

Reduce Stress and Improve Sleep

Sleep Habits Action Plan

Adequate sleep is important, especially when we are dealing with stressful circumstances.

I am going to make the following changes in my evening routine to improve my sleep habits:

1.

2.

3.

4.

5.

If I can't fall asleep or get back to sleep, I'm going to try:

1.

2.

3.

4.

5.

Managing Stress Action Plan

Relaxing the body is an effective way of dealing with stress. Breathing exercises help deal with life's stressors.

I am going to practice my breathing exercises at the following times:

Stressful events, when I may benefit from using breathing exercises, are: