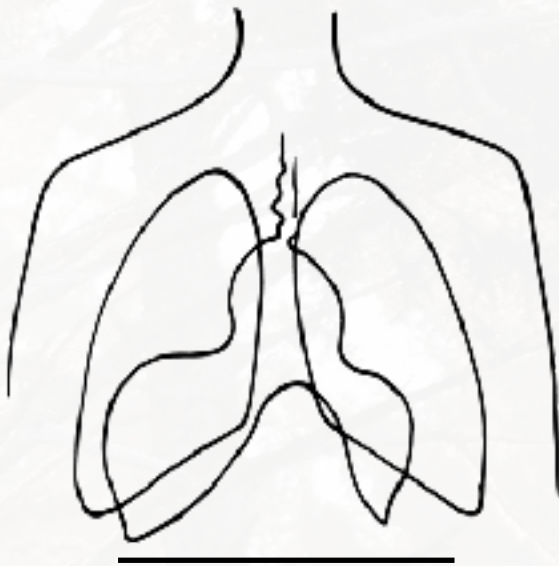
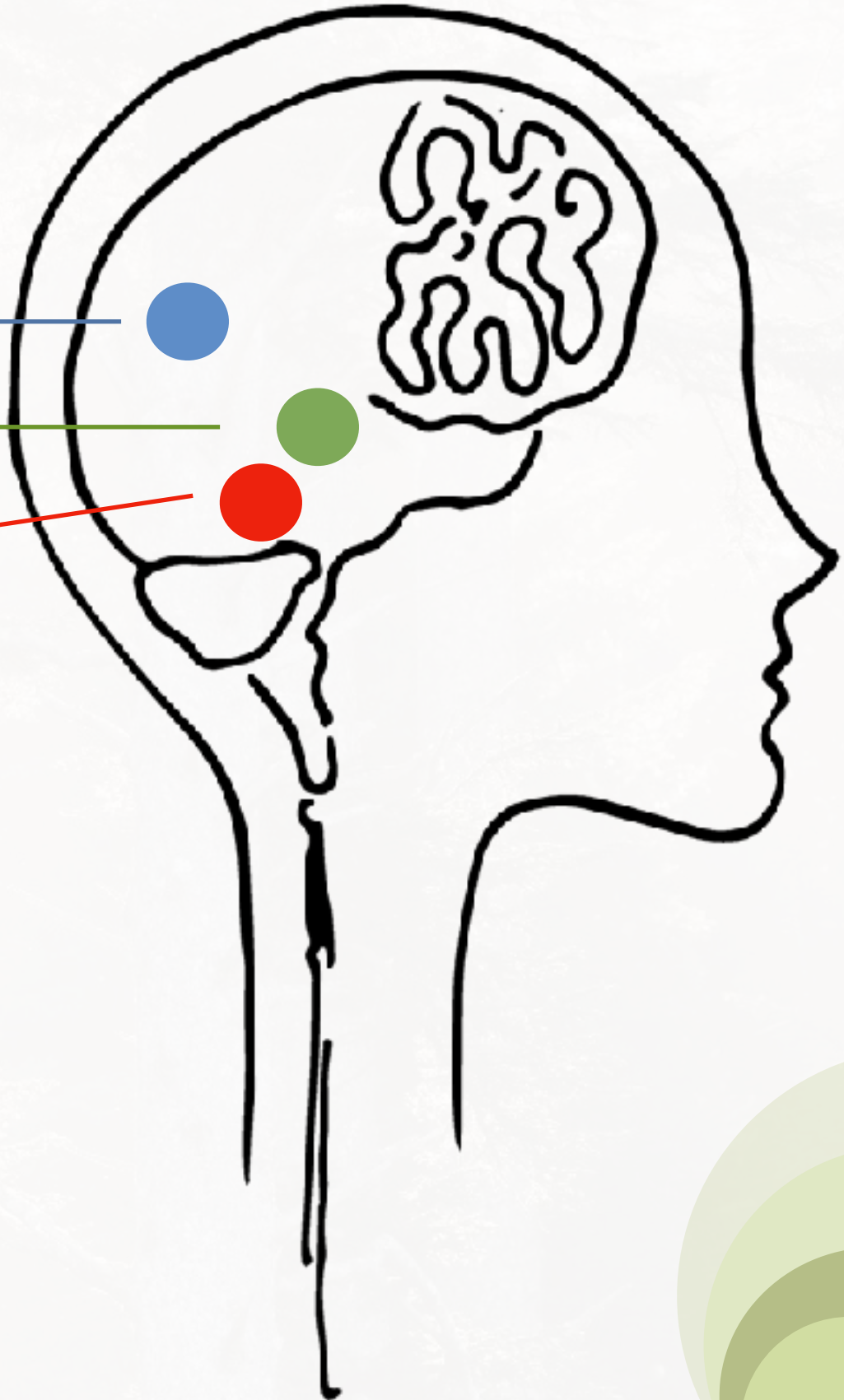


Sleep for Success



deep diaphragmatic breathing
 practice positive emotions
 mindfulness
 cardiovascular exercise
 avoid stressful topics after 8 pm
 time for reflection after work
 parasympathetic activation
 forest walking

vigorous exercise > BDNF
 ask for help
 treat PTSD anxiety depression



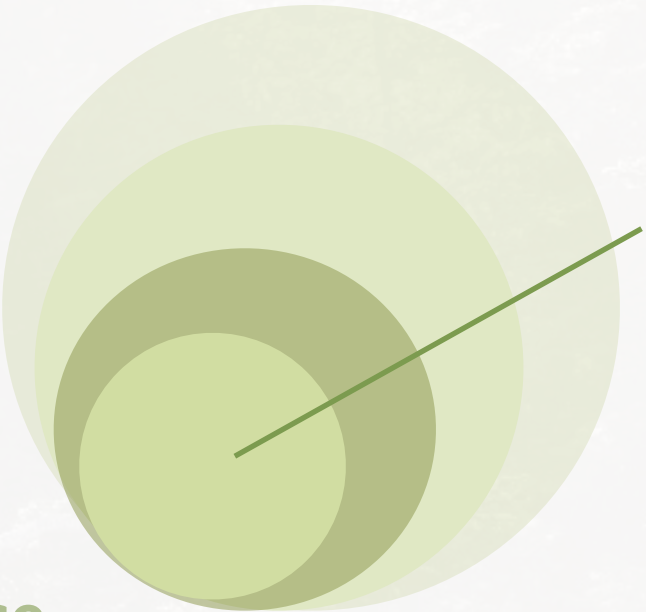
Pineal Gland
 Hippocampus
 Amygdala

sleep:
 melatonin
 serotonin

memory
 and emotion regulation
 BDNF

emotion
 positive and negative
 fight or flight / freeze / fawn

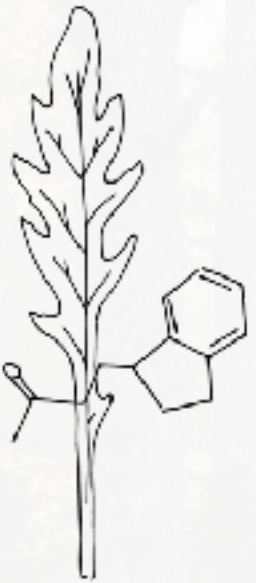
astrocytes
 deep sleep
 slow the brainwaves before bed
 mindfulness / meditation
 parasympathetic activation
 hot shower / bath / sauna
 yoga nidra



Vicarious Trauma Resilience

Brain Stem > Diencephalon > Limbic > Prefrontal Cortex

mindfulness
 meditation
 yoga
 relational
 transference



tryptophan foods
 avoid blue light before bed up to 3 hours
 bed for sleep and intimacy only
 wake at the same time each morning
 exercise in the morning
 bedroom cool dark quiet
 bed before 11 pm