

Don't go to sleep angry! More about Cortisol damage

The old adage about not going to bed angry has been studied by researchers at the National Academy of Sciences (June 2012). What they found was that cortisol doesn't dissolve during sleep – in fact it stays in the body doing all the harm that chronic cortisol overload does to people. That is, it makes you vulnerable to obesity, heart disease, diabetes 2, and just about everything else that slows you down, tires you out, and eventually kills you.

Let's take a closer look at this – of course, if you go to bed angry we can assume you are under stress. Maybe you had a fight with your acting out child, or maybe the police informed you of yet another transgression by your teen, or maybe you and your spouse had a heated disagreement over how to handle your kid.

It would be nice to be able to talk it out and use positive conflict resolution skills to get you out of this cortisol overload, but let's face – if that was an option in the situation you would have already done it. And, sometimes the stress brought on by Hazardous Parenting simply can't be resolved in the moment because the trigger is beyond your control.

What can you do, then, to prevent going to sleep with a cortisol overload swimming destructively around your brain? Here's an EFT tapping script to help you swoosh that cortisol out of your brain and avoid the damage.

Cortisol reduction exercise

Take a big drink of water.

Quiet the Monkeys

Picture a tree – try to make it make it big and thick with many branches and full of shiny green leaves. Now, picture monkeys on the branches – they may be swinging from one branch to another, or they may be settled firmly on their favorite spot, peeking out at the world from behind smaller tree limbs, still leaf filled. Picture the monkeys chattering away – all chatter at the same time, without pause, without meaning that you can discern.

Now, picture the monkeys slowly quieting. One by one they cease their noise, one by one they close their eyes and assume a resting position. They begin to fade behind the leaves, and tree stands strong and silent.

The monkeys are quiet.

Tapping Protocol for Grief

If you choose to do the tapping protocol, you may want to do this breathing following technique first. It will help to focus your mind and to calm your thoughts.

Breathing Technique

Square your shoulders

Think about a word that describes how you intend to feel.

Pay attention to your breathing for about 30 seconds

Breathe a little bit deeper and a little bit slower than usual for about 30 seconds

Think about your heart for about 30 seconds

Picture your oxygen rich blood flowing up to, and through, your brain

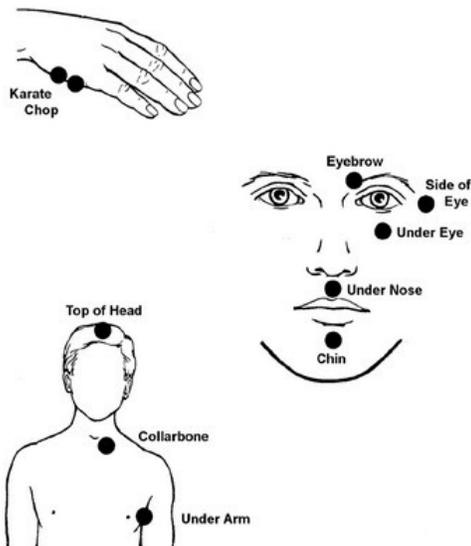
Picture the oxygen washing out the stress hormones and toxic thoughts that fill your brain for about 30 seconds, or longer if you have time

Think of something you love or something that makes you feel wonderful, or think of a person, place or event that brings you joy for about 30 seconds

Slowly open your eyes and begin tapping.

If, while you are tapping, you find that you are crying and having intense feelings, you may want to stop saying anything and simply keep tapping until your feelings are less intense. As always, please call a mental health professional or certified EFT practitioner if you remain distressed in any way.

Meridian Tapping Points



KC: Even though I feel so stressed and I am so angry at XX, I accept my feelings about this

KC: Even though I've put up with way too much from XX I accept myself and honor my feelings

KC: Even though this is more than anyone person should ever have to deal with, I deeply and completely accept myself

Eyebrow: I'm so stressed right now

Side of eye: I'm tired of all of these behaviors from XX

Under eye: I've got way too much for one person to handle

Under nose: I can't cope with this anger and stress forever

Chin: No-one could cope with this amount of stress and bad behavior

Collarbone: I've got too much to deal with

Under arm: I've got way too many responsibilities

Top of head: I'm so stressed and I just can't cope any more

Eyebrow: why is it all up to me?

Side of eye: I should be able to cope better

Under eye: I'm letting everyone down

Under nose: It's just too much stress and anger to handle

Chin: The anger and stress never go away

Collarbone: I'll never be free of these feelings

Under arm: I'm so overwhelmed

Top of head: It's too much to deal with

Eyebrow: But maybe I can let it go for tonight and I'm open to letting this stress go

Side of eye: Maybe I can let it go just for now

Under eye: What if I could release it for the moment?

Under nose: Maybe I can release all this tension and think clearer

Chin: What if I just focus on my breathing

Collarbone: Maybe I can focus and let the anger and stress go

Under arm: I can deal with this better

Top of head: I'm open to letting this stress and overwhelm go

Repeat the last part of positive statements.

Now take a deep breath and re-assess your score. If you are down to 0 then you are done. If not keep on tapping and address until you feel calm and in control once again.