WeeklyWisdom

Grow the Green for You and Your Team

"I used to think it was selfish to prioritize sleep, but then I realized the opposite was true. The people I love and the work I care about deserve me at my best, not exhausted and cranky and unfocused."

— Emily Nagoski

Good Night, Sleep Tight

A sleep routine that works for you is the key to getting a good night's sleep.

Counting sheep is a waste of time. Use calming mental imagery instead. Imagine a walk along a favorite path, or along the ocean's edge.

Use relaxation and sleep apps as "training wheels" to settle your mind. Insight Timer is a free app we like.

Keep your bedroom cool. Wear socks to draw the heat out of your body's core.

Help your kids develop good sleep skills with Elmo's Choo Choo.

Brought to you by your friends at the Wisdom & Wellbeing Peer Support Training Program