STRESS REDUCTION TECHNIQUES BEFORE BED WORKSHEET

RESTORATIVE
respiration

Intentional breathwork, like deep breathing exercises, aids in activating the body's relaxation response, reducing stress and promoting relaxation. By regulating the breath and calming the mind, intentional breathwork enhances focus, clarity, and overall well-being.

Inhale for 4 Counts

4-7-8 Breathing

Exhale for 8 Counts

Hold for 7 Counts
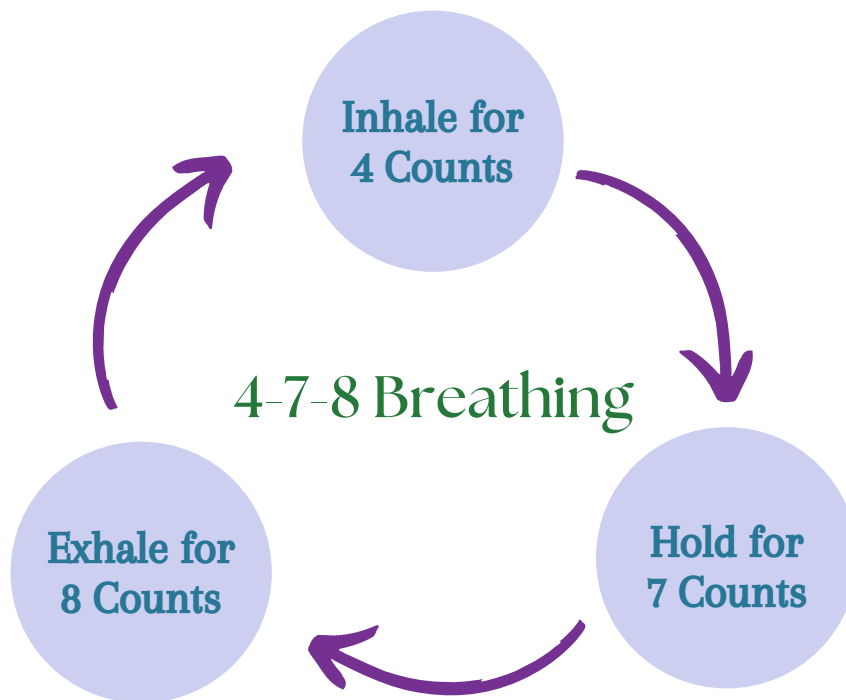
Did you notice any changes in your level of calmness or relaxation after completing the 4-7-8 breathing exercise?

The Mind Garden
bloom where you're planted

TWILIGHT
elixir in a mug

Establishing a warm beverage ritual before bedtime can signal to your body that it's time to wind down and prepare for sleep. This activity will guide you through creating and implementing your own warm beverage ritual for relaxation and better sleep hygiene.

1 Select Your Soothing Sip

2 How Will You Prepare It?

3 How Will You Relax As You Sip on Your Drink?

4 How Does This Help Signal Bedtime For You?

NIGHT TIME
tech detox

Limiting screen time before bed can help improve sleep quality by reducing exposure to blue light from electronic devices, which can interfere with your body's natural sleep-wake cycle. This activity will help you establish a screen curfew and find alternative activities to promote relaxation before bedtime.

The Mind Garden
bloom where you're planted

1

Set Your Screen Curfew
Decide on a specific time to begin limiting screen time before bed. Write down the time you will turn off electronic devices each night.

2

Alternative Activities
List relaxing activities you can engage in instead of using electronic devices before bed, such as gentle stretching, listening to calming music, reading, breathing

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes/No							

STILLNESS
for the evening

Close your eyes in a quiet space, take deep breaths, and envision a serene setting—a beach or forest. Engage all your senses: sights, sounds, textures, smells, tastes. Relax, release tension, and prepare for sleep. Stay in this visualization briefly, then return, open your eyes, and breathe deeply.

How did you feel emotionally during the visualization, knowing you were preparing for sleep?

Did any sensations or experiences resonate with you in relation to bedtime?

How might you incorporate this visualization into your bedtime routine to promote better sleep?

Are there aspects of the visualization that specifically connected to the idea of sleep that you'd like to revisit?

PILLOWTALK
pondering

Before you hit your head on the pillow, take a moment to transfer everything from your mind to this sheet. Write about whatever thoughts, worries, or emotions are on your mind. This can help clear your mind and prepare you for a more restful sleep.