



Exercise: My evening routine

Goal

Plan to create an evening routine that promotes calmness, relaxation and good-quality sleep.

Instructions

Think about the questions below. Use the text box to record your answers.

What kind of an evening routine would help you to relax, let go of stress and unwind?

Can you see yourself following the same routine every evening?

Example

- Evening snack
- Watching TV
- Teeth brushing

My evening routine