



NeuroScience Tips: Video 5

Stress = Lack of Sleep

Key Takeaways

- Stress and Lack of Sleep have the same effect on humans.
- **Positive amnesia** – when under stress, our brains suffer from “positive amnesia” – we literally can’t recall positive memories but instead over-remember the negative ones.
- **Negative thoughts are magnified under stress and positive thoughts are forgotten.**
- Your body, your mind, will by default Prime with Negative if you do not make the choice to Prime with Positive.
- Stress and Sleep: <http://www.apa.org/news/press/releases/stress/2013/sleep.aspx>
- NeuroLeadership Institute: <https://neuroleadership.com/>

Print out this **Support Guide** and using a pen or pencil, write out your answers, your comments and your notes. Remember, this is one way to “**Lock in Learning**”.

Questions to Ask Yourself + Actions to Take

1. Think of the last time you were tired from a lack of sleep. Did you feel stress at any time throughout the day? Did that stress feel the same as stress caused by an event or situation?

2. Introverts often associate stress as a result of what they are doing. Like walking into a room or getting ready for that next meeting. Now that you know a lack of sleep also causes the same type of stress, how can you better prepare yourself for the next time you are dealing with a lack of sleep?



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3. To help reduce the stress from a lack of sleep, what positive images and thoughts can you think about prior to your next stressful situation?

4. Everyone deals with a lack of sleep in a different manner. What resources do you have to help you deal with a lack of sleep? Coffee – a cat nap before an important meeting – a walk to clear your head – something to eat (fruit or a power bar) or drink?
