



WELCOME TO THE
GOODLIFE

NIC MCLAUGHLIN'S SLEEP STRESS FREE LIST

FROM ME TO YOU:

If you've been having trouble sleeping, I personally know how much just one seemingly small suggestion can make such a HUGE difference in a day. So I connected with a ton of people going through stress and anxiety to see what the people had to say, a few articles, and my own suggestions. I'm not a Dr. and by downloading this packet, you acknowledge that this is not my advice, but my opinion. So with that said, I want to thank you for taking that next step to treat yourself, because we both know that you deserve to.

Enjoy and make sure to subscribe to my podcast, [“Welcome To The Goodlife”](#) where you'll get an immense amount of tips via playful deep talks, so you can skip the whole stress session. I'm constantly updating this list, so keep an eye out on my website at [NicMcLaughlin.com](#). Welcome To The Goodlife!

TURN THE PAGE :)

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SLEEP STRESS FREE TONIGHT

Check off what you've tried! Circle what you love!

- 1. Supplements** *(as listed on the next page)*
- 2. Hot shower or bath** *(if bath, read #6 under "Extra Tips" below)*
- 3. Cool down your room**
- 4. Lavender oil or candle**
- 5. Turn your lights down low** *(make your lights a warmer color)*
- 6. Finish everything you can before that final hour of being awake**
- 7. Open up about your thoughts by writing them down or talking out loud**
- 8. Write a list of what you will do for the next day**
- 9. Listen to soothing music or nature sounds at night** *(create a playlist)*
- 10. Think about good memories and thoughts**
- 11. State what you're grateful for**
- 12. Write all your worries down** *(during the day)*
- 13. Pray** *(if you're open to it)*
- 14. Acknowledge what you accomplished today**
- 15. Breathing exercises** *(Wim Hof breathing helps me MAJORLY)*
- 16. Build consistency** *(sometimes its not even that you're not getting enough sleep, but that your circadian rhythm is off)*
- 17. Fall asleep no later than 11pm** *(studies show this time catches the wave that leads into REM sleep in the natural human body)*
- 18. Put your phone on "do not disturb"**
- 19. Drink green tea**
- 20. Replace technology with a book at night**
- 21. Meditation / Self Hypnosis Exercises**
- 22. Humor** *(movies, music, podcasts, funny friends, etc...)*
- 23. Feng Shui your room**

STRESS LESS TIPS

EXERCISE:

1. **Stress hormones:** Exercise lowers your body's stress hormones — such as cortisol — in the long run. It also helps release endorphins, which are chemicals that improve your mood and act as natural painkillers.
2. **Sleep:** Exercise can also improve your sleep quality, which can be negatively affected by stress and anxiety.
3. **Confidence:** When you exercise regularly, you may feel more competent and confident in your body, which in turn promotes mental wellbeing.
4. **Exercise regularly:** (but not too close to bedtime). An afternoon workout is ideal.

SUPPLEMENTS:

1. **Lemon balm:** Lemon balm is a member of the mint family that has been studied for its anti-anxiety effects
2. **Omega-3 fatty acids:** One study showed that medical students who received omega-3 supplements experienced a 20% reduction in anxiety symptoms
3. **Ashwagandha:** Ashwagandha is an herb used in Ayurvedic medicine to treat stress and anxiety. Several studies suggest that it's effective
4. **Green tea:** Green tea contains many polyphenol antioxidants which provide health benefits. It may lower stress and anxiety by increasing serotonin levels
5. **Valerian:** Valerian root is a popular sleep aid due to its tranquilizing effect. It contains valerenic acid, which alters gamma-aminobutyric acid (GABA) receptors to lower anxiety.
6. **Kava kava:** Kava kava is a psychoactive member of the pepper family. Long used as a sedative in the South Pacific, it is increasingly used in Europe and the US to treat mild stress and anxiety.
7. **Magnesium** increases GABA, which encourages relaxation as well as sleep. Low GABA levels in the body can make it difficult to relax. Magnesium also plays a key role in regulating the body's stress-response system. Magnesium deficiency is associated with heightened stress and anxiety.

SCENTS:

Using essential oils or burning a scented candle may help reduce your feelings of stress and anxiety. Using scents to treat your mood is called aromatherapy. Several studies show that aromatherapy can decrease anxiety and improve sleep. *Some scents are especially soothing. Here are some of the most calming scents:*

1. **Lavender**
2. **Rose**
3. **Vetiver**
4. **Bergamot**
5. **Roman chamomile**
6. **Neroli**
7. **Frankincense**
8. **Sandalwood**
9. **Ylang ylang**
10. **Orange or orange blossom**
11. **Geranium**

TEAS:

Teas are a great way to relax and heal naturally.

1. **Green Tea:** If your energy levels are low while you're also feeling anxious, green tea can help give your body a slight energy boost without worsening irritability or nervousness.
2. **Saffron:** If you're feeling so depressed and low that getting on with your days' activities is simply a chore, a cup of saffron tea may just be what your brain needs to kick those feel-good hormones into action. Saffron in high doses has been noted to bring about manic hysteria so use sparingly and never use while pregnant.
3. **Chamomile:** When your anxiety is wreaking havoc on both your digestive system and sleep, chamomile should be your go-to tea.

4. **Gotu Kola (Brahmi):** If you're suffering as a result of chronic unrelenting stress manifesting in physical fatigue, mental exhaustion, forgetfulness, anxiety and/or depression, adaptogenic herbs like Gotu Kola should be your go-to remedy.
5. **Valerian Root:** Valerian is an herb that has been used for centuries to treat problems like insomnia, nervousness, and headaches.
6. **Lavender:** Many people drink lavender tea to relax, settle their nerves, and aid sleep.
7. **Lemon Balm:** This citrus-scented, aromatic herb has been used for reducing stress and improving sleep since the Middle Ages.
8. **Passionflower:** Traditionally, it has been used to alleviate anxiety and improve sleep.
9. **Magnolia Bark:** It's now regarded worldwide for its anti-anxiety and sedative effects. Traditionally, magnolia was used in Chinese medicine to alleviate various symptoms, including abdominal discomfort, nasal congestion, and stress.
10. **Peppermint Tea:** For anyone suffering from insomnia, this is a must-have item. It's one of the best choice of drinks before bedtime because it's naturally caffeine-free.

EXTRA TIPS:

1. **Reduce caffeine intake:** Caffeine is a stimulant found in coffee, tea, chocolate and energy drinks. High doses can increase anxiety. (A friend of mine with OCD suggests something called, "**Wean Caffeine**" that has worked wonderfully for him when nothing else worked).
2. **Chew gum:** One study showed that people who chewed gum had a greater sense of wellbeing and lower stress.
3. **Write it down and say it out loud:** Opening up about stress helps us release what we hold in.
4. **Drink plenty of water:** This is a given since our body is literally made of water
5. **Go for a walk:** A quick and simple way to get some fresh air, open up your thoughts, and ease your body into relaxation.
6. **Magnesium Malate and Magnesium bath flakes or Epsom Salt Baths:** Do your own research on this one to see which works best for you, but when taking a nice hot bath, these relax the muscles and put you in a very relaxed state of mind.

7. **Spend time with people you love:** Social support from friends and family can help you get through stressful times. It's hard to feel anxious when you're laughing. It's good for your health, and there are a few ways it may help relieve stress: relieving your stress response & relieving tension by relaxing your muscles. In the long term, laughter can also help improve your immune system and mood. A study among people with cancer found that people in the laughter intervention group experienced more stress relief than those who were simply distracted.
8. **Hug:** When you hug someone, it relaxes muscles, increases circulation and releases endorphins in your body. This can reduce tension & may even help soothe aches and pains. Hugging can also increase levels of dopamine and serotonin, which can boost your mood and relieve symptoms of depression.
9. **Learn to say no:** This is especially true if you find yourself taking on more than you can handle, as juggling many responsibilities can leave you feeling overwhelmed. Being selective about what you take on — and saying no to things that will unnecessarily add to your load — can reduce your stress levels.
10. **Learn to avoid procrastination:** Procrastination can lead you to act reactively, leaving you scrambling to catch up. This can cause stress, which negatively affects your health and sleep quality. Get in the habit of making a to-do list organized by priority. Give yourself realistic deadlines and work your way down the list. Work on the things that need to get done today and give yourself chunks of uninterrupted time, as switching between tasks or multitasking can be stressful itself
11. **Prayer:** Whether you're religious or not, prayer has helped more people with stress than any other stress reliever for thousands of years. Test it for yourself.
12. **Mindfulness:** It can help combat the anxiety-inducing effects of negative thinking
13. **Fun Exercise Routine:** Try to find an exercise routine or activity you enjoy, such as walking, dancing, or rock climbing.
14. **Give:** Giving to others in a way that makes you feel abundant is supremely helpful and has personally helped me get out of depression, because not only does it make you feel like what you have to offer matters, but you can't help but feel warm inside knowing how someone feels better because of what you did for them. For a moment, you were literally one of the worlds greatest solutions.

15. **Cuddling:** Positive physical contact can help release oxytocin and lower cortisol. This can help lower blood pressure and heart rate, both of which are physical symptoms of stress.
16. **Dance:** According to researchers at the University of California Berkeley's Greater Good Science Center, Berkeley, CA, dancing is fantastic for both your body and your mind because it causes the release of the very chemicals that are good for your brain: dopamine, oxytocin, serotonin, and endorphins (do it during the day).
17. **Listening to relaxing music:** Slow-paced instrumental music can induce the relaxation response by helping lower blood pressure and heart rate as well as stress hormones.
18. **Buy a steel tongue drum:** I bought one of these and it is THE most relaxing instrument. It's mesmerizing to play, focuses your mind on the present and it sounds beautiful.
19. **Deep breathing:** Mental stress activates your sympathetic nervous system, signaling your body to go into "fight-or-flight" mode. During this reaction, stress hormones are released and you experience physical symptoms such as a faster heartbeat, quicker breathing and constricted blood vessels. Deep breathing exercises can help activate your parasympathetic nervous system, which controls the relaxation response. (Check out Wim Hof breathing)
20. **Spend time around your pet or others pets:** Being around a pet may help relieve stress by giving you purpose, keeping you active and providing companionship — all qualities that help reduce anxiety. Plus, they're love furballs.
21. **Talk to someone you really trust:** This helps you open up and also get used to realizing that you are enough.
22. **Join stress groups:** You don't have to go in this alone. Plenty of people share your struggles. Why not join others in their ventures to do what you're doing too?
23. **Quit smoking:** If you smoke, quit. Smoking causes many health problems, including compromising sleep in a variety of ways.
24. **Weighted blanket:** This can help ground your body during sleep by pushing it downwards. This process, known as "earthing" or "grounding," may have a

deeply calming effect. The **blankets** also simulate deep pressure touch (DPT), a type of therapy that uses firm, hands-on pressure to reduce chronic **stress** and high levels of anxiety.

25. **Of course, listen to a podcast that helps people majorly with stress:** (Cough cough ;) - Visit [nicmclaughlin.com](https://www.nicmclaughlin.com) , then listen and subscribe to my podcast, [“Welcome To The Goodlife”](#).

If you thought this challenge was helpful to you, share your story and tag me on instagram [@nic.goodlife](#)! More challenges coming soon. Also support me on [Patreon](#) if you found this useful.

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