

Calm Down Routine

Creating a Tranquil Path to Restful Nights

Slow Your Thoughts • Relax Your Body • Prepare for Sleep

At night, your mind can stay active even when your body is tired.

A calm-down routine helps:

- Reduce racing thoughts
- Lower stress levels
- Signal your brain it's time to rest

Notice Your State

Right now, I feel:

- Overthinking
- Anxious
- Restless
- Tired but wired
- Calm

What's on your mind?

Identify Triggers

What's causing your mental activity?

- Stress from the day
- Screen time
- Worrying about tomorrow
- Replaying conversations
- Lack of routine
- Other: _____

Choose Your Calm Tools

Pick 3–5 techniques that help you relax:

- Deep breathing
- Journaling / thought dump
- Gentle stretching
- Listening to calming music
- Guided relaxation
- Reading
- Other: _____

Build Your Calm Down Routine

My routine will start at: _____

Routine Flow:

- _____ PM → Reduce stimulation (dim lights, no screens)
- _____ PM → Calm activity (reading, journaling, etc.)
- _____ PM → Relaxation (breathing, stretching, etc.)
- _____ PM → Prepare for sleep

Reduce Overstimulation

To help my mind slow down, I will:

- Stop screen use before bed
- Lower lights and noise
- Avoid stressful content
- Create a quiet space
- Other: _____

Calm Your Thoughts

When my mind races, I will:

- Write my thoughts down

- Tell myself: “I can think about this tomorrow”
- Focus on breathing
- Use grounding techniques
- Other: _____

Tonight's Plan

Tonight, I will:

After the Routine

- How do I feel now?

- What helped the most?

Reflection

- What does “calm” feel like in my body?

- What habit do I want to build consistently?

You don't need to stop your thoughts instantly. You just need to gently guide them to slow down.

“Calm mind. Rested body.”