



Tips to keep you airborne!



June 2017 - A simple tip to help you slip into slumber

Before tipping you in the direction of slumber, I'd like to say a BIG THANK YOU.

Thank you for lending an ear over the months/years that I've been haphazardly, yet happily, tapping away at the keyboard sharing my wellbeing tidbits!

You see, I'm in gratitude mode, sitting on a plane with a smile on the dial, ultimately grateful to a very dear colleague who prompted it in the first place.

Recently she gave me a beautiful thank you card in which she shared how much she appreciated having me in her life. I was stunned. It was so...out of the blue...so honest...so powerful. It left a lasting impression.

It acted as a powerful reminder of the power of appreciation (which I know I've written about in the past) and how it can get buried when we get caught up in the madness of doing as opposed to being.



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It has well been documented that focusing on that which you appreciate and are grateful for has incredible effects in terms positively impacting brain chemistry and boosting wellbeing.

What's more, if you do it with a smile on the dial, you can turbo charge the effects!

When you're feeling happy and you smile, it triggers the release of happy healing hormones, such as endorphins and immune boosting killer T cells, relaxing muscles, reducing pain and increasing healing.

Conversely, if you're feeling down and wearing a frown, you'll trigger the release of cortisol, adrenalin and noradrenalin, the trusty stress hormones, which will signal the opposite effect.

In his book Blink, Malcolm Gladwell shares an interesting study by psychologists Ekman, Friesen and Levenson that focuses on facial expressions and the emotions that are experienced with them.

The study reveals that not only do your facial expressions reflect your emotions, but they can actually change them. If you change your physiology, you can change how you feel.

What's more, scientists studying the effects of Botox discovered that when depressed patients were treated for frown lines, they didn't feel as depressed!

So, the moral of the story? If you're feeling glum, smile like you mean it. The brain can't tell the difference.

In short, fake it till you make it!

As such, here I am purposefully smiling to the back of a headrest, knowing full well that I'm receiving bountiful benefits!

Now that you too are smiling on purpose...hint, hint, nudge, nudge...let me tell you about that tip to help you sleep at night when insomnia is clawing at your door.

In 2002, Allison Harvey performed an experiment on 'the management of unwanted pre-sleep thoughts in insomnia'.

She randomly assigned insomniacs to 3 groups and gave each group different bedtime instructions.



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Group 1 was told to visualize a scene that they found very pleasant and relaxing; group 2 to forget about their worries (a bit like the Bare Necessities from the Jungle Book) and group 3, the control group, was given no special instruction at all.

The results were stunning.

The insomniacs in group 3 continued to take over an hour to fall asleep; the 'forget about your worries' lot took over 40 minutes; whereas the positive thinkers conjuring up happy, relaxing thoughts were nodding off in a little over 20 minutes!

Let me repeat that last sentence as it's so revealing...

The positive thinkers conjuring up happy, relaxing thoughts were nodding off in a little over 20 minutes!

So, here's to focusing on something you appreciate, infusing it in a picture postcard, stirring it with a smile, sipping, enjoying and slipping into silent slumber.

Remember though, like any good tool, it ain't going to work unless you sharpen it!

Till next time, keep smiling 🧐🧐

Yours in appreciation,

Caroline



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