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My Emotional IQ is in the average range. Essentially, I'm able to recognise and deal with my own emotions and those of others in a reasonably effective manner. This is evident in my ability to relate to others, express my needs, and maintain a satisfactory level of emotional health. But I am not taking full advantage of my potential, so I'm learning and practising new skills and more effective ways of dealing with people. I am increasing my EIQ, and the benefits will be numerous, including stronger relationships, a more successful career and better emotional health. I will be an all-around happier person.

I've got good technique when it comes to my sleep habits, but there's still room for improvement. Routine is the main ingredient for a good night's sleep, so I try to go to bed and wake up at the same time every day, even on weekends. This helps my body to anticipate my sleeping schedule. I find myself getting sleepy right around bed-time, and waking up effortlessly in the morning. I even begin to wake up before my alarm! Regular exercise is also a great way to improve the quality of my sleep, as exercise aids sleep by reducing stress, increases oxygen consumption, and improves circulation. I find that mid-afternoon exercise improve my sleep, but exercising right before bed gets my energy up and may throw off my normal sleeping patterns, so I try to get my daily exercise in at least three hours before bedtime. If my room is too hot or too cold, I am not going to sleep well. Cold hands and feet equal a poor night's sleep, so I keep warm. But I don't keep things too cosy, a cool room and a warm blanket is my best bet for a good night's sleep. I experiment with sound and light levels to find the combination that is best for me. I use my bed only for sleep and other intimate activities. Using my bed solely for these two tasks gets me into a groove, bolsters my sleeping patterns, and helps me fall asleep faster. Working, watching TV, and to a lesser extent, reading in bed confuses my body and break the stride of my sleeping routine. It's not easy to fall asleep on an empty stomach, so if I'm hungry right before bed, I'll have a light snack. A large meal, however, will keep me tossing and turning all night. Alcohol consumed at bedtime help me fall asleep faster, but alcohol consumed within an hour of bedtime actually disrupts my sleep later in the night. I'll sleep fitfully, wake from dreams, and have trouble falling back asleep.

I have KO'd the myths that threaten to knock the punch out of my workout! Not only do I have a basic understanding of the integral aspects of keeping fit, but I know the details which help make my exercise routine the most beneficial and efficient that it can be. The importance of regular exercise cannot be overemphasised. Just exercising 20 minutes a day, a few times a week can vastly improve both my physical and my mental health.