

How to tackle restless behaviour by paying attention to my mental health and well-being.

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People who are restless have a tendency to question their mental wellness. With symptoms like overthinking, jitteriness, and sleeplessness, it's not surprise that many individuals mistake restlessness for something more sinister.

Each person's restlessness is unique

Restlessness is characterised by a persistent desire to move. It can take on various forms for different people. Some people struggle to relax their brains, while others struggle to calm their bodies, and still others struggle with both. There are times when I feel my mind rushing, moving from one subject to the next. My leg occasionally bounces in tune with the flow of my thoughts. Restlessness might also present itself as verbal diarrhoea and insomnia [1].

These, however, are only a few of the many signs and symptoms of restlessness. Hyperactivity, tension, elevated heartbeat, agitation and anxiety, as well as cramps, have all been recorded.

Why do we become restless?

Being restless and agitated all of the time could be an indication of something more serious, or it could be a reflection of how we conduct our life. We live in a fast-paced world where we rush from one activity to the next without stopping. It's possible that restlessness is a physical or mental manifestation of that way of life [2].

People getting restless, especially at night, are also a result of poor sleep hygiene. A skewed sleep schedule, headaches, exhaustion, and other symptoms can result from nighttime restlessness.

The state of a person's mental health might also be a contributing factor to their agitation. Uneasy sensations and a persistent desire to move might be caused by hormonal imbalances and psychological problems. It can also manifest as irritability, anxiousness, or an excess of energy [3].

How can I get rid of my restlessness?

Because restlessness presents itself in a variety of ways, there are a variety of treatments. A good night's sleep might sometimes assist you in waking up without feeling agitated. Other times, a more concentrated effort and the assistance of professionals may be required to get back on track.

Even if falling asleep is difficult, it is crucial to maintain any rituals that may aid in the process. Sleeplessness

and restlessness can be managed by eating dinner at a predetermined time, brushing your teeth before sleeping, and spending time away from the screen. Baths and massages can help you relax and unwind from the stresses of everyday life. Caffeine reduction is also an excellent idea [4].

People have been reported to benefit from meditation, yoga, exercise, and some "me time." It depends on the source of your restlessness. If none of these suggestions work, it's always a good idea to consult a specialist for advice.

Restlessness and mental health

Restlessness has long been associated with symptoms that appear to be similar to mental health problems. I always have to wonder if I'm anxious or just restless when I get the butterflies.

They're quite close to one another and may even feed into one another, making it difficult to distinguish and quantify them. Restlessness, on the other hand, was a terrific wake-up call for me. It compelled me to think about my mental health more frequently and in more depth [5].

With symptoms like insomnia and anxiety, I was compelled to reconsider my stressors. As working adults, we have a lot on our plates—jobs, families, personal relationships, debts, and so much more.

With all of the accoutrements, it's easy to forget about ourselves. My racing thoughts and lack of sleep forced me to tackle my mental health difficulties and the sources of those issues. I was able to correct my schedule and ease my thoughts by taking 'me' time and tried meditation applications like Headspace.

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