

Coming Down After a Hard Day

A short routine for the hour after a day that left you wound up.

WHEN TO USE THIS

Use this on an evening when you got home still running hot.

How wound up are you right now?

0

1

2

3

4

5

6

7

8

9

10

Settled

Wired

Your wind-down, step by step.

TIME	WHAT I WILL DO	HOW LONG

What usually gets in the way of winding down?

- ☐ Scrolling
- ☐ More work
- ☐ Drinking
- ☐ Replaying the day
- ☐ Other people needing me
- ☐ Falling asleep too early
- ☐ Nothing to do with myself
- ☐ Noise at home

What is one thing that reliably takes the edge off?

What will you do if the wound-up feeling is still there at bedtime?

Coming down slowly is still coming down.

CPMHT

There is no wrong answer here. Bring this to your next appointment if it helps.