

Let the Day Fade Out

Evening 🕒 10m

- Turn off notifications or put your phone on airplane mode.
- Dim the lights or light a candle.
- Stretch, walk slowly, or just sit in silence.
- Do nothing. Let it feel like a pause.

Purpose:

Your brain needs a moment to shift from "doing" to "resting." This is how you land gently.

Reset Cue:

"You don't need to earn rest — you just need to allow it."



Screen-Free Evenings

Evening 🕒 20m

- Turn off all screens 30 minutes before bed
- Lower the lights in your room
- Put your phone in a drawer or another room
- Choose a screen-free activity (read, stretch, journal)

Purpose:

It calms your nervous system and prepares your mind for real rest.

Reset Cue:

"Peace begins where scrolling ends."



Mind Sweep

Evening 🕒 10m

- Grab a piece of paper
- Write down anything still on your mind
- Highlight just one thing for tomorrow
- Gently fold and set it aside

Purpose:

Emptying your thoughts clears space for deeper sleep.

Reset Cue:

"You can't rest with a full mind."



Nightstand Reset

Evening 🕒 2-3m

- Clear off your nightstand — just the essentials
- Add one calming item (e.g. a book, essential oil, or a smooth stone)
- Place a glass of water or herbal tea nearby
- Sit on your bed and take one long, deep breath

Purpose:

Your nightstand is your last cue of the day. Let it signal ease, not clutter.

Reset Cue:

"Small rituals make a big difference at bedtime."



Tension Release

Evening 🕒 5m

- Sit or lie down comfortably
- Inhale slowly — tense shoulders, then release
- Repeat with hands and jaw
- End with a long exhale

Purpose:

Your body carries the day — this helps you put it down.

Reset Cue:

"You don't need to hold it all."

