

# —DIGITAL— MINDFULNESS

WEEK 2

with Catherine Price

## Stress & Sleep

We created this four-week digital mindful challenge to help you set intentions and disconnect from your devices. Week two is all about balancing stress and sleep. Print or save this worksheet and mark off each challenge as you complete them.

### Day 1

#### **SAY GOODNIGHT TO YOUR DEVICES**

Disconnect yourself from all devices two hours before bedtime. This lets you recover from screen light and content stimulation and may help you fall asleep.

### Day 5

#### **CALMING CUP OF TEA**

A cup of tea is an easy and delicious way to relax. Before bed tonight, brew a cup of soothing chamomile or mint tea. Settle into a comfy position and breathe in the delightful aroma of your tea.

### Day 2

#### **REDESIGN YOUR BEDROOM**

Turn your bedroom into a sleep sanctuary. Unplug any nearby electronics, keep your sleeping space dark and cool, and introduce peaceful scents and sounds.

### Day 6

#### **CURATE YOUR FIRST SOUNDS**

Rather than starting the day off with an alarm that makes your body tense, choose an alarm that's gentle and soothing—chimes, bells, or more relaxing music.

### Day 3

#### **BODY-SCAN MEDITATION**

Start by noticing sensations in your body and your breathing. When your attention wanders, see if you can take note of that and gently center your thoughts.

### Day 7

#### **PRACTICE MORNING MINDFULNESS**

Before you get out of bed, take one minute to lie in stillness. Notice your breath and simply feel what it is like to be alive.

### Day 4

#### **WRITE IT OUT**

Break out your journal and write down three things you are grateful for from the day.



**YOU MADE IT!**

ON TO THE NEXT CHALLENGE...

M/RAVAL.