



Month #3: Relaxation and Better Sleep Name _____

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Practice deep breathing [10 breaths in a row] at least twice/day (3 pts/day)								
Avoid caffeine after 3pm each day (3 pts/day)								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Enjoy some "ME" for at least 10 min/day (3 pts/day)								
Covered or turned around my alarm clock each night (3 pts/day)								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Wrote out 4 wellness goals for you and/or family (5 pts for the week)								
Relaxed before bed [i.e. read, bath, shower, gratitude journal] (3 pts/day)								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
De-cluttered workspace or room in house (5 pts/day you de-clutter a room)								
Wrote down what I'm grateful for before bed each night (3 pts/day)								

BONUS REWARDS (to be claimed once a month)	Attended the lunch n' learn or listened to the webinar (5 pts)	Attended a health coaching appointment (5pts)	Checked in with myself (i.e. took my measurements, re-evaluated goals, etc) (5 pts)	Nominated a Wellness Warrior (5 pts)
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<84 pts = 1 entry; 85-149 pts = 2 entries; >150 pts = 3 entries

Grand Total Pts: _____



Submit your reNEW YOU wellness points in the link provided. All entries eligible for monthly prizes!

Top Tips for Relaxation and Better Sleep

Tip	Why?
Practice deep breathing [10 breaths in a row]	Practicing deep breathing will achieve a physical state of deep rest. Your heart will beat slower and your muscles will relax. Breathing deeply will increase the supply of oxygen to your brain which promotes calmness (The American Institute Stress).
Avoid caffeine after 3pm	Caffeine can affect your sleep if you consume it 6 hours before you sleep. It can diminish sleep quality (Drake et al., 2013).
Enjoy some “ME” for at least 10 min per day	Taking care of yourself needs to be a top priority because it revitalizes you. It is essential for your overall well-being as it helps reduce the stresses you face everyday (Spark People).
Covered or turned around alarm clock night	The brightness on your alarm clock could affect your sleep. When you watch the time go by, you might feel anxious and that prevents you from getting a good rest (Me You Health).
Wrote out 4 wellness goals	Setting goals helps create focus and direction. It helps propel you forward, and it tells you what you truly want. Try making a vision board! (Vanderbilt).
Relaxed before bed [i.e. read, bath, shower, gratitude journal]	When you relax before bed, you prevent racing and worry that could keep you up at night. (Psych Central).
De-cluttered workspace or room in house	Clutter can distract you and create chaos. It also contributes to stress and unproductivity (Huffington Post).
Wrote down what I’m grateful for before bed each night	Benefits of writing in a gratitude journal include better sleep, more happiness, and fewer symptoms of illness. It allows you to be aware of the positive things in life and gives meaning to them (Berkeley, Emmons & McCullough, 2003).



Sources: www.stress.org, Drake, C., Roehrs, T., Shambroom, J., & Roth, T. (2013). Caffeine Effects on Sleep Taken 0, 3, or 6 Hours before Going to Bed. *Journal Of Clinical Sleep Medicine*, www.sparkpeople.com, www.meyouhealth.com, www.healthandwellness.vanderbilt.edu, www.huffingtonpost.ca, www.berkeley.edu, Emmons, R., & McCullough, M. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal Of Personality & Social Psychology*, 84(2), 377-389.