

## Restlessness

Restlessness is feeling the need to constantly move, being unable to calm your mind, or a combination of the two. People who experience motor restlessness often feel they have cramps in their arms or legs whenever they are not moving.

When someone is experiencing restlessness, they often describe it as feeling “on edge” or having an “uncomfortable urge to move.”

### Causes of restlessness:

- Restless Legs Syndrome.
- Diet.
- Obstructive sleep apnoea.
- Poor sleep hygiene.
- Hormones.
- Stress.
- Late night exercise/work schedule.

### Ways to overcome feelings of restlessness

To help you cope with feelings of restlessness or irritability, try some of the following tips:

- **Talk** to your family, friends and work colleagues — don't bottle up your emotions. If you have an issue with someone, try to deal with it straight away so you're not stewing over it and causing yourself unnecessary stress.
- **Cry** if you need to — it can help make you feel better. Don't feel embarrassed. Crying can ease pressure and tension.
- **Look** after yourself — eat a balanced diet and get enough sleep.
- **Notice** your feelings — be aware of changes in your moods and thoughts and take note of anything that makes you feel good or bad.
- Take **time** for yourself — even if it's only half an hour — each day. Go somewhere quiet and relax.
- **Exercise** — join a group exercise class like yoga or pilates, or do your own class at home using a rented DVD or online session.
- Do something **enjoyable** — have your friends around, watch a movie, or do something else that's fun to lighten your mood.

### Resources:

*The restless and excitable child - factsheet*

Restlessness, Boredom and Groundlessness

<https://www.goodtherapy.org/blog/restlessness-boredom-groundlessness/>

How To Effectively Deal With The Feeling Of Restlessness?

<https://feeljoy.in/blog/stress/how-to-effectively-deal-with-the-feeling-of-restlessness/>