



LIFE IS LIKE  
RIDING A BICYCLE.  
TO KEEP YOUR  
BALANCE, YOU MUST  
KEEP MOVING.

- ALBERT EINSTEIN

## LIVING THROUGH LIFE EVENTS - SESSION 7

### ASSUMPTIONS

An assumption is something we take for granted or presuppose

Usually it is something we have previously learnt and do not question. It is part of our belief system. We assume our beliefs are true and use them to interpret the world around us.

If we believe that it is dangerous to walk late at night in big cities, we take for granted our belief that it is dangerous to walk late at night in London.

Beliefs, and hence assumptions, can be justified or unjustified depending upon whether we do or do not have good reason for them.

Consider this example, I heard a scratch at the door, I automatically get up to let the cat in. My action was based on the assumption (prior belief) that only my cat makes that noise, and that he makes it only when he wants to be let in.

We make judgments, from interpretations, from our experience and come to conclusions based on the beliefs we have formed.

Should and Ought's are part of that process;

Think about and write down one thing you should or ought to always do, or else..... (e.g. I have to always keep it together and control my emotions, I must always respect elders. I should never ask for something I need.)

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Assumptions

Smith and Jones

	fact	opinion	Not known
The factory was in Monument Way			
Smith and Jones work at the factory			
Smith and Jones should start work at 8am			
Smith and Jones were on the bus			
Smith was concerned about being late			
Jones was not concerned about being late			

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**Dorset HealthCare University**  
NHS Foundation Trust

**steps2wellbeing**  
Southampton & Dorset

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### SELF CARE

What do you currently do for self care?

What could you add to your self care?

How often do you focus on your self care?

Can you do this alone Y/N

If no who else would you like to be involved in your self care?

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### Sleep Matters

Sleep is an essential part of feeling happy, but almost everyone experiences problems sleeping at times in their lives.

Sleep disruption is common, especially during times when you may feel emotionally overwhelmed. Anxiety, relentless replaying the days events, and heightened emotions significantly interfere with our sleep.

Bringing sleep patterns under control is important – you need your rest. The most common cause of insomnia is a change in your daily routine or stress.

Paying attention to sleep preparation is the most important thing you can do to maintain good sleep.

Get up early every morning to really get the most out of those ‘wake up hormones’

Don’t nap. Rest during your low energy rhythms, if you have trouble sleeping a night then day time, napping is a bad idea.

Eat well. A diet that is good for your health is also good for your sleep. Salt and salt bases favouring such as monosodium glutamate, appear to stimulate nerve endings which makes it difficult to sleep.

Scrap the stimulants. The traditional night cap may lull you into to sleep but alcohol has a rebound effect, which means it can wake you up again later in the night. Similar to other stimulants - such as caffeine, cigarettes, and drugs.

Activate your day. Sleep is a natural response to physical tiredness. People who have little physical activity often have a condition called ‘malsomnia’, which means their sleep tends to be light and broken.

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Regular exercise. This can relieve tensions, it is physically tiring and has been shown to increase the amount of healing if unwell.

Lack of mental stimulation. Motivation and challenge can also lead to insomnia. So life can seem dull. Find new interest, resume an old hobby, set yourself a challenge.

Relax and unwind. If you find it hard to get to sleep you may not be giving your mind and body enough time to prepare for sleep. Sleep is an end product of a gradual winding down process. To do this you should try to break between your day time activity and relaxing in the evening.

How do you do it?

Sleep friendly environment. Where you sleep needs to be dedicated to relaxation, with low lighting and 18 degrees centigrade.

## LIVING THROUGH LIFE EVENTS - SESSION 7

### Living through Life Events

My thoughts and feelings - Session 7.