

BEDTIME THOUGHT WORKSHEET



Use this bedtime thought worksheet to record all your thoughts and feelings. Write down everything that's preventing you from falling asleep. In this way, you can address all the important things you need to do when you wake up, especially your goals for the day.

GET STARTED

This exercise can help you reduce anxiety and be more relieved. As proven by psychologists, there is a biology around the act of writing where people write something because the body is releasing something.



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>