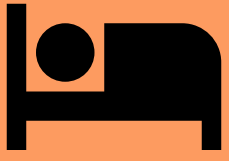


Do you suffer with Anger, Anxiety or Depression?

SLEEP



Did you know that sleep is one of the main contributing factors of helping with Anger, Anxiety and Depression?

Our brain is made up of many components. Here we talk about just a few.



Our 'intellectual mind' (our conscious part). This is the part of the brain we don't share with other animals.

Our 'primitive mind'. It sees things from the worst possible perspective - for self preservation.

Our intellectual mind is the part that interacts with the world. When we operate in this part of the brain we generally get things right. Our intellectual mind is generally positive.

Then we have the primitive part. The centre of this influential bit is the amygdala responsible for the fight/flight/freeze area of the brain. Then we have the hippocampus which holds our primitive and sometimes inappropriate behaviour patterns and experiences. Finally the hypothalamus which regulates chemical responses in our body and mind.

Our primitive mind is generally negative .

It is an obsessional mind - it will keep checking. It is a vigilant mind - it stays on red alert! It cannot innovate - as the intellectual mind can.

How do we create anxiety which causes us to move from the intellectual part to the angry, anxious and depressed part?

Anxiety is caused by negative thinking - our thought patterns surrounding events in our lives. Every negative thought is converted to anxiety. We can negatively think about things that have happened in the past or make negative assumptions about future events.

Every negative thought we have is accumulated. We say it is stored in a stress bucket! If someone upsets you during the day or you trip over the cat or you have a row you will stress. If you negatively generalize about a future event or ruminate about something bad that happened in the past you generate stress. All this stress (anxiety/anger) can go into your stress bucket. If you constantly focus on the negative your stress bucket will overflow making it harder for you to move back into your intellectual mind!



The good news is, there is a way to help empty your bucket! That method is called REM (Rapid Eye Movement - this is the part of your sleep where you re-run events either in clear or dreaming state. You move from your primitive mind to your intellectual mind. When this happens you find solutions to problems or make sense of the days stresses and strains - you take back control. When you have a good nights sleep you wake with an empty bucket!

When our brain releases these chemicals we also feel great! We are happy, nice, coping brave little souls. We produce these chemicals when we interact in a positive way. When we think positive thoughts, are active (do some exercise) eat healthily, laugh, spend time with people we love (and who love us). You CAN take back control!



Dopamine



Serotonin



Oxytocin



Endorphin