

# An Ounce of Prevention

Complimentary

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## 8 Energy Zappers & How to Avoid Them

Here are 8 common energy drains & how to fix them:

### 1. Energy drain: Other people's expectations

Are you living someone else's dream for you? You're putting out energy but starving emotionally. The other person gets all the satisfaction.

#### Energy move: Declare independence

You bought in; you can set yourself free. No confrontation needed, just "I don't have to expect that of myself." Worst-case scenario: Someone who's not you will be disappointed. You will feel wonderful.

### 2. Energy drain: Loss of self

As kids, we had to play by the rules; our unique energy got caged.

#### Energy move: Personalize your life

Ask yourself, If it were up to me, what would I...hang on my wall? Wear to work? Do for fun? Find the pockets of freedom where you can be more yourself.

### 3. Energy drain: Deprivation

Duties and responsibilities fill your days. You gain weight trying to get emotional energy from food.

#### Energy move: Add pleasure, beauty, fun

Satisfying experiences, large and small, are the real nourishment you crave. Plan a big treat to look forward to—and a little one every day.

### 4. Energy drain: Envy

We often don't feel envy directly—but we might find someone else's good fortune depressing.

#### Energy move: Count your blessings

Comparison is a loser's game. Look at what you have, and actively feel grateful. (P.S. That person you envy—you don't know how messy her life really is. Chances are you wouldn't want it if you had it.)

### 5. Energy drain: Worry

When you worry, you think you're dealing with things, but you're just suffering. Worry never comes up with good ideas. It torments and exhausts us.

#### Energy move: Get going

Action is the cure for worry. Do one thing that brings you a step closer to coping. If it's the middle of the night, get up and write a to-do list.

### 6. Energy drain: Unfinished business

Unmade decisions and postponed projects drain you.

#### Energy move: Do it or dump it

Forget the perfect decision—just trust yourself and make a choice. Put projects in an appointment book. If you can't find any good time, that's a signal you don't want to do it. So don't.

### 7. Energy drain: Over-commitment

You're always saying "yes"—to your boss, mother, kids, friends; to requests, favors, meetings.

#### Energy move: Say "yes" to yourself

Tell someone else "no" every once in a while, just to feel your own power. You'll gain a whole new sense of your ability to take care of yourself.

### 8. Energy drain: Holding on to loss

Fresh loss is an emergency. But old losses you can't let go of are dead weight.

## Energy move: Cry all your tears

Indulge in big-time mourning. Take off from work, stay in bed, and do nothing but cry till you're dry—and bored. Then go out and embrace life.

## One Minute to Marital Bliss

Take a look at the personality types below and be brutally honest: Sound like anyone you know? If so, it's time to rework your act – and get a major marriage boost, says Leonard Felder, Ph.D., author of the new book *Wake Up or Break Up: 8 Crucial Steps to Strengthening Your Relationship*.

### *The Unintentional Bulldozer:*

You usually scream: "I'm not yelling – just making a point"  
Try this instead: "I'm gonna shut up for once and listen to what's on your mind"

### *The Martyr:*

You usually whine: "I'm miserable, and it's all your fault!"  
Try this instead: "There are some things I really want to talk to you about"

### *The Unilateral Decision-Maker:*

You usually bark: "I'm doing this, whether you like it or not"  
Try this instead: Can we come up with a solution that works for both of us?"

### *The Sweet-But-Seething Spouse:*

You usually mumble: "Of course I'll do it! No problem!"  
Try this instead: "I'll do it – here's how you can help, babe"

## How Much Sleep Do We Really Need?

Humans, like all animals, need sleep, along with food, water and oxygen, to survive. For humans sleep is a vital indicator of overall health and well-being. We spend up to one-third of our lives asleep, and the overall state of our "sleep health" remains an essential question throughout our lifespan.

Most of us know that getting a good night's sleep is important, but too few of us actually make those eight or so hours between the sheets a priority. For many of us with sleep debt, we've forgotten what "being really, truly rested" feels like.

To further complicate matters, stimulants like coffee and energy drinks, alarm clocks, and external lights—including those from electronic devices—interferes with our "circadian rhythm" or natural sleep/wake cycle.

Sleep needs vary across ages and are especially impacted by lifestyle and health. To determine how much sleep you need, it's important to assess not only where you fall on the "sleep needs spectrum," but also to examine what lifestyle factors are affecting the quality and quantity of your sleep such as work schedules and stress.

To get the sleep you need, you must look at the big picture.

## How Much Sleep Do We Really Need: Revisited

Eighteen leading scientists and researchers came together to form the National Sleep Foundation's expert panel tasked with updating the official recommendations. The panelists included six sleep specialists and representatives from leading organizations including the American Academy of Pediatrics, American Association of Anatomists, American College of Chest Physicians, American Congress of Obstetricians and Gynecologists, American Geriatrics Society, American

Neurological Association, American Physiological Society, American Psychiatric Association, American Thoracic Society, Gerontological Society of America, Human Anatomy and Physiology Society, and Society for Research in Human Development. The panelists participated in a rigorous scientific process that included reviewing over 300 current scientific publications and voting on how much sleep is appropriate throughout the lifespan.

"Millions of individuals trust the National Sleep Foundation (NSF) for its sleep duration recommendations. As the voice for sleep health it is the NSF's responsibility to make sure that our recommendations are supported by the most rigorous science," says Charles Czeisler, MD, PhD, chairman of the board of the National Sleep Foundation and chief of sleep medicine at Brigham and Women's Hospital, "Individuals, particularly parents, rely on us for this information."

### How Much Sleep Do You Need?

Though research cannot pinpoint an exact amount of sleep need by people at different ages, our new chart, which features minimum and maximum ranges for health as well as "recommended" windows, identifies the "rule-of-thumb" amounts experts agree upon.

Nevertheless, it's important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep.

**Are you productive, healthy and happy on seven hours of sleep? Or does it take you nine hours of quality ZZZs to get you into high gear?**

**Do you have health issues such as being overweight? Are you at risk for any disease?**

**Are you experiencing sleep problems ?**

**Do you depend on caffeine to get you through the day?**

**Do you feel sleepy when driving ?**

These are questions that must be asked before you can find the number that works for you.

### Sleep Time Recommendations: What's Changed?

"The NSF has committed to regularly reviewing and providing scientifically rigorous recommendations," says Max Hirshkowitz, PhD, Chair of the National Sleep Foundation Scientific Advisory Council. "The public can be confident that these recommendations represent the best guidance for sleep duration and health."

A new range, "may be appropriate," has been added to acknowledge the individual variability in appropriate sleep durations. The recommendations now define times as either (a) recommended; (b) may be appropriate for some individuals; or (c) not recommended.

The panel revised the recommended sleep ranges for all six children and teen age groups. A summary of the new recommendations includes:

**Newborns (0-3 months):** Sleep range narrowed to 14-17 hours each day (previously it was 12-18)

**Infants (4-11 months):** Sleep range widened two hours to 12-15 hours (previously it was 14-15)

**Toddlers (1-2 years):** Sleep range widened by one hour to 11-14 hours (previously it was 12-14)

**Preschoolers (3-5):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13)

**School age children (6-13):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11)

**Teenagers (14-17):** Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)

**Younger adults (18-25):** Sleep range is 7-9 hours (new age category)

**Adults (26-64):** Sleep range did not change and remains 7-9 hours

**Older adults (65+):** Sleep range is 7-8 hours (new age category)

**Improve Your Sleep Today: Make Sleep a Priority**

To begin a new path towards healthier sleep and a healthier lifestyle, begin by assessing your own individual needs and habits. See how you respond to different amounts of sleep.

Pay careful attention to your mood, energy and health after a poor night's sleep versus a good one. Ask yourself, "How often do I get a good night's sleep?" Like good diet and exercise, sleep is a critical component to overall health.

To pave the way for better sleep, follow these simple yet effective healthy sleep tips, including:

**Stick to a sleep schedule, even on weekends.**

**Practice a relaxing bedtime ritual.**

**Exercise daily.**

**Evaluate your bedroom to ensure ideal temperature, sound and light.**

**Sleep on a comfortable mattress and pillows.**

**Beware of hidden sleep stealers, like alcohol and caffeine.**

**Turn off electronics before bed.**

If you or a family member are experiencing symptoms such as sleepiness during the day or when you expect to be awake and alert, snoring, leg cramps or tingling, gasping or difficulty breathing during sleep, prolonged insomnia or another symptom that is preventing you from sleeping well, you should consult your primary care physician or find a sleep professional to determine the underlying cause.

You may also try using the National Sleep Foundation Sleep Diary to track your sleep habits over a one- or two-week period and bring the results to your physician.

Most importantly, make sleep a priority. You must schedule sleep like any other daily activity, so put it on your "to-do list" and cross it off every night. But don't make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.

*For more information on healthy sleep, visit National Sleep Foundation's new publication, Sleep.org, today!*

*To view the full research report, visit [SleepHealthJournal.org](http://SleepHealthJournal.org).*

### \*\*\*Net News\*\*\*

Here are some web sites you & your family may find helpful.

#### **10 Home Remedies for Natural Anxiety Relief**

<http://www.rd.com/health/conditions/natural-anxiety-relief/>

**Eye Movement May Be Able To Heal Our Traumas | Tricia Walsh | TEDxUCDavisSF**

<https://www.youtube.com/watch?v=1OkSm9of2D>



**Build a Better Memory**

<https://www.brainandlife.org/the-magazine/online-exclusives/web-extra-build-a-better-memory/>

[www.theantidrug.com/advice/](http://www.theantidrug.com/advice/)

Parents, The Anti-Drug Website:

[www.theantidrug.com/advice/](http://www.theantidrug.com/advice/)

### Self- Help Corner:

Alcoholics Anonymous: 780-424-5900

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

Al-Anon/Alateen: 780-433-1818

Support Network / Referral Line: 211

Distress Line: 780-482-4357

Cocaine Anonymous: 780-425-2715

### Informative Links:

The National Women's Health Information Center:

<http://4woman.gov/>

Active Living Website:

<http://www.centre4activeliving.ca>