



Session 2: Body + Mind

Reframing the Negativity

We can question the negative thoughts, feelings to change our perception to take better actions and feel better in our mind and body... so we sleep well.

What is a better thought for me to have? eg it's ok to not fall asleep immediately, I will be ok if I wake up in the night...

When I have a better thought I will feel? eg less anxious and calmer in my body, I can relax...

When I have a better thought I will do? eg activities which nourish me and enjoy getting ready for bed...

It is helpful to accept that sleep may be difficult and you have a plan to relax and take care of yourself.