





In this interactive webinar, we will discuss simple science backed strategies to capitalize on the flow state, improve quantity and quality of sleep and ways to implement the science of gratitude in your day.

In this handout you will find space to take notes and the resources that will be discussed in today's webinar.

Strategies and resources:		Key Takeaways & Notes:
1.	Posture impacts physical and mental health.    3 stretches that can help:	
	Resources: <u>Quick stretch break video link</u> <u>TED Talk: How Body Language Shapes Who you Are with Amy Cuddy</u>	
2.	The <b>flow state</b> is defined as an optimal state of performance. We find this state when the challenge of doing something is met with equivalent skill. What two things do you need to find the flow sate?	
	Resources: TED Talk: Flow, the Secret to Happiness with Mihaly Csikszentmihalyi	
3.	What things do you do that put you in the flow state?	
4.	Sleep is the primary way the human body recharges. How many hours of sleep are recommended for adults per 24 hours?	
5.	Below are several strategies to improve sleep. Pick a couple and try them out.	
	Keep your bedroom cool and dark – Turn off technology at least an hour before bed- Drink a cup of herbal tea – Exercise (but not at high intensity right before bed)- Keep a note pad next to your bed to write down your middle of the night "meeting with yourself" notes – Stick to a schedule – Take a warm bath or shower before bed- Create a bedtime routine so your subconscious brain recognizes that you are preparing for sleep – Stop drinking caffeinated beverages at least 6 hours before bedtime – Get blackout curtains - If you aren't	
	asleep in 15 minutes get up and read something boring (from paper not a screen) – Stretch – Do a breathing exercise like the 4-7-8 technique – Try a guided meditation for sleep – Use your bed for sleep and intimacy only, take the	

Resources:

think you have a sleep disorder.

What Happens to Your Brain and Body after a Night Without Sleep with Matthew Walker, Ph.D.

TV, movies, email, and social media to other locations- Talk to your doctor if you

Next Webinar: Thursday, June 4 on 3 Simple Tips to Help Prevent the Top Threats to Men's Health: Registration links: <u>10:00 am Registration</u> & <u>12:00 pm Registration</u>