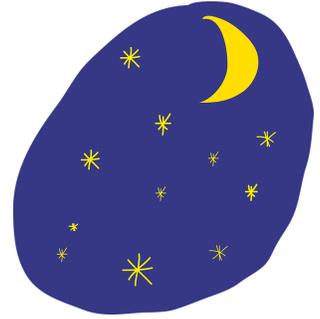


Mindfulness for Bedtime

Creating a relaxing bedtime routine or pre-sleep ritual can help you feel better! Choose one or more strategies from the list below and create your own routine.



Calm the Body and Mind with Breathing and Stretching

Completing a short yoga routine before bed can help relax your body and mind. Here is one example: [7 minute bedtime yoga- Yoga with Adrienne](#).

Sound Bath

Listening to nature sounds or soft, calming music or songs with 60 beats per minute help your brain relax. For example, ["Weightless" by Marconi Union](#) is proven to have a calming effect. You can also make your own bedtime playlist.

Vacation Place

Visualization helps us feel calmer. Imagine a beautiful, calming place, where everything is safe and peaceful. Some people visualize a beach, a lakeside, a forest, a mountaintop, a library, a favorite room or favorite couch. Imagine yourself being there and feeling relaxed and feeling calm. Focus on your senses in your calm place. For example, if you are on a beach, imagine the sound of the water, the color of the sand, the smell of the salty air, the warm sun on your face. Perhaps someone you care about is with you on the beach and they are holding your hand. Paint the whole vivid picture in your mind. Stay in your place, going from sense to sense, for at least five minutes or until you feel calm. **Where is your Vacation Place?**

Clean and Calm

Take a bath or shower as part of your pre-bedtime calming routine. Consider using a scented soap or your favorite scented lotion for some extra aromatherapy.

Prepare for Tomorrow:

Wind down by packing your backpack, laying out your clothes for the morning, making your to do list, or journaling. While doing these activities, say to yourself, "I will be prepared tomorrow," "I will get through this one moment at a time," "I am doing my best" or another mantra that helps you stay positive.

Progressive Muscle Relaxation

Lie down in bed. Wiggle your toes. Take a deep, slow breath. Begin tensing and releasing your muscle groups, one by one. Squeeze/ Tense your **toes**, hold for 5 seconds, then release. Take deep, slow breaths, as you do this. Squeeze/ Tense your **calves**, hold for 5 seconds, then release. Follow this pattern, going up your body: legs, stomach, back, shoulders, arms, hands, and face.

Scent Vacation

Find some essential oil, scented lotion, or something that smells nice to you. Breathe in deeply through your nose for a count of 4. Exhale out for a count of 7. As you smell this scent, think about something comforting- a nice memory, a calming place, a comforting person. Relax all the muscles in your face before your next breath. Breathe in 4, and breathe out 7. Take three more deep breaths for a complete "scent vacation."

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