

Anxiety and Sleep Disturbance

Patient Education Module

Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

To identify your true sources of stress, look closely at your habits, attitude, and excuses:

Do you explain away stress as temporary ("I just have a million things going on right now") even though you can't remember the last time you took a breather?

Do you define stress as an integral part of your work or home life ("Things are always crazy around here") or as a part of your personality ("I have a lot of nervous energy, that's all")?

Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional? Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

Start a Stress Journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down:

What caused your stress (make a guess if you're unsure)

How you felt, both physically and emotionally

How you acted in response

What you did to make yourself feel better

Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

Smoking

Drinking too much

Overeating or undereating

Zoning out for hours in front of the TV or computer

Withdrawing from friends, family, and activities

Using pills or drugs to relax

Sleeping too much

Procrastinating

Filling up every minute of the day to avoid facing problems

Taking out your stress on others (lashing out, angry outbursts, physical violence)

Learning healthier ways to manage stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four As: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Dealing with Stressful Situations: The Four A's

Change the situation:

Avoid the stressor

Alter the stressor

Change your reaction:

Adapt to the stressor

Accept the stressor

Stress management strategy #1: Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

Learn how to say "no" – Know your limits and stick to them. Whether in your personal or professional life, taking on more than you can handle is a surefire recipe for stress.

Avoid people who stress you out – If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.

Take control of your environment – If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.

Avoid hot-button topics – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.

Pare down your to-do list – Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the "shoulds" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

Stress management strategy #2: Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.

Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.

Be more assertive. Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you've got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.

Manage your time better. Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. But if you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.

Stress management strategy #3: Adapt to the stressor

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.

Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.

Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough."

Focus on the positive. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

Adjusting Your Attitude

How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts.

Stress management strategy #4: Accept the things you can't change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

Don't try to control the uncontrollable. Many things in life are beyond our control— particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

Look for the upside. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Share your feelings. Talk to a trusted friend face to face or make an appointment with a therapist. The simple act of expressing what you're going through can be very cathartic, even if there's nothing you can do to alter

the stressful situation. Opening up is not a sign of weakness and it won't make you a burden to others. In fact, most friends will be flattered that you trust them enough to confide in them, and it will only strengthen your bond.

Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

Stress management strategy #5: Make time for fun and relaxation

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors.

Healthy ways to relax and recharge

Go for a walk.

Spend time in nature.

Call a good friend.

Sweat out tension with a good workout.

Write in your journal.

Take a long bath.

Light scented candles.

Savor a warm cup of coffee or tea.

Play with a pet.

Work in your garden.

Get a massage.

Curl up with a good book.

Listen to music.

Watch a comedy.

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs.

Nurturing yourself is a necessity, not a luxury.

Set aside relaxation time. Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.

Connect with others. Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.

Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.

Keep your sense of humor. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

Stress management strategy #6: Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical health.

Exercise regularly. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.

Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

Reduce caffeine and sugar. The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.

Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

Tips to Manage Anxiety and Stress

When you're feeling anxious or stressed, these strategies will help you cope:

Take a time-out. Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques.

Stepping back from the problem helps clear your head.

Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks.

Get enough sleep. When stressed, your body needs additional sleep and rest.

Exercise daily to help you feel good and maintain your health. Check out the fitness tips below.

Take deep breaths. Inhale and exhale slowly.

Count to 10 slowly. Repeat, and count to 20 if necessary.

Do your best. Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

Welcome humor. A good laugh goes a long way.

Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Get involved. Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

Fitness Tips: Stay Healthy, Manage Stress

For the biggest benefits of exercise, try to include at least 2½ hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1¼ hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two.

5 X 30: Jog, walk, bike, or dance three to five times a week for 30 minutes.

Set small daily goals and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.

Find forms of exercise that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits. Distract yourself with an iPod or other portable media player to download audiobooks, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy. Recruit an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague. Be patient when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.

Stress and Anxiety Interfere With Sleep

Seven out of ten adults in the United States say they experience stress or anxiety daily, and most say it interferes at least moderately with their lives. About one-third report persistent stress or excessive anxiety daily or that they have had an anxiety or panic attack. Seven out of ten of those adults say they have trouble sleeping.

Stress and Sleep Problems

The majority of adults with a stress-induced sleep problem experience it at least once per week, and more than half experience it at least several times a week. Three-fourths of adults whose sleep is affected by stress or anxiety say that their sleep problems have also increased their stress and anxiety: 54 percent say that stress or anxiety increased their anxiety about falling asleep at night, and 52 percent of men and 42 percent of women reported it affected their ability to remain focused the next day.

Sleep Habits of Adults

Sixty-one percent of adults report getting seven hours of sleep at least four nights a week, which is down from the 67 percent reported in 2005. Among other findings:

On average, adults sleep 6.6 hours each night.

Eight out of ten adults have experienced some type of sleep-related difficulty.

Women are significantly more likely than men to experience problems, particularly not feeling rested after sleep, having trouble falling asleep, and trouble staying asleep.

About half wake up feeling unrefreshed or not rested: 61 percent women, 45 percent men.

Nearly half have trouble falling asleep: 57 percent women, 38 percent men.

About four in ten have trouble staying asleep: 50 percent women, 38 percent men.

Most adults have not missed work or school because of sleep-related problems, but for those who do miss work or school, the average number of days missed per year is 4.9. Two-thirds of adults who missed work due to sleep-related difficulties have not told their employer the real reason they missed work.

Treatment

The good news is that most substance induced sleep disturbances will resolve over time once the offending substance has been stopped. Substance induced sleep disturbances and stress induced sleep disturbances can be treated with medication, utilizing techniques to reduce stress, cognitive behavioral therapy, and practicing good sleep hygiene.