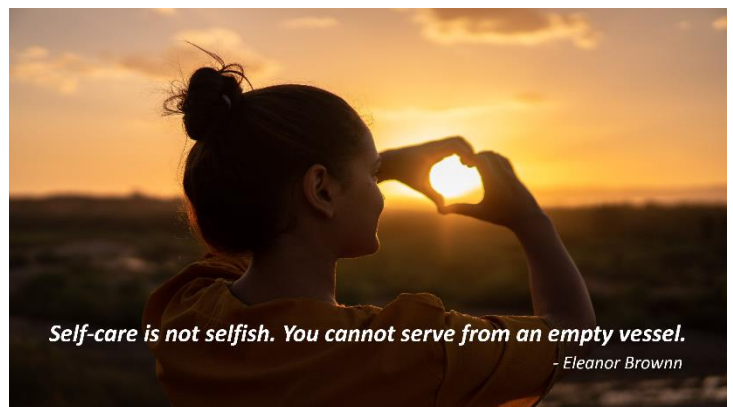
Kia ora, Bula & Hello

We're fast approaching the end of the year, and what a year it's been. Just when we were optimistically looking forward to more settled times as we put the pandemic years behind us, 2023 has presented its own share of challenges. On top of our individual experiences, widespread adverse weather events and the rising cost of living have affected so many of us as a collective. Our thoughts are with everyone who has, or is, facing difficult times.

With the end of the year often being a busy and stressful time, we know that these next few weeks could also be tough, so looking after ourselves is going to be particularly important. At a time that is characterised by giving, let's also include some self-nurturing! One of the key ways we can support our mental health and wellbeing is to give ourselves the best possible chance of quality sleep, so in our latest blog we take a look at 'sleep hygiene' – what it is, what we can do, and the benefits we can gain.

You can read our blog here –

www.raisementalhealth.co.nz/sleep-hygiene-for-mental-health-and-wellbeing



Raise self-care resources

Make a self-care plan

Read our blog for step-by-step tips for creating your own self-care plan.

www.raisementalhealth.co.nz/the-importance-of-self-care



Tap into your happy hormones

Include activities in your day that improve mental health and wellbeing.

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/happy_hormones.pdf



Turn off work

Run through our quick checklist at the end of your working day to help you switch off.
www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/going_home_checklist.pdf



When the going gets tough

Tips for self-care and resilience during tough times.

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/self-care_and_resilience_through_challenging_times.pdf



Do you have balance in your life?

It can be helpful (and fun!) to carry out this exercise with colleagues or friends.

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/do_you_have_balance_in_your_life.pdf



Sleep hygiene basics: The 10-3-2-1-0 sleep formula

When we're sleeping, our body is focused on healthy brain function and maintaining our physical health. Getting inadequate sleep over time can raise our risk of chronic (long-term) health problems, and can affect how well we think, react, work, learn, and get along with others, so the importance of good quality sleep cannot be overestimated.

The 10-3-2-1-0 method gives us some simple steps to better sleep. If this feels like a lot to try all at once, you could apply them incrementally. Choose one to begin with and keep it up for at least a week before adding another. Perseverance will help these practices to become habit, so hang in there!

10 hours before bed – No more caffeine

Caffeine enters the bloodstream 30 to 60 minutes after it's been consumed and stimulates the central nervous system. The short-term effects can include increased breathing, heart rate, mental alertness, and physical energy; none of which is conducive to falling asleep. Depending on the individual, these effects can last up to 12 hours! You don't need to cut out caffeine completely, just be mindful of when you have it, so it has time to work its way out of your system before bedtime.



Note that it's likely there may be caffeine in more drinks and foods than you realise, including coffee, tea, soft drinks, energy drinks, workout supplements, chocolate, cocoa, coffee-flavoured foods, and some over-the-counter medications. Check the label to be sure.

3 hours before bed – No more food or alcohol

Eating too close to bedtime disrupts our body's natural rhythm because instead of resting, it's busy digesting what we ate. Also, the digestive system doesn't function as effectively when the body is horizontal, which can be a cause of reflux.

Alcohol is a sedative, so we can be fooled into thinking that it's helping us to sleep, but it actually interrupts our rapid eye movement (REM) sleep which is important for learning, memory, emotional processing, and healthy brain development.

2 hours before bed – No more work

Working before bed overstimulates the brain, so give it a rest. If you're worried about all of the things you need to complete, try creating a to-do list so you'll be able to hit the ground running the next day, and the bonus is that we perform much better if we're well-rested.

1 hour before bed – No more screen time

Shut off all devices. This means phones, games, TVs, computers. Our device screens emit blue light that makes our body think it's time to wake up, and on top of that, the constant stream of information stimulates the brain, which can induce anxiety – both enemies of a good night's sleep. Ideally, keep your devices out of your bedroom or at the very least have them on silent mode.

0 – The number of times you should hit the snooze button

The brief sleep we may get when pressing the snooze button doesn't equate to quality rest. Every time the alarm goes off, we get a shot of cortisol that causes us to wake abruptly and can send our body into 'fight or flight' response. If you're struggling to wake up, you'd be better off setting your alarm for an extra 10 to 30 minutes of sleep than repeatedly pressing the snooze button. If you're having trouble resisting that button, move your alarm further away from the bed.

Raise is here to help

If you could do with some personalised professional support, don't hesitate to get in touch.

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