

Relaxation Routine Builder

Crafting a Personalized Path to Tranquility and Sleep



Calm Your Mind • Ease Racing Thoughts • Prepare for Rest

Your body might be tired—but your mind can still feel “on.” Establishing a relaxation routine can help you:

- **Slow racing thoughts**
 - **Signal your brain it’s time to rest**
 - **Improve sleep quality**
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Current Night Experience

Before bed, I usually feel:

- Overthinking
- Stressed
- Restless
- Calm
- Tired but wired

What’s happening in your mind?

Identify Your Triggers

What tends to increase your racing thoughts?

- Phone use
- Stress from the day
- Overthinking the future
- Replaying conversations
- Lack of routine
- Other: _____

Choose Your Relaxation Tools

Select 3–5 calming activities:

- Deep breathing
- Journaling / thought dump
- Gentle stretching
- Reading
- Listening to calming music
- Meditation / guided audio
- Skincare / self-care
- Other: _____

Build Your Routine Timeline

My relaxation routine will start at: _____

My routine flow:

- _____ PM → **Reduce stimulation** (dim lights, limit screens)
- _____ PM → **Calm activity** (reading, journaling, etc.)
- _____ PM → **Relaxation technique** (breathing, meditation)
- _____ PM → **Prepare for sleep** (bed, lights off)

Create Mental Space

To calm my thoughts, I will:

- Write everything down before bed
- Remind myself: “I can handle this tomorrow”
- Avoid problem-solving at night
- Focus on breathing or body relaxation
- Other: _____

Protect Your Routine

What might get in the way?

How can you protect your routine?

Tonight's Plan

Tonight, I will:

Reflection (Next Morning)

How did I feel after following my routine?

What helped me relax the most?

Reflection

What does a calm, restful night feel like for me?

What habit do I want to build consistently?

You don't need to stop your thoughts—you just need to slow them down.

Calm routines create calm nights. "Slow down your mind, one step at a time."