

SLEEP, RELAXATION + MANAGING STRESS

Having to manage lots of changes at the moment? How are you with managing change and unpredictable situations?

No normal routine? No reason to get up in the morning? No-one setting you regular tasks or keeping check of your learning? Strained relationships?

All these thoughts and challenges flying around us can make be really hard. They can make it hard to stick to routine, which is useful for making the most of your day and evening, and helping you feel good. It also helps us feel able to take things at a manageable pace and feel in control, when things can feel stressful and unpredictable around us.

Sleep + Relaxation are a big part of what helps us to function and feel balanced - in terms of our bodies feeling charged and healthy, but also in terms of our being able to relax, and regulate our thoughts and feelings. One is unlikely to be achieved without the other!

It is recommended that we work towards 8-9 hours of sleep in our teens. Sleep can be helped through finding outlets but also feeling relaxed (and breath...),. So in order to do this the following can help us:

***Limit screens in the bedroom and not having phones and computers on close to bedtime.**

***Exercise for better sleep - Exercising out in daylight will help to encourage healthy sleep patterns, too.**

***Cut out the caffeine and don't eat before bedtime (especially anything sugary)**

***Have a good routine (same things in the same order, regularly (for e.g. daily!))**

***Create a sleep-friendly bedroom – clear and tidy?! Favourite colours and textures? Fresh air? Do you need to try noise defenders if you are really aware of noises around the house?**

***Talk through any problems and ‘let things out’**

***Avoid long lie-ins – if you do this at the weekend this can also impact you all through the week (it disrupts your body clock and can even leave you with ‘jet lag’!)**

THERE ARE SOME PRACTICAL LINKS AND IDEAS BELOW – we have selected 1 or 2 per section but there are still a few there, don't worry about looking at them all at once, just pick a section or a link at a time.

Planning a Bedtime Routine that works for you

Read more on building routines here: <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>



Gentle Exercise to start or end your day

Mariam Gates - Good Night Yoga (Book Excerpt)
via Youtube <https://youtu.be/4lfjNAXGPzA>

Yoga for Beginners (with a cute dog too): <https://www.youtube.com/watch?v=pWobp3phsEU>

Breathing techniques for relaxation

Square Breathing: <https://www.youtube.com/watch?v=YFdZXwE6fRE>

Belly Breathing: <https://www.youtube.com/watch?v=2PcCmxEW5WA>
Relaxing Breath '4-7-8 Breath': <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Guided Meditations

MiSP Mentalisation for sleep via Youtube <https://youtu.be/T5ut2NYdAEQ>

BodyScan: <https://www.youtube.com/watch?v=GJyClzUvivQ&feature=youtu.be>

Relax & De-Stress With These Daily Free Meditations: <https://bit.ly/39QkALI>

*View more that suit you, via: <https://insighttimer.com/> and -
https://insighttimer.com/meditation-courses/course_learn-to-meditate-course-for-kids

Relaxation and meditation music

<https://youtu.be/N7ESSn0SdGc>

<https://www.radiotunes.com/meditation>

The relaxation music might be good to have on as background noise whatever you are doing – see what impact it has on your ability to slow down and feel relaxed. The more relaxed you are, the more able you will be to deal with stress. Once you have practiced getting yourself to this calm state, the easier it will be to get yourself back here when obstacles are thrown at us.