

REACH Good Health News, May 11, 2020

Here's another meaningful and very true quote, by Winnie of "Winnie the Pooh" fame. It's all about friendship and how we stay connected, by good memories, even when we are not together physically!

"I think we dream so we don't have to be apart so long. If we're in each other's dream, we can be together all the time." Winnie the Pooh

Dreaming is like overnight therapy for you. It helps us balance our emotions and boosts our creativity and problem-solving skills. Thinking good thoughts, like happy times with our friends will help you drift off into Dream Land!

A good night's sleep also helps your memory, boosts your immune system, so you don't get sick so easily and it helps you be alert, so you stay safe!

Nine (Science-Based) Tips to help you get "A Good Night's Sleep" during COVID Time:

- 1) Give yourself an Electronic Curfew of a minimum of 90 minutes before your regular bedtime. Relax and destress by listening to music, doing meditation or reading a book.
- 2) Make a Gratitude List in your mind (while lying in bed, in a cool, dark and comfortable room. Thinking positive thoughts can help to reduce stressful feelings, improves deep sleep and encourages GOOD dreams.
- 3) Keep your schedule to the same times every day: the more consistent your wake-up time, the more consistent your overall functioning will be throughout the day. Avoid too much napping (if you're played out during the day, one, short nap will be good for you), it will disrupt your nighttime sleep. Try to get ready and go to bed at the same time every night.
- 4) Avoid stimulants like tea, coffee, pop with caffeine---they will increase anxiety.
- 5) Take a hot shower or bath 90 minutes before bed, wash off all those germs and increase your core body temperature. Your body temperature will decrease once you are out of the tub and this will help produce MELATONIN naturally
- 6) Make sure your environment is clean: Try to wash your sheets, once or twice a week, with hot water, do an overall deep cleaning of your bedroom to clear the dust and maybe crack a window, so we can breathe fresh, cool air
- 7) Try drinking a relaxing cup of guava leaf tea. Guava Leaf tea is a good "go-to before bed" warm drink. It is refreshing, tastes great, is a wonderful way to wind down and helps keep you hydrated through the night. Drink it about 30 minutes before you sleep.
- 8) Avoid eating big meals close to bedtime, especially spicy or fatty foods (may cause heartburn).
- 9) Exercise at least 20 minutes each day, but try to do it at least 6 hours before bedtime. A twenty to thirty minute walk in the sunshine and fresh air will greatly help you achieve a "good-night's sleep".
- 10) Slow Down and Breathe: Deep, slow and self-aware breathing is an very old, powerful way to clear the body of stress that might be caused by a crisis such as the Covid-19 Pandemic. It is a great way to relax as part of a nightly transition to sleep. Deep breathing kicks off a series of changes that aid relaxation, such as reducing muscle tension, slowing breathing rate and heart rates and lowering blood pressure. Here's a favorite method, "4-7-8 breathing": In a comfortable position, with your eyes open or closed: Inhale for 4 seconds, Hold breath for 7 seconds, Exhale slowly for 8 seconds, repeat several times.



sweet dreams

The HEALING POWER OF GARDENING

Gardening provides a sense of control and responsibility. A patch of land can produce amazing results, for both the environment and the person tending to it!

- 1) Gardening gives you a sense of responsibility. It is a meaningful activity, so it boosts confidence and self-esteem. Even controlling the amount of water a potted plant gets every day or week, will give a person a sense of control.
- 2) Gardening gives you a connection with other living things. This results in improved moods and concentration, because we're helping things plants grow and prosper. It helps us learn that we are all part of a wonderful thing---Nature.
- 3) Gardening ups the feeling of Happiness, stress drops because looking at flowers and being around them, makes us feel peaceful in a non-threatening environment---helps us leave our worries behind!
- 4) Gardening helps us Vent It Out---Weeding, hacking, chopping, cutting can allow people to unleash their anger or frustration in a controlled, safe environment.
- 5) Gardening gives us feelings of reward. When you give your time and energy into growing plants, you feel a sense of ownership and pride, and this helps you feel you belong to a place. Whether it's a small window box, a patch of herbs, or a large back garden, you'll be rewarded in big ways, with good produce and a feeling of "a job well-done".
- 6) Gardening gives you physical benefits---You have a purpose when you garden and you get exercise along with it. Outside in the fresh air, you are lifting, stretching, bending, walking, along with getting a healthy dose of immunity-building Vitamin D, from the sunshine.
- 7) Gardening gives you a no-judgement feeling. Plants are not frightening or challenging, like some people, they are still, calm and balanced. Plants give you an escape from thoughts, as well as an escape from feeling judged by the world. We are in a safe, simple place, which leads to a sense of self-worth and stability.
- 8) Gardening cultivates HOPE. The researcher, Matthew Page, lists "hope" as one of the best benefits of gardening. When you have very little to look forward to everyday, the very act of planting a seed requires hope. Every day, when you check on your plants, you will notice differences, a new weed that needs pulling, herbs that need cutting, or even a new bud forming---every day brings renewed hope---Happy Gardening!

