

How to stop “night worrying”

Ever notice that our brains love to surface our worries just as we’re falling asleep—or when we wake up to pee?

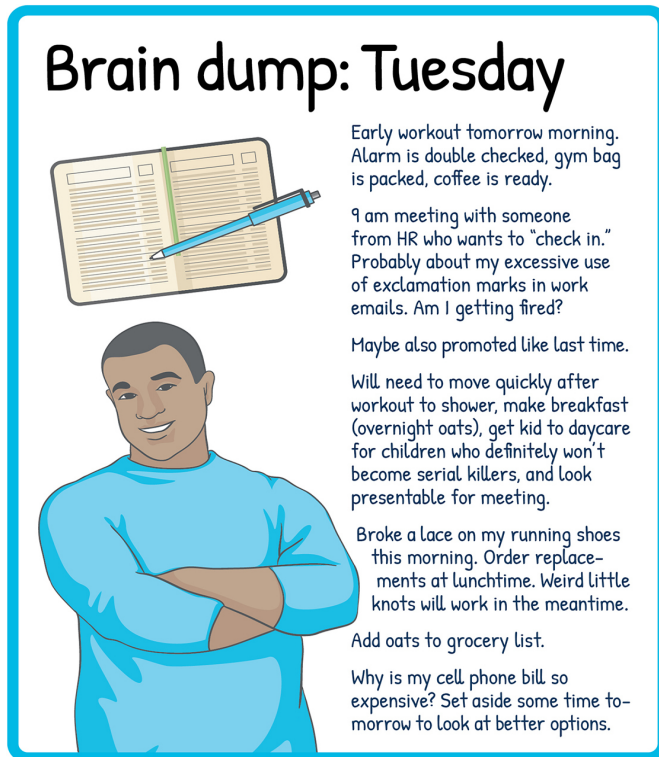
The result: Instead of enjoying a deep slumber, we start chewing on our anxieties—but without actually solving or effectively processing anything.

But here’s an exercise that can help:

The brain dump.

It’s an easy ritual that can help you or your clients mentally let go of your worries by putting them on paper right before bed—and literally set them aside for the night.

You probably get the idea, but here’s what it might look like.



Simple, right?

It can work really well, but the biggest challenge: Getting yourself to actually do it.

Call it a 14-day challenge that takes just five minutes a night. That tiny time investment could save you a whole lot of tossing and turning.

Of course, like anything, maybe it’ll work for you—and maybe it won’t. But there’s only one way to know for sure.

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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