## DECEMBER QUIZ Stressed and not sleeping?

Anxiety levels and lack of sleep are two important components to consider when goal setting. Unfortunately many people underestimate their affects, particularly in regards to weight loss. Increased anxiety and not getting enough sleep have in fact been linked to obesity.

#### **Anxiety**

Classic symptoms of anxiety may include apprehension, a feeling of uneasiness, increased perspiration and problems with sleeping and concentration. Anxiety is most commonly related to personal problems, for example work, financial, child and relationship stresses. Sensitivity toward these stresses varies amongst individuals with people responding differently to different situations.

#### <u>Insomnia</u>

Gaining enough sleep is vital, not only so that you feel refreshed in the morning, but it is also critical in order for the body to mend damaged blood cells, repairing the daily wear and tear placed on the body and is essential for our mental well-being. Simple things that can be done to try and improve your quality of sleep

may include:

- Going to bed and waking up at the same time every day, including weekends
- Creating a bedtime ritual, for example having a shower or cleaning your teeth beforehand
- Avoiding caffeine, alcohol and nicotine before bed
- Avoid daytime naps!
- Keep your bed as a place for sleep

#### What else can be done to change this???

Get active and <u>exercise</u>! In recent research, exercise and physical activity are crucial for maintaining both mental and physical health. Not only does exercise have a beneficial effect in the treatment of anxiety and improving quality of sleep, but in many cases the company and companionship experienced within sport also has a positive influence your mental health state.

### Turn over for your chance to WIN a 30 Minute Massage Entries due in the Suggestion Box by 22 December 2014 - Good Luck



# Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box by 21 December 2014

Anxiety and lack of sleep have been associated with obesity.

TRUE / FALSE

Each person responds the exact way toward different stresses

TRUE / FALSE

Sleep is important for the body in order to repair itself

TRUE / FALSE

Having a nap is a good way to improve quality of sleep

TRUE / FALSE

Exercise is an effective tool to decrease anxiety and improve quality of sleep!

TRUE / FALSE

NAME:

TELEPHONE:



