



Session 4: Healthy Routines + Habits

Homework for the next 7 days:

Put a curfew on your electronic use.

If you can address any of your stressful situations start to do so.

Slowly start to work on habits which are not beneficial.

Commit to your soothing bedtime wind-down hour.

Get daylight in the morning.

Start to implement a morning routine.

Be productive without overworking self to make your whole self be more sleepy.

Smile, laugh and have a big sigh when needed.

Don't worry if you don't do your routines one day.

Don't place any pressure upon yourself that you are going to get perfect sleep or all your routines perfect.

Take gentle steps to create healthy routines and habits.

