

Ideas bank



Daytime routine

- Eating a balanced diet
- Exercise
- Tidying
- Resting
- Creativity (drawing, painting, craft)
- Spending time with family/friends
- Contact with animals/pets



Night time routine

- Limit screen-time before bed
- Brushing teeth
- Reading
- Stretches
- Relaxing music
- Spray a nice scent
- Washing



Top tip for better sleep

- Breathing exercises to slow down breathing and help you to relax
- Writing any worries down in a diary/book
- Thinking of good things that happened in the day
- Talking to someone trusted about anything that is on your mind
- Mindfulness