



*Silhouettes at Noon ~ Spring 2023*

# *Going from Stress to Strengths*



## *What if:*

- *This is the season you spring forward*
- *You discovered new life*
- *You are called to do something wonderful*
- *You take the first step*

## *A New Season to Spring Forward in Your Life*



Today, I woke up after a very efficient sleep. REM sleep, according to my smart watch, was forty seven percent, Deep sleep was twelve percent, Light sleep was forty seven percent, and I was awake seven percent.

Then I thought, it is time to spring forward. The flowers are blooming after their winter sleep. And all around me new life is coming forward. New life, new thoughts, new ways, new habits, and a new attitude.

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*Springing forward can be the beginning of a new attitude about life.*

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The beautiful *bellis perennis*, commonly known as a daisy, symbolically represents childlike playfulness, contempt for worldly goods, creativity, faith, gentleness. Gentleness on behalf of both the giver and receiver.\*

There is a heightened awareness of all things in these times. Like my smart watch informing me of my sleep patterns.

Are you ready to spring forward? Are you willing to embrace the playfulness that brings peace? Are you fully awake?

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*"The music is not in the notes, but in the rest between." Wolfgang Amadeus Mozart*

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The stages of sleep, according to the Sleep Foundation, provide many benefits to help us spring forward.

Imagine, the playfulness of a child. This is the season to wake up, go out and play, run in the fields, and pick flowers. Imagine what it would be like if we were all daisies full of gentleness. Our dreams will be better.

If we believe as a child, our stages of sleep will provide the rest we need to pursue, endure, and persist in the goodness that is possible in these times.

**You are an amazing creation!** You can build new thought patterns, you can create new ideas about your life, you can change the habits that keep you in a winter sleep.



*Spring Forward*

***Are you ready and willing to spring forward, leave the dormant winter behind and possibly get a good night sleep?***

So much happens when we sleep. Research states how well we sleep plays a role in how we feel when we are awake. Like the season of winter, sleep provides the downtime to support and build healthy brain function and help the body heal.

There are four stages of sleep. Light sleep 1 and 2, deep sleep, and REM sleep. The stage of **REM sleep** is when dreams occur. It is also the stage where memory and emotional processing occur. Interestingly, it is the stage when we are both very active and very still. The eyes are moving rapidly, the heart rate speeds up, breathing becomes irregular, yet, we are immobile. The body loses muscle tone and is essentially paralyzed.

During **deep sleep** the brain waves are slowest and waking you up is the hardest. Studies have found this to be the stage when the body physically repairs itself, boosting the immune system and restoring bones, muscle and tissue.

What about **light sleep**- that stage of transition? The brain slows down, heart rate and temperature decrease, your body still has muscle tone and your breathing is regular.

What an awesome dichotomy! Are you sleep or awake? How can we be childlike and continue to spring forward in our dreams, in the day-to-day, in our relationships?

We can spring forward when we let go of the past. New life begins each day and forgiving things, and people, is like that deep sleep. If we allow ourselves to forgive, the deep sleep of forgiveness brings healing. It may boost your immune system, it may bring those bones new life, it may invigorate the muscles and tissues to grow and spring forward with new energy.

That new energy may let you sleep better and experience a stage of REM where the emotions are settled and the dreams are always pleasant.

And maybe, we will experience what is like to be in a light sleep, while awake. The easy breathing and relaxed muscles that comes with less stress.



1. Imagine- all the possibilities.
2. Write down your wildest dream to make a positive difference.
3. Find a friend that is willing to just listen and imagine with you.
4. Write down step one to make that dream happen.

Wake up and Spring forward. You are awake and you are wonderfully made!

## Do Something Wonderful

**Consider examining the scriptures and discover your peaceful rest.**

1John 3:1- "What love... children of God"

Psalms 23- "...he makes me to lay down in green pastures..."

1 Corinthians 13:1- "...Love is patient..."

Take the First Step on Your Journey



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- The Complete Language of Flowers,  
S. Theresa Dietz