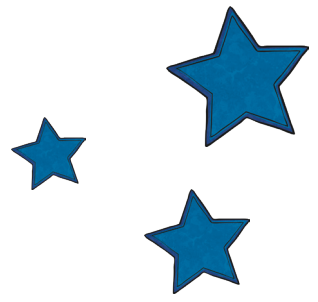


# End of the Day: Bedtime



Follow these simple steps to help calm your mind before bed.

Take a moment to think about today.

Try and list three things that were difficult today. Celebrate the fact that you got through them.

Now, try and list three things that went well.

What can you do to signal the end of your day (for example, have a bath)?

What can you do now to help you feel ready for bed (for example, read a book)?

