

Activities to Reduce Bedtime Anxiety

There are many ways to reduce anxiety before it spirals into a heightened, debilitating state. These distractions allow you to get out of your own head and focus on things outside of yourself.

In each space write about how you engage in the activities.

<p>Physical Exercise Early in the Day (jogging, walking, etc.)</p>	<p>Enjoyable, Nourishing Activities (hobbies, family activities, etc.)</p>
<p>Creative Expression (garden, scrapbook, journal, etc.)</p>	<p>Relaxing Activities (Yoga, meditation, etc.)</p>

Which of the above are you getting enough of, and which do you need to do more?

Enough _____

More _____