Pause for a mindful moment

Let your eyelids fall.

Are there any mental tabs you can close right now?

One by one, let them go. Breathe.

BONUS:
Practicing meditation can be beneficial for sleep

headspace

Pause for a mindful moment

Let your eyelids fall.

Identify a one-word wish for today.

How would it change your day if your wish came true?

BONUS:
Practicing self-care exercises like this can be beneficial for sleep

Pause for a mindful moment

Let your eyelids fall.

Think about someone who brings you joy.

Write them a quick text about a wonderful quality they display.

BONUS:
Practicing self-care exercises like this can be beneficial for sleep