

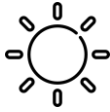
Live better with EAP!



Information & Support



June 2023



## HOW TO REST EFFECTIVELY?

You lie down on a couch, dreaming about a moment of rest, but thoughts are still swirling around in your head. You put together a weekly menu. You plan the next day. You try to pull everything together. As a result, you feel even more overwhelmed and tired. What can we do to make sure that rest provides the desired recovery?

### RELIEVE TENSION

Rest is part of emotional equilibrium, which is a state of feeling comfortable, internally safe and calm. This state is not continuous, and our task is to find an effective way of returning to an inner balance. To achieve this, we need the relieve of tension and regulation.

Regulating tension and emotions is an important skill of mindfully observing what is happening to us, what we are feeling. It is the ability to regulate our emotional experiences.

In order to relieve tension, we must first recognise it in the signals coming from the body (shallow breathing, elevated pulse, hot/cold throb, a feeling of breathlessness, sweat, abdominal pain, etc.) or in difficult thoughts (I'm not going to make it, what does this say about me, I have no way out). It is also important to recognise stimuli that cause tension. These can be: worrying, unmet physiological needs (hunger, lack of sleep), new situations, pressure, advice instead of listening, etc. Once we have this knowledge, we can test ways to relieve tension and find the ones that work best for us – so we can really start to relax.

### END THE STRESS RESPONSE

Existing a stressful situation does not mean that the stress response in the body has ended. When we experience stress, our body mobilises to respond by secreting hormones (cortisol, adrenaline, noradrenaline). When a stressful situation comes to an end, our body needs a signal to finish mobilising and producing hormones. We then have the need to consume the energy generated by our body and close the stress response. It can be done through:

- physical activity (20 minutes is enough for the nervous system to self-regulate)
- consciously tightening and relaxing muscle groups
- breathing exercises
- sleep
- creative expression
- crying, laughing
- affection
- spirituality
- contact with nature
- mindful self-compassion (looking at ourselves as if we were looking at a loved one).

Stopping and listening to one's own body is sometimes more difficult than continuous action. However, without closure of the stress response, rest is almost impossible.



EAP E-MAIL



EAP HELPLINE

### EAP WEBINARS

1. Log on to our portal:  
[www.myeap24.pl](http://www.myeap24.pl)
2. Browse through our upcoming webinars and sign up  
*Inspire yourself to change for good*





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„For many people, the most difficult aspect of closing the cycle is that it almost always requires them to stop working on the situation that caused the stress, move away from it and shift their attention to their own body and emotions”.

Dr. Emily Nagoski and Amelia Nagoski *Burnout. The Secret to Unlocking the Stress Cycle*

## INTERNAL PROHIBITIONS AND ORDERS

Due to the system of internal prohibitions and orders, despite resting, we do not give ourselves permission to do so, thus arousing remorse and guilt.

### What are internal prohibitions and orders?

It is a psychological concept according to which each of us has a developed system of automatic, strong, unconscious, pressure-inducing internal beliefs that influence our behaviour.

### Thoughts and behaviours

What prohibitions and orders might look like and the thoughts and behaviours that arise from them:

Prohibition 1: Don't take care of yourself → I take on too much activity, I will prove to myself that I am strong.

Prohibition 2: Don't be a child → I look after others, hoping it will come back to me, I can stand it, there is no room for my emotions.

Order 1: Be perfect → I am only important if I do everything perfectly. I clean despite being exhausted instead of resting.

Order 2: Satisfy others → you satisfy the needs of others first and leave time for yourself at the end.

Order 3: Do your best! → I have to do everything at 150%, even on holiday.

Order 4: Be strong! → fatigue and rest are signs of weakness.

The good news is that we can recognise orders and prohibitions and practise giving ourselves permission to relax. When I identify a prohibition/order, I have a choice: do I follow it or do I give myself permission to relax? Fundamental beliefs can be worked through on our own or with the help of a certified psychotherapist.

The newsletter is based on a webinar by Kamila Kamińska *Why am I not resting when I am resting?* We encourage you to participate in our other webinars!

*Don't wait, call now! If you feel that you are exhausted, contact a specialist.  
We are here to support you!*