



# *7-Day No-Tech Wind Down Challenge*

**A PART OF OUR MENTAL HEALTH  
AWARENESS MONTH SERIES**

[Website: klewshare.org](http://klewshare.org)

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“Unplug, Relax, and Reconnect with Yourself”

# *Welcome!*

Welcome to Your Wind Down Challenge!

This 7-day challenge invites you to disconnect from screens and reconnect with your mind and body. One hour before bedtime, turn off all devices and choose the calming practice of the day. By the end of the week, you'll have created space for peace, better sleep, and mental clarity.

What to Expect:

- Screen-free time before bed
- Mindful wind-down activities
- Space for reflection and rest

We recommend that you print this booklet and keep it along with a pen by your bedside. That way, you don't have to keep reaching for your phone to follow the guide during your tech-free wind-down.

## **Not able to print this booklet?**

If you are not able to print this booklet, we encourage you to use your own journal, add the reflection headings and tips in this guide and keep your journal and a pen on your bedside table.

Interested in purchasing hardcopies of this or any of our other booklets? Let us know. We welcome your feedback.



# *Daily Challenges*

**Day 1: A Fresh Start**

Write whatever's on your mind. Use this prompt if needed:  
"What am I grateful for today?"

**REFLECTION**

Today I noticed:

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My mood before and after this activity:

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Choose something relaxing. Let go of your day by entering another world.

## What did I read?

How did this affect my thoughts or mood?

- 5 -

## GENTLE STRETCHING OR YOGA

**Day 3: Take 5-10 minutes to attend to your body.**

Do 5-10 minutes of slow, calming movements.  
Focus on breath and releasing tension from your  
body.

## REFLECTION

Did this exercise work for you?

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## How can you make it better?

[illegible]

# WRAPPED IN WARMTH & COZINESS

Let warm water relax your muscles. Add calming scents like lavender or eucalyptus if you can.

Did this help you to calm your mind and body?

What can you add to this routine to make it better for you?

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**BREATHE IN – BREATHE  
OUT****Day 5: Meditative Breathing or Mindfulness**

Just before bed, sit or lie down quietly.  
Try 4-7-8 breathing or simply focus on inhaling  
and exhaling. (Inhale for 4 seconds, hold for 7,  
exhale for 8.)

**REFLECTION**

Did this help you fall asleep faster?

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How do you feel about meditative practices just before bed?

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## Day 6: Creative Expression

Draw, color, write poetry, or do something artistic. The goal is to express without judgment, not to create perfection.

## REFLECTION

Do creative activities help you to wind down before bed?

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What other creative activities do you want to try before bed?

[illegible]



## Day 6: Candlelight Reflection

## REFLECTION

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





Your  
feedback

## *Final Reflection*

Use this space to reflect on the experience as a whole:

## How Was Your 7-Day Journey?

## What surprised you?

## What was the most relaxing practice?

## How did unplugging change your evenings?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.





# *CHEAT CODE*

**CRAFTING YOUR UNIQUE ROUTINE**

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Email: [contact@klewshare.org](mailto:contact@klewshare.org)

Website: [klewshare.org](http://klewshare.org)

# *Winding Down Your Own Way*

## *01*

Keep one no-tech practice nightly.

“Small steps in the right direction can become the biggest steps of your life.” - Unknown

## *02*

Create a "digital sunset" alarm to remind yourself.

“Discipline is choosing between what you want now and what you want most.” - Unknown

## *03*

Pair with a friend or loved one for accountability.

“Alone we can do so little; together we can do so much.” - Helen Keller

## *04*

Try a full screen-free weekend next!

“Almost everything will work again if you unplug it for a few minutes... including you.”  
- Anne Lamott

## *05*

Let your peaceful evenings become a ritual, not a routine.

“A ritual is not just about doing—it’s about being. Slow down and let presence become your practice.” - Unknown

