

# MINDFULNESS FOR SLEEP & STRESS MANAGEMENT

## Relationship of Stress, Sleep, and Mindfulness

Stress in our days can lead to difficulty sleeping at night. Learning how to manage stress through mindfulness practices such as breathing, meditations, or simply staying present can lead to restful sleep, improved mood, and increased productivity. Mindfulness helps to quiet the thoughts that lead to our stress and disrupt our sleep.

## Mindfulness Techniques

Try these different approaches for mindfulness to be more present and calm the thoughts:

- Deep Breathing
- Meditation
- Sound or white noise
- Tai Chi
- Yoga
- Nature awareness
- Mindful eating

## Mindfulness, Meditation, and Sleep Apps

There are many ways to practice mindfulness. Many people want to meditate more, but don't know how to get started. Apps can make meditation seem less intimidating.

Many of these apps include features that help with sleep including meditations and different types of white noise specifically designed to calm the mind for sleep. Download these favorite apps:

- **Mindfulness Daily:** 1-minute mindfulness sessions
- **Aura:** daily micro-meditations that last only three minutes each
- **Simple Habit:** 5-minute daily meditation
- **Calm:** guided meditation sessions running 3-25 minutes in length
- **Headspace:** subscription-based service for meditation
- **Buddhify:** meditations while you eat, go to work, sleep, and other parts of your day
- **iMindfulness:** designed for beginners to learn mindfulness meditations
- **10% Happier:** meditations and gratitude teaching
- **Noisli:** background noise and color generator for working, relaxing, and sleeping
- **Pzizz:** designed for power naps and deep night's sleep
- **Slumber:** relaxing sleep-inducing stories and meditations
- **Insight Timer:** meditations for sleep, guided imagery, courses
- **Sleep Cycle:** understand how you sleep by tracking sleep patterns

Sourced by Dr Ed O'Malley and Wellness Concepts

# MANAGING STRESS RECIPES

## Wheat Berries with Walnut Oil & Green Onions — Serves 8

*Whole grains, such as wheat berries, can increase serotonin and lower blood pressure to reduce stress.*

### INGREDIENTS:

4 cups water  
1 cup uncooked wheat berries  
1 teaspoon salt  
3 tablespoon walnut or olive oil, divided  
1 cup chopped green onions, divided  
1 teaspoon grated lemon rind, divided

**PREPARATION:** Bring the water to a boil in a large saucepan. Add wheat berries and salt; cover, reduce heat, and simmer as per instructions or until liquid is absorbed. Drain; spoon wheat berries into large bowl. In a nonstick skillet over medium-low heat add 1½ tablespoons oil and ¾ cups green onions; cook for 10 minutes until soft. Add 1½ teaspoons oil, onion mixture, and ½ teaspoon lemon rind to rice mixture. Sprinkle with ¼ cup onions and ½ teaspoon rind.

**SERVING SIZE:** ¾ cup; Calories 360; Fat 17g (sat fat: 2g); Sodium 15mg; Carbohydrate 46g; Fiber 8g; Protein 9g

## After Dinner Calming Tea — Serves 1

*Feeling stressed? Have a warm cup of tea to calm down. Chamomile tea helps reduce anxiety and promote sleep.*

### INGREDIENTS:

1 teaspoon dried chamomile flowers  
1 teaspoon dried peppermint leaves  
1 teaspoon fennel seeds, lightly crushed  
½ teaspoon dried cut ginger pieces (not ground)  
8 ounces boiling water  
Honey to taste (optional)

**PREPARATION:** Combine the chamomile, fennel, ginger, and peppermint in a tea pot or mug. Pour boiling water over. Cover and steep for 10 minutes. Strain tea, then sweeten with honey, if desired.

**SERVING SIZE:** Calories 0.3g; Fat 0g; Sodium 11.1mg; Carbohydrate 1.3g; Fiber 0.9g; Protein 0.4g

