



Modern Mental Health, Unlocked

Wind Down Before Bed Routine

A calming nighttime routine to relax your body and mind
Getting quality rest is essential during EMDR work. Try this simple nightly routine to help you release tension and

■ 5-Step Bedtime Routine

1. LIGHT TIDY-UP (5 min)

- Clear or reset your space to signal closure for the day.
- Dim lights, turn off bright screens.

2. GENTLE STRETCHING (5 min)

- Stretch your neck, shoulders, back, and legs.
- Focus on slow, intentional movement and breath.

3. SAFE PLACE VISUALIZATION (5 min)

- Close your eyes and visit your safe/calm place.
- Imagine the sounds, smells, and feelings of peace.

4. BUTTERFLY HUG (2-3 min)

- Cross your arms, tapping left and right slowly.
- Focus on calm breathing or say a soothing phrase like “I am safe now.”

5. NIGHTTIME JOURNAL PROMPT

- “What do I want to release from today?”
- “What felt good or peaceful?”
- “What does my body need to rest tonight?”

■ ■ Optional Add-Ons

- White noise or bilateral sleep music
- Weighted blanket or calming scent (lavender, chamomile)
- Gratitude list (3 things you're thankful for)