

Adjusting To Shift Work

[Induction Phase]

Take a long... slow... deep breath in... and as you let it go...

allow your eyes to gently close... letting the noise of the outside world completely fade away...

Feel the comforting weight of your body... fully supported by the surface beneath you... safe... secure...

and ready to transition into deep rest...

Every sound around you... only serves to deepen your relaxation... drawing your focus further inward...

to the natural rhythm of your own breathing...

Inhale quiet peace... exhale any remaining tension from the day... letting each muscle in your face... your shoulders...

and your hands... become completely soft...

[Deepening Phase]

With every breath you take... you are stepping down... into a deeper... quieter...

and far more peaceful state of being...

Imagine a wave of gentle relaxation... flowing all the way down from the top of your head...

through your neck... and into your chest... like warm... soothing water...

Your heart rate slows to a comfortable pace... your thoughts drift away like passing clouds...

and you feel a profound sense of safety... wrapping around you...

Drifting down... twice as deep now... letting go of all external schedules... all clocks...

and all the rigid demands of the waking world...

[Guided Imagery for Adjusting To Shift Work]

You are walking briskly... your boots clicking against the damp stone of a harbour dock...

hurrying to catch the quiet magic of the morning before anyone else...

Stopping now at the edge... you look out as the very first light of dawn...

slowly begins to paint the sky in soft... beautiful shades of lavender and gold...

The water is perfectly still... cradling the sleeping fishing boats... that rise and fall gently... with the slow...

rhythmic... and natural pull of the tide...

In this peaceful harbour... time is measured only by the water... not by artificial numbers on a dial...

and you feel a deep harmony with this natural flow...

As the sun rises... you realize you can carry this inner peace... this quiet twilight...

deep within your mind... whenever you need to find your rest...

[Positive Suggestions for Adjusting To Shift Work]

Your body is incredibly wise... and it knows exactly how to rest... whenever you give it the permission...

to step out of the busy daytime rush...

Your internal clock is highly flexible... and easily re-anchors its rhythms...

to define 'night' as whenever your eyes close... and your body decides to rest...

When it is time for your sleep... a deep... heavy blanket of peaceful darkness settles over your mind...

regardless of the sun's position in the sky...

You fall asleep quickly... and stay asleep deeply... waking up completely refreshed... recharged...
and fully aligned with your unique... chosen schedule...

Your sleep is high quality... restorative... and perfectly suited to keep your mind incredibly sharp...
and your body vibrant... healthy... and strong...

[Affirmations for Adjusting To Shift Work]

Let these quiet truths settle deep into your subconscious mind... repeating them silently to yourself with conviction...

"My night begins whenever I choose to rest..."

"My body easily adjusts to my unique rhythm..."

"Deep, restorative sleep is always available to me..."

"I release the clock and embrace deep peace..."

"I wake up fully refreshed and full of energy..."

[Integration and Empowerment]

These patterns of deep... restorative rest... are now locking into your subconscious mind... becoming your automatic... natural response...

Every time you prepare for sleep... your mind instantly recognizes the cues... and triggers a state of profound...

effortless relaxation...

You feel empowered... knowing that your physical health and mental well-being... are always within your control...

no matter what hours you work...

Your mind and body are fully synchronized... working in perfect harmony to keep you vibrant... rested...

and ready for anything...

[Reawakening Phase]

Remember that this practice supports your overall well-being but does not replace professional medical care, and any new or changing symptoms should always be checked by a doctor...

Now... it is time to gently bring your awareness back...

carrying this deep peace and flexibility with you into your waking life...

One... feeling the physical surface beneath you... as your body begins to gently wake...

Two... taking a deeper... refreshing breath... feeling fresh life and energy flowing through your limbs...

Three... bringing a gentle... light movement to your fingers and toes... feeling awake and grounded...

Four... your mind is completely clear... your body feels light... rested... and ready for your day...

Five... eyes open... fully awake... refreshed... and completely back in the room now.