

Stress Less at Night Toolkit

Evening Journal Prompts

What can I let go of from today?

3 things I'm grateful for right now...

One small win from today is...

What's one thing I want to wake up excited about tomorrow?

If I could speak kindly to myself tonight, I'd say...

Printable Herbal Tea Guide

HERBAL TEAS **FOR BETTER** *Sleep*



Chamomile

Classic calming tea that reduces stress and inflammation



Lemon Balm

Eases anxiety and promotes relaxation



Passionflower

Reduces racing thoughts and supports GABA



Valerian Root

Deeper sedative effect (use sparingly)



Lavender Tea

Gentle stress relief and relaxation

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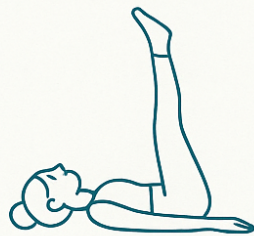
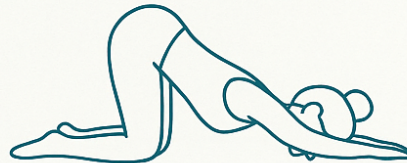
Quick-Reference Yoga/Stretch Chart

Quick-Reference Bedtime Yoga & Stretches



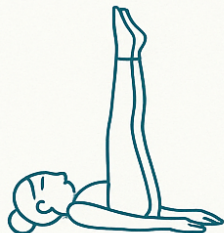
**Neck Rolls +
Shoulder Shrugs –**
release tension

Cat-Cow –
*spinal mobility
and relaxation*



Forward Fold
*decompress lower
back*

Legs-Up-the-Wall Pose
calms heart rate



**Child's Pose with
Deep Breathing –**
nervous system reset



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HerBalanced
Life Fuel. Move. Thrive.

Self-Care Mantra Cards

I release
today and
welcome
rest.

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My mind
and body
are safe
to relax.

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I deserve
deep,
healing
sleep.

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Rest is where
my body
restores
and thrives.

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