

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

Rachel Sandford



Quiet Your Mind And Get To Sleep:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Quiet Your Mind And Get To Sleep**

In some sort of inundated with screens and the cacophony of instant transmission, the profound power and emotional resonance of verbal artistry usually fade into obscurity, eclipsed by the continuous barrage of sound and distractions. However, situated within the lyrical pages of **Quiet Your Mind And Get To Sleep**, a interesting work of literary elegance that impulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this interesting opus courses viewers on an emotional odyssey, lightly revealing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its captivating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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