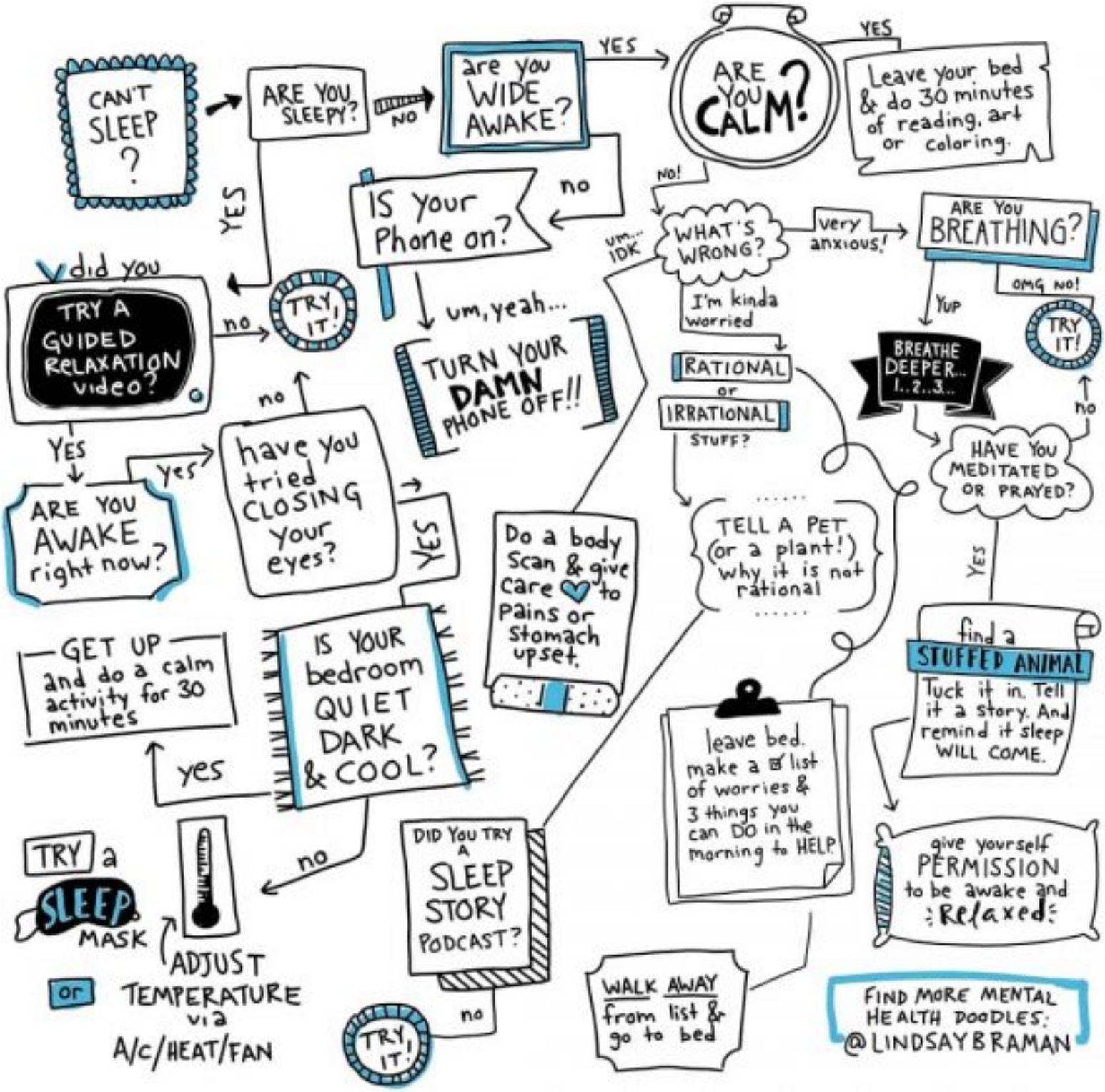
CAN'T SLEEP ?
ARE YOU SLEEPY?
NO
YES
are you WIDE AWAKE?
YES
ARE YOU CALM?
YES
Leave your bed & do 30 minutes of reading, art or coloring.
NO!
WHAT'S WRONG?
um... IDK
very anxious!
ARE YOU BREATHING?
OMG NO!
TRY IT!
YUP
BREATHE DEEPER... 1..2..3...
HAVE YOU MEDITATED OR PRAYED?
no
YES
find a STUFFED ANIMAL
Tuck it in. Tell it a story. And remind it sleep WILL COME.
give yourself PERMISSION to be awake and Relaxed
I'm kinda worried
RATIONAL or IRRATIONAL STUFF?
TELL A PET (or a plant!) why it is not rational
leave bed. make a ☑ list of worries & 3 things you can DO in the morning to HELP.
WALK AWAY from list & go to bed
no
IS your Phone on?
um, yeah...
TURN YOUR DAMN PHONE OFF!!
YES
did you TRY A GUIDED RELAXATION video?
no
TRY IT!
YES
ARE YOU AWAKE right now?
yes
have you tried CLOSING your eyes?
no
YES
Do a body Scan & give Care ♥ to Pains or Stomach upset.
IS YOUR bedroom QUIET DARK & COOL?
yes
GET UP and do a calm activity for 30 minutes
no
TRY a SLEEP MASK
or
ADJUST TEMPERATURE via A/C/HEAT/FAN
DID YOU TRY A SLEEP STORY PODCAST?
no
TRY IT!
FIND MORE MENTAL HEALTH DOODLES: @LINDSAYBRAMAN