



HURSTPLACE

compassion. knowledge. growth.

NEWSLETTER | Summer 2011

Too Tired to Sleep???

Although there is no standard criteria for defining insomnia, individuals who report having difficulty falling asleep or staying asleep are considered to be suffering from insomnia. Without sufficient sleep, subtle physiological processes are disrupted and our natural rhythms break down. We need deep and regular sleep to rest and recuperate. This is when our hormone levels rebalance, our organs and muscles get the rest they require, and other processes which are vital to our wellbeing take place. The link between poor physical health and sleepless nights is significant. Obesity, back problems, diabetes and some chronic conditions (such as arthritis and asthma) are major contributing factors associated with insomnia.

Some Tips to getting a good nights sleep:

- Keep a regular sleep schedule.
- Practice a relaxing, pre-sleep routine before going to bed - read or listen to quiet music.
- Don't drink alcohol or coffee late at night.
- Sleep in a dark and quiet room.
- Take a warm bath to relax and promote sleepiness.
- Get exercise during the day, but don't exercise close to bedtime.
- Get a great mattress and the right pillow for your neck.
- Keep your sleeping area well ventilated.
- Have a light snack which includes milk, cheese, nuts (these foods contain an amino acid which induces sleepiness).

Message from the Director

The rainy spring may be causing you to procrastinate. Figuring out why you are resisting a job or assignment is the first step towards 'lifting up' your dragging feet.

Propelling yourself back into action:

Break it down. Instead of being overwhelmed by the big picture, look at the small screen. Concentrate on completing the task in gradual steps instead of thinking that you have to do everything at once. Setting smaller, realistic goals gives a sense of accomplishment sooner and encourages you to make it to the next step.

Perfect the art of imperfection. Accept that perfection is an impossible goal. See mistakes as learning opportunities and remind yourself that 'accidents' and 'errors' created some of the world's greatest discoveries.

Know your weaknesses. Whether it's the Internet, TV or reorganizing your closet, it's important to identify how you like to procrastinate. Can you really go online for five minutes? Or watch only one 30-minute comedy? If the answer is "no," then talk yourself into steering clear until your goals for that day are finished.

Tune out your inner critic. Though you may have lived with your negative inner voice for a long time, it's time to get one that is more optimistic. Rephrase dialogues with yourself so that you stress the positive.

Remind yourself of past successes. Remember moments in your life where your energy and effort paid off. It will help inspire you to go for it again.

What are you waiting for?

Warmest Regards;

Wendy Murdock,
Executive Director



Rescuing a Relationship Before it's too Late.



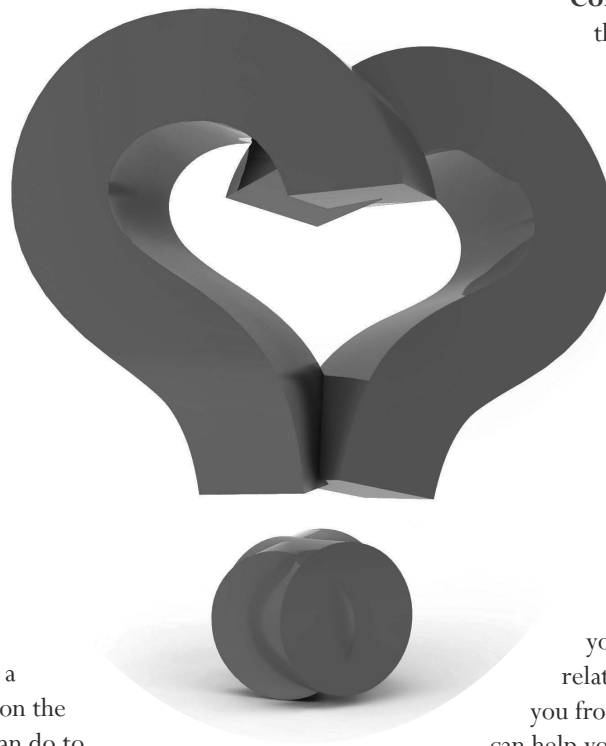
Maintaining a happy and healthy relationship can be a real challenge in even the most successful relationships. Unfortunately, over time, love can shift from cute notes, cuddles and kisses to sarcasm, button-pushing and taking the other person for granted. While every couple has unique problems, there are ways to breathe new life into your relationship. Try to:

Talk it out. While it's easy to notice when you're having relationship problems, it's a little more difficult to figure out why. Sit down with your partner and talk candidly about your feelings and concerns. Put the children to bed, set the cell phones to silent and turn off the TV. If you can't have a discussion without raising your voice consider going to a public place to talk. Avoid dwelling on the past and instead identify what you can do to improve your relationship for the future.

Stop the blame game. When things are going badly, couples often fall into the "he said, she said" trap. But to fix your relationship, both of you need to look at how you have contributed to the problem. Do you constantly blame the other person? Are you open to your partner's feelings and concerns? Do you ever make sacrifices? Take joint responsibility for your troubles.

Take it step by step. Repairing a relationship is hard work after all and it takes time. Try to tackle one specific problem or area of conflict at a time and celebrate the little victories along the way. The more minor challenges you overcome, the closer you'll be to a major resolution.

Accept the bad and acknowledge the good. Everyone has annoying habits, strange quirks and views you may not always agree with. Become a model of positivity and find the upside of the "little" things that bother you. If your partner is obnoxiously passionate about sports, for example, take time to acknowledge that their passionate side also carries over to their kids and family.



Continue the courtship. Do the things you used to do when you were first dating. Compliment each other, show interest in the other person's day, give gifts for no reason at all and make the effort to say thank you. Set aside one evening a week to do something together, just the two of you. These simple actions show your appreciation, let your partner know you still value the relationship and, above all, help you have fun together again.

Call in the professionals. Be ready and willing to seek professional help when the going gets too tough. Counselling can help you identify and resolve a variety of relationship problems that are preventing you from being truly happy. A neutral person can help you lower the volume on your squabbles and steer the two of you back to a better place.