



This issue builds resilience in...

Anxiety

Insomnia

Want more help? Try **Sticky Strategies**

Sleep like a baby tonight...

It's one thing to be awake at night because your child is crying and needing your attention. It's quite another if you're awake because your mind is busy or wracked with anxious or negative thoughts. Here's a technique* to help on those nights when sleep seems a struggle and it's great to teach children too.

Three steps to sleeping like a baby:

These steps will take you through the colours of the rainbow in order: **red, orange, yellow, green, blue, indigo (dark purple) and violet (light purple)**. Don't feel you need to complete the exercise, as the sooner you fall asleep the better!

Step One - Colours: While lying in bed, start by focusing on each colour and thinking of any object of the same colour. e.g. Red: *"I'm thinking of the colour red (colour), a big, red, juicy apple (object)"*. Continue with each colour, taking time to really picture the object in your mind. Keep going until you've reached the end of the rainbow with violet.

Step Two - Numbers: (if you're still awake) Count backwards from 21 to 1, in groups of three. After each group of three, imagine yourself feeling more relaxed, sinking closer to sleep. e.g. "21, 20, 19", (*"I'm feeling more relaxed and sleepy"*), "18, 17, 16"... (*"I'm feeling more relaxed and sleepy"*) ... to 1.

Step Three - Nature: (only if you're still awake, of course!) Imagine yourself in a peaceful place in nature, a restful place for you. Engage all your senses - e.g. imagine the feel of the sun shining gently on your skin or the sand between your toes. The possibilities are endless. You can stay in this place, away from any cares, feeling completely at

ease until it's time to wake up refreshed. Or, you could start over again...

When to use this?

Any time that your mind is racing and you're struggling to relax into sleep. You may need to persevere at first but the more difficulty you have focusing and directing your mind, the more the practice will benefit you and the easier sleep will come in time.

*From the late Bert Weir (1926-2012) at the Brisbane Relaxation Centre & tried and tested by Laurie Morrison.

- ✓ Don't keep lying in bed struggling, use the rainbow technique.
- ✓ Remember: 1. colours - rainbow, 2. numbers - 21 to 1 in groups of three, 3. nature.
- ✓ If you're still unable to sleep, break the cycle, get up and do your least favourite chore.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

Ralph Waldo Emerson