



REJUVENATING SLEEP

Ann Marie Nielsen, PhD

The first key to a night of deep refreshing sleep, involves practicing a simple welcoming awareness of thoughts and emotions as you go through your day. Sleep hygiene starts with a simple awareness and acceptance of the emotions, thoughts and sensations that you experience moment to moment. When you stay in an attitude of non-judgmental “welcoming”, emotions and issues just arise and pass through, and you stay clear for the next moment of experience. In this way, you are not getting emotionally burdened or weighed down, but staying open, curious and spacious.

One way of staying emotionally open and clear is to simply notice any time you feel an emotional “charge” or “resistance” welling up. And then ask yourself in that moment: “Am I willing to let this go?” And if so, “Am I willing to release this right now?”. You then soften the resistance, welcome the emotion, embrace it, release it, and enjoy the new found freedom. You don’t have to examine it, understand the childhood origin, investigate the past associations, ruminate about it, gossip about it, or feel the victim of it. You only need to welcome it, feel it, release it and set an intention to return to your natural state of happiness and peace that is always there within reach.

A second key to a wonderful night of refreshing sleep involves facing and resolving issues that you may be suppressing or denying. If there is an issue that you need to face it may tend to surface at night when you are trying to sleep, or leave you with a vague uneasy or insecure feeling as you attempt to rest. This keeps the body in a low grade level of stress responses that inhibits the body’s ability to repair itself at night.

To resolve a troubling situation, you may simply ask yourself the question: “What am I afraid to face and what fears am I suppressing that zaps my energy and diminishes my sleep time?”

Often a response will arise immediately to your mind, or a few days later you may be eating a sandwich or driving to an event and the answers will spontaneously pop into your mind. Then simply set a gentle intention to face those fears, to move beyond them and to find peace and courage in your heart to resolve that situation. Just setting an intention for a resolution and being willing to directly address something, often begins to bring immediate peace of mind and inspired actions that generate new outcomes.

A third key to rejuvenating sleep involves setting a clear intention to give yourself permission to let go of all of the daily activities and cares, and to allow the sleep time to be a gift of ease that you give to yourself.

You allow this to be “your time” to relax, to rest, to envision, to dream, to feel happy, to have nothing and no one to care for or answer to. It is simply a time to relax and to “be”. This may be for ten minutes before bed, or as much as an hour or two.

Allow the muscles of your face, jaw, shoulders and whole body to relax. Allow the mind chatter to slow and become softer. Even just focusing on your breath - just the simple flow of inhales and exhales - for a few minutes will diminish stressful thoughts by 80%.

When you allow yourself to slow down and just “be”, it sends a powerful message to your brain chemicals and physical body to relax, and to generate “feel good” endorphins. Your physical body will repair and rebuild, your dreams will be happy and strengthening, your emotional mood will be uplifted. The result will be awakening in the morning feeling happy to be alive, filled with energy and feeling enthusiastic as you move into your day.

These three keys provide you with empowering tools to improve your sleep as well as enhance your overall wellbeing. In addition, there are many therapies and modalities available in personal sessions that will deepen your sleep time and support a powerful synergy of physical-mental-emotional radiant health.

Wishing you Health and Happiness,

Ann Marie

Dr. Ann Marie Nielsen, Ph.D. LMHC FL 8181

Dr. Ann Marie Nielsen’s (LMHC FL8181) Treatments Include but are not Limited to:

*Counseling/Psychotherapy	*Regenerative Relaxation Response
*Support for Physical Wellness	*From Depression to Happiness
*From Anxiety to Ease	*Sleep Therapy *Healing Intense Emotional Reactions
*Hypnotherapy	*Couples Therapy *Parent/Child Counseling
*Career Success and Prosperity	*Clearing Emotional Blocks that Contribute to Dis-Ease
*Cellular Regeneration	*Greater Peace and Clarity *Re-Patterning to Positive Beliefs and Emotions

TO SCHEDULE AN APPOINTMENT CALL 727-319-8819