

## Putting the Day to Rest

Thinking back over the day or planning events for the following day, is a natural thing to do – it can even be enjoyable at times! The end of the day is a natural time to reflect on what you did and how things went. So there is nothing wrong with having these types of thoughts – it is just about making sure we have already “put the day to rest” before we get in to bed.



### **How to “put the day to rest”:**

- Set aside 20 minutes in the early evening (perhaps around 7pm) – at the same time each night.
- Sit down somewhere you won't be disturbed.
- Think over what you have done in the day, how things have gone and how you feel about them.
- Write down the main points on a notebook.
- Write down any loose ends on a 'to do' list.
- Think about tomorrow and what's coming up – this might include things you're looking forward to or things you are worried about.
- Write down your plan for the next day.
- Write down anything you want to follow up the next day.
- When it comes to bedtime remind yourself that you have already put the day to rest and don't need to replay these thoughts again.
- If new thoughts come up in bed, jot them down on a piece of paper at your bedside table to deal with the next day.
- Congratulate yourself on putting the day to rest long before bedtime.