



SLEEP WELL FOR YOUR GOOD HEALTH

Have you ever had one of those nights, where you lay awake at night, worrying about someone or something. Then, you realise that the clock is ticking away, and that leaves you worrying about not sleeping. Ouch! Yet, there are others who can fall asleep the moment their head touches their pillow. How do they do it? There are four easy steps to getting a good night's sleep.

Step 1: Preparing for Sleep: You can begin to prepare the mind and body for sleep as the evening draws into night. By dimming lighting, turning off TVs and turning off electronic devices, you are allowing your mind to register that it is time to wind down in preparation for sleep. You can also enhance your sleep preparation further by engaging in activities that you find relaxing (such as reading a good book). You can also have a glass of warm or cool milk half an hour before you go to bed.



Step 2: Keeping Yourself Comfortably Warm: When you tuck yourself into bed, make sure that the bedding is sufficient to keep yourself comfortably warm. If the room temperature is either too hot or too cold, consider ways of cooling or heating the room quietly so as to reach a pleasant ambient temperature.

Step 3: Deep Breathe: After you have tucked yourself into bed, you may like to do some quiet deep breathing. You may find by doing so, you drift into sleep.

Step 4: Journal: If you still find yourself laying awake or awakening in the middle of the night worrying about someone or something, you can journal your thoughts and ideas. In so doing, you are then free to 'let it go' and go to sleep or return to sleep. Alternatively, you can say to yourself "Let me sleep on it". In so doing, you will find that an answer to your concerns will percolate to the surface when you awaken the next morning.

By utilising the above four steps, you will be well on your way to a good night's sleep. If, however, you find that you are still having difficulty getting a consistently good night's sleep, contact us for an appointment. At the end of the day, we are all entitled to a good night's sleep. So, what will you do to get a good night's sleep from hereonin?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$330 per calendar year.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ® and CQ®, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates. I understand that membership includes calendar year subscriptions to CQ® and HQ®, library borrowing privileges and entry into either the SEMINARS OF THE FUTURE® or PROFESSIONAL PRACTICE PROGRAM Seminars.
I would like to book into the 2013 PROFESSIONAL PRACTICE PROGRAM Year 1 seminars to be held on the first Monday from March to December, 6.30-8.30 pm
4th March: Setting Up Your Business: What You Need to Know.
1st April: Handling the Paperwork, including the GST.
6th May: Processes and Procedures that Work.
3rd June: Determining Your Price and Fee Setting.
1st July: Budgets and Cash Flows.
5th August: Marketing Your Business: Your Product.
2nd Sept: Marketing Your Business: Promotion Strategies that Work.
7th October: Marketing Your Business: Getting Your Image Right.
4th November: Marketing Your Business: Alternate Places for Your Product.
2nd December: Marketing Your Business: Databases for Your Business.

Or: I would like to book into the 2013 SEMINARS OF THE FUTURE®, to be held in April or September as follows:

- Day 1: 8th April or 16th September
10 am: When the Going Gets Tough: How to understand the impact of economic conditions on your career pathway.
11.30am: The Tough Get Going: How to turn difficult economic conditions into your next career opportunity.
2 pm: Why This? What have you got to offer?
3 pm: Why You Part I: How to present yourself well on paper — the curriculum vitae or resume.
Day 2: 15th April or 23rd September
10 am: Why You Part II: How to present yourself well on paper — selection criteria.
11 am: Why You Part III: How to present yourself well on paper — the cover letter (email, snail mail).
12 pm: Why You Part IV: How to present yourself well in person — the interview.
2 pm: Why You Part V: How to present yourself well in person — networking and the hidden job market.
3 pm: Why Now? How to highlight your employment appeal and negotiate your employment contract.
PLUS 30th September
4 - 6pm: Your Wealth Creation Plan: Highlights from Rachel's PhD research.

- I would like to order a copy of the Self Hypnosis audio tapes for:
anxiety management sleeping well
resolving problems and issues of concern stress management and relaxation

- I would like additional information about the:
CAREER DAYZ™ Program Hypnotically Overcoming Pain Program
SEMINARS OF THE FUTURE® Managing Anxiety Program
PROFESSIONAL PRACTICE PROGRAM ReTreat Program: Exercising the Mind
Stop Smoking Program
Stress Management Program
Weight Management Program

FEES: 1) Membership for 2013 Calendar Year: \$330 \$
2) Self Hypnosis audio tapes \$33 each
Plus: \$5.50 audio tape postage and handling fee \$

Please make cheques payable to Rachel Abramson. All fees include 10% GST. Total: \$=====

Name: _____
Address: _____ Postcode: _____
Phone: _____ (bh) _____ (ah) Mob: _____
e-mail: _____ web: _____