

Worry Time

Hard to shut off your head at night?

Schedule worry time before your wind-down time to help you wrap up your day and put those worries to bed so that you can start to relax and wind down.

Not into writing? Use pictures, sketches, whatever works best to help you
1st - dump it all out, then
2nd - come up with a plan so that you can stop stewing and start to unwind

