

HOW TO REDUCE STRESS IN 5 EASY STEPS



01

Unplug and Detox

Start your evening ritual by disconnecting from electronic devices. Spend 15 minutes in a tech-free zone to unwind and detox from the day's screen time. This helps signal to your brain that it's time to relax.



02

Reflect and Release

Reflect on your day, acknowledging both accomplishments and challenges. Journal about your thoughts and emotions, and release any lingering stress. This step helps prevent carrying unresolved concerns into your evening.



03

Slow and Cozy Time

Engage in a slow and soothing hygiene routine. Take a warm bath or shower, and use calming scents like lavender. This 20-minute self-care activity helps signal to your body that it's time to wind down.



04

Sleepy Snack

Before bed, have a sleepy snack! Try something like a cup of soothing ginger tea or a splash of tart cherry juice. These can help you feel ready for a good night's sleep.



05

Bye-Bye Screens Again

The last 20 minutes before bed are for no screens! Read a real book, say goodnight to your toys, or listen to soft music. This helps your brain get ready for a good night's sleep.

