


# The 5-Minute Night Reset



**A gentle guide to calming racing thoughts  
before sleep**

A simple mini-workbook to help you slow down your mind when the day finally ends.

# WELCOME

## If Your Mind Gets Loud at Night

When the day slows down, many people notice their thoughts become louder.

Conversations replay.

Worries surface.

Your body feels tired, but your mind keeps moving.

You are not alone in this experience.

This short mini workbook offers a gentle reset you can try before bed to help your thoughts settle and your body prepare for rest.

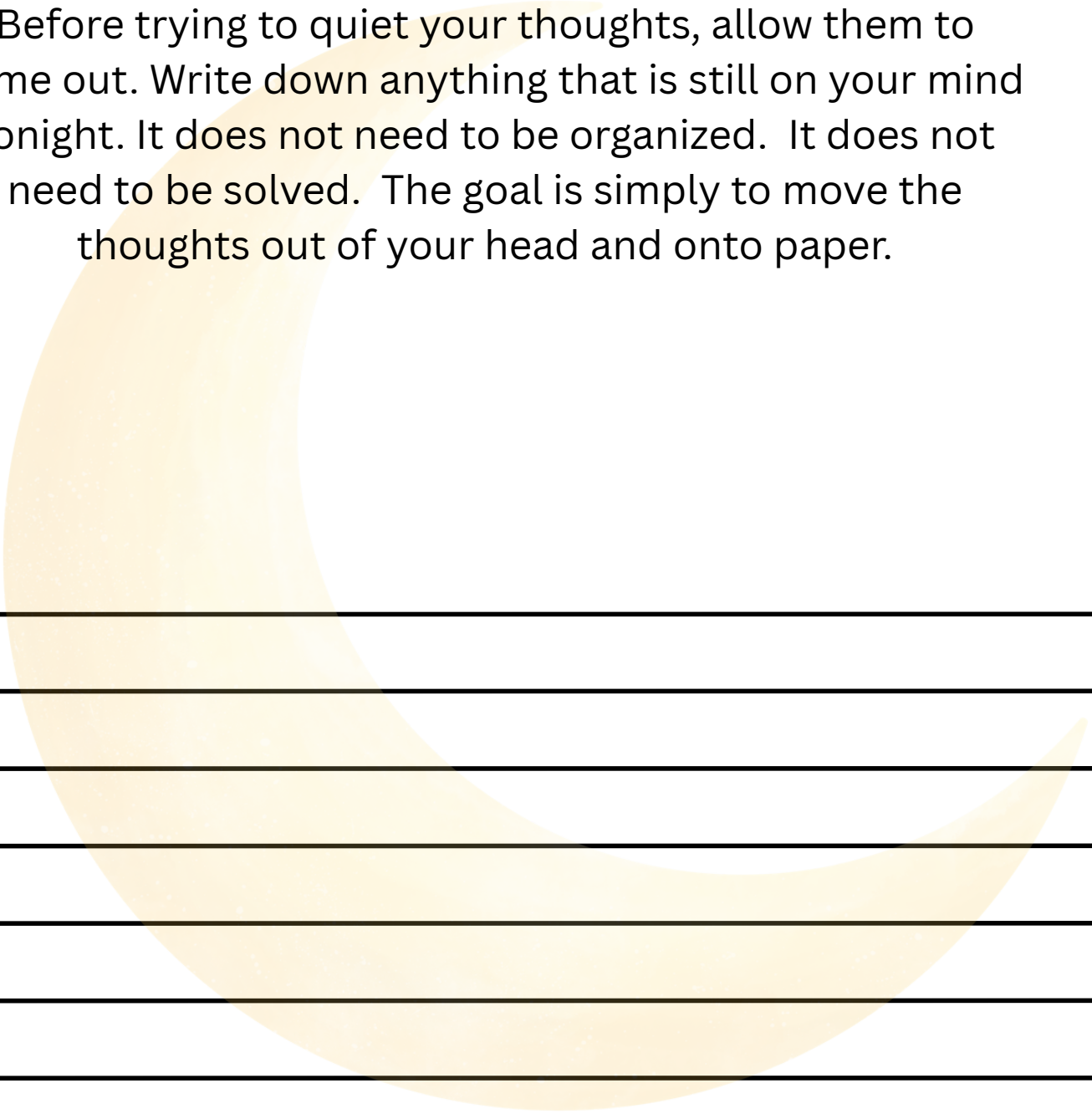
The process takes less than five minutes.

You do not need to do everything perfectly.

Just begin with one small step.

# Empty Your Mind

Before trying to quiet your thoughts, allow them to come out. Write down anything that is still on your mind tonight. It does not need to be organized. It does not need to be solved. The goal is simply to move the thoughts out of your head and onto paper.



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# Signal Your Body to Slow Down

Your body needs gentle signals that the day is ending.



Choose one small action tonight to help your mind shift toward rest.

- Dim the lights in your space
- Step away from bright screens
- Stretch your shoulders and neck
- Take three slow breaths

Even one of these small actions can help your body begin to relax.

# Give Your Mind One Place to Land

Instead of trying to stop every thought, give your mind one calm phrase to focus on.

Choose a phrase that feels gentle and reassuring.

Examples:

"I handled today the best I could."

"Tomorrow can wait."

"Right now, rest is enough."



My calming phrase tonight:

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Repeat this phrase slowly while you settle into bed.

# HELPFUL TOOL

## A Simple Tool That Can Help

Many people find that writing down their thoughts before bed helps quiet mental noise.

If you want a little more structure for this practice, a guided anxiety journal can make the process easier by providing prompts that help you release thoughts and reflect without overthinking.

Small steps practiced gently can create meaningful change over time.

Explore more calming routines and helpful tools at:

**[EmotionalWellnessResources.com](https://www.EmotionalWellnessResources.com)**

This guide is for educational purposes only and is not medical advice.