Uncharted Get Sh\*t Done Notes

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Here are all of the ideas generated for the discussion on the 4 pillars of building resilience.

**Adequate Sleep**

* Make the room as dark as possible
* Drapes/Window coverings (blackout)
* No TV or lights of any sort (even blocking out small LED “indicator lights”)
* Environment temperature: keep room frigid – sleepfoundation.org has guidelines for htis
* Apps: Whitenoise, Simply Rain
* YouTube: TheHonestGuys (meditation and other sounds) – for helping to fall asleep
* Melatonin: take for a while and dose specific
* Relaxation Techniques especially during the day (meditation and breathing exercises can help to keep asleep at night)
* Have a routine that dictates actions
* Shift schedule backward with time that you want to go to bed in mind
* Evaluating productivity and adjusting accordingly (are you a morning person?)
* App: SleepCycle (tracks sleep and has stories and noises)
* Device control (keeping cell phones outside the room to charge)
* Moderating “binge watching” with self or older kids
	+ Utilizing a device (“Circle”) to shut down wifi after a certain time
* Earplugs for sound disturbances
* Go to bed at the same time and wake up at the same time (even on days off)
* Sleep resource: Healthy Sleep Habits: Happy Child
* Knowing your sleep patterns (sleep tracker, journaling)
* Getting sunlight (or fake sunlight) during the day
* Wearing a nightguard (if you clench/grind your teeth) – you may not know you have an issue until you see a dentist
* Mental tricks to help fall asleep or get back to sleep
	+ Tell brain to do a menial task (A-Z animal naming)
* Social media control
* Pillow sprays for relaxation
* Use polymer clay to cover lights
* The Sleep Revolution by Ariana Huffington
* Why We Can’t Sleep: Women’s New Midlife Crisis
* The Power of When: Discover Your Chronotype--and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More (Written by a specific sleep researcher)Decrease caffeine consumption after midday
* Essential Oils (lavender, relaxation, etc) – can help to get mind in the right space
* Avoid hitting snooze
	+ Alarms that set up as daylight
* Weighted blankets
	+ Weighted sleep mask

**Good Nutrition**

* Covid has forced us to eat at home more and be more focused – this is a good thing, try to keep positive habits around
* Pre-made salad and chicken breasts (throw in a bowl and go)
* Bringing dinner to work (working late)
* Giving nutritional choices to your team (we all have the junk food “drawer/basket/cabinet” – can we have a “health food drawer/basket/cabinet”)
* Subscription system like Daily Harvest
* Adding veggies to meals as you prepare them (ex. Cauliflower to noodles or pasta while it is boiling, adding to burgers)
* Going to parents to eat (if available)
* Noom: psychology to reframe relationship with food
	+ Omada (similar to Noom)
* Utilizing an Instapot/crock pot to help with prep work
* Blue Apron – multi options (vegetarian, etc), some like Freshly are premade, HelloFresh (similar but options may be a bit limited)
* Eating same breakfast/lunch everyday
* Portion control (mindful eating – Headspace app has intention practices for this too)
* Prepping food seprately prior to and putting together in different combos
* Soups are a good option for make ahead
* Sleep and nutrition can impact one another (eating before you go to sleep)
* Role of family members (family member is cooking or we have to adapt to other’s eating habits)
* Possible clinic benefit: hiring someone to make lunches (cheap option since everyone pays)
* Being mindful of prepping on days off to be successful for the week ahead
* Don’t keep unhealthy snacks close by

**Active Relaxation**

* 10% Happier Meditation App
* Going to a space that helps you relax for a few minutes (finding a space in the clinic), building a space at your home/in the clinic
* Finding an activity that helps you relax (gardening, cleaning, etc)
* The Power of Habits (reading recommendation)
* Staying in tune with what your body is telling you
* Using exercise to help calm your mind
* Making time and being okay with not being perfect
* Don’t get hung up on meditation being the only way to help with AR, any practice that helps you quiet the chaos within
* Repetition (counting laps while swimming, jumping on the trampoline, etc.

**Routine Physical Activity**

* WizardsUnite (Harry Potter Version of PokemonGo)
* No Sweat by Michelle Seager, PhD
* Setting a specific exercise goal
* Gym that allows you to pre-book and charges if you miss
* Making part of daily routine – bike to work, using pets (taking for a walk), having an accountability partner
* Dance/Stretch based YouTube Channels (MKFit, MadFit, The Fitness Marshalls)
* Fitbit/smart watch challenges
* Remente App – Free Wellness Wheel
* “Done” – a habit tracker to reinforce good habits
* Gretchen Rubin “Better than Before” accountability groups
* Making movement fun instead of forced (biking, etc), remembering that we use to move to have fun as children
* Some is better than none
* 10 minute apps (the apps that give you reinforcement)
* Using tools like (peloton) for accountability
* Focusing on “competing” with yourself and improving yourself instead of comparing yourself to others
* Positive self-talk