

WELLNESS WEDNESDAY

Sleep on it

When we're faced with particularly difficult circumstances and decisions, we often kick things into overdrive to solve the problem—make pro/con lists, stay up late, and endlessly review the details in our mind. We really feel like we're doing something, but it's possible the most productive thing we could do is let it be and go to sleep.

We actually have additional capacities to solve problems while we're unconscious at night, with resources that are difficult to access during our day-to-day lives. During sleep, our brains are wired to find connections hidden in the day's unfinished business. This can only happen because certain brain areas and functions that we normally rely on go dormant, allowing other aspects to step up from the background.

The prefrontal cortex winds down, which is the area of the brain that handles executive decision-making, like rational thinking and impulse control. This reduced function allows the normal boundaries that constrain our ideas to fade a bit. We also produce less norepinephrine and serotonin, which contributes to the discovery of deeper content and associations that can escape our compartmentalized, laser-like focus during the day.

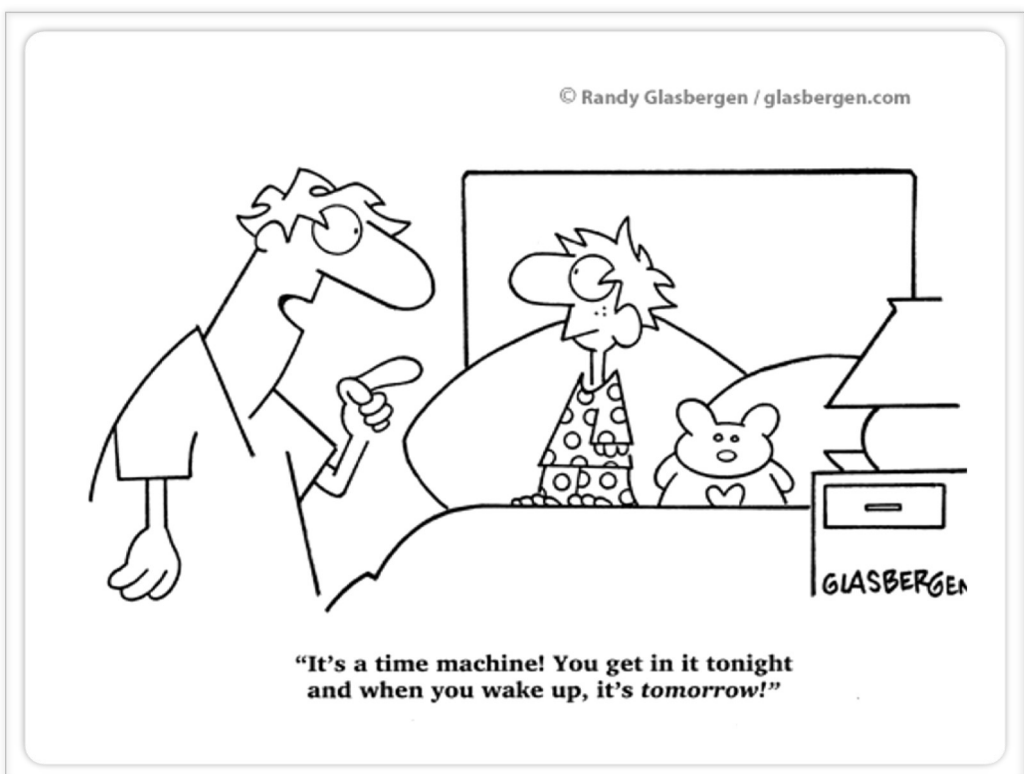
While it's okay to write down things that need to be addressed or tend to timely matters before bed, staying up late to work on things that could be done tomorrow or endlessly ruminating are strategies to make us feel like we're getting things done, rather than actually getting things done. We have to decide which is more important. If productivity, novel solutions, inspiration, epiphanies, and even health are the goals, don't cut corners on one of our most valuable tools—sleep.

<https://www.health.harvard.edu/blog/sleep-to-solve-a-problem-202105242463>

Aerial Yoga classes this Saturday!

Topeka Yoga Network is having an all day Aerial Yoga event in NOTO at the Redbud Park this Saturday. The classes are \$25 per person and suitable for all levels of yoga practitioners and body types.

Since we are a corporate partner with Topeka Yoga Network, having live Restorative Yoga classes in the Rita Blitt Gallery every Wednesday at 12:15pm, they are offering **two discounted class times for employees at Washburn University**. The classes at 2:15pm and 6:45pm will only be \$15 for us! Slots are first come first serve, so if you are interested, please email Evelyn at topekayoganetwork@gmail.com to secure a ticket.



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Connect with Employee Wellness!

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