

🌙 Bedtime Cue Card

3 simple steps to release the day

After long days of giving your all, your mind and body deserve intentional rest. These three gentle steps will help you transition from the demands of the day into restorative sleep, creating a sacred boundary between your waking hours and the peace you need to recharge.



Release the Body 🛏️

Inhale slowly, exhale longer.

Soften jaw, shoulders, chest, belly.

Let your body know: I don't have to hold it all right now.



Anchor the Mind 🧠

Choose one phrase to repeat silently:

- *I showed up today.*
- *I did what I could with what I had.*
- *Rest is part of the work.*



Settle into Rest 😴

Take one final long exhale.

Imagine the day sliding off your body.

Let yourself drift, knowing tomorrow can wait.



The Science of Intentional Rest

When we consciously release physical tension and mental chatter, we activate our parasympathetic nervous system - the body's natural "rest and digest" mode. This intentional transition helps lower cortisol levels and prepares both mind and body for deeper, more restorative sleep.

📌 **Reminder:** Sleep isn't time stolen from teaching. It restores you for what matters most.