

6 techniques to **QUIET YOUR MIND AND GET TO SLEEP**

1) CULTIVATE YOUR ACCEPTANCE MINDSET

As Carl Jung wisely said,
"What you resist, persists."

When you get frustrated by not
being able to switch off, you
create a vicious cycle which
makes things worse.

Click to read some examples of
things you can tell yourself
instead of getting into a
downward spiral.

2) FOCUS ON LETTING GO OF YOUR TIME RELATED THOUGHTS

Focusing on time sustains the
vicious cycles of worry that keep
us awake longer, so practice
letting go of all time-
related thoughts.

Also, work on resisting the urge
to check the time if you
wake up!

3) RESPOND WITH: "IS THIS HELPFUL?"

Acceptance and Commitment
Therapy (ACT) approaches train
us to focus on whether or not
our thoughts are helpful.

Ask yourself: Does paying
attention to this thought help
you or hinder you?

If paying attention to the thought
doesn't help you create the life
you want, focus on distancing
yourself from the thought.

4) GROUNDING TECHNIQUES

Grounding techniques help bring
you back into the present
moment, enabling you to escape
from cycles of mental anxiety.

Grounding techniques are simple
but powerful. We urge you to
experiment with them and discover
what works best for you
(or make up your own)!

Click to learn our top grounding
techniques for bedtime.



Quiet Your Mind And Get To Sleep

Emilie Sanchez



Quiet Your Mind And Get To Sleep:

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