



wellness

Stress-Management & Wellbeing Workshop

Ideas:

Turn off screens 1/2 an hour before bed.

Don't do exercise in the four hours before bedtime.

Don't drink caffeine after 2 pm.

Don't drink more than one standard alcoholic drink if you are female, and two if you are male, before bed.

Have a bath before bed.

Read a book before sleep.

Have a chamomile tea or other relaxing drink before bed.

Make sure your bedroom is dark and cool.

Week Four Worksheet One

Are you getting enough sleep?

1) What time do you go to bed most nights (light out)?

2) What time do you wake up most days? _____

3) How much sleep do you get on average each night?

4) What could you do differently to get more sleep (if you need to)? Be specific.

i. _____

ii. _____

iii. _____

iv. _____
