

# Top 10 Before Bed

## Benefits

- Releases tension.
- Prepares the body and mind for sleep.
- Calms, focuses, and helps to self-regulate.

## Time

10 – 15 minutes

### 1. Belly Breathing

- 8-10 Breaths in and out of nose (can use Hoberman Sphere)



### 2. Volcano

- Picture yourself feeling strong



### 3. Arm Swings

- Inhale, bring arms out to your sides and overhead.
- Exhale and lower arms back to your sides.
- Use positive self-talk: "I am strong. I am in control. I can do it. I can be responsible."



### 4. Warrior I

- Both sides



### 5. Star Pose

- Activate muscles and extend out through arms, legs, and head.



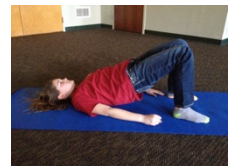
### 6. Tree

- Imagine support from a family member



### 7. Bridge

- Hold pose for 2-3 breaths and do 3 times



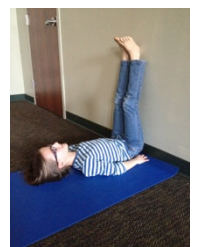
### 8. Twist

- Relax into each side for 5-10 breaths.



### 9. Legs up wall

- Lie on floor with seat close to the wall.
- Rest 1-2 minutes with legs on the wall.



### 10. Relaxation

- Lie on back in bed or on the floor with eyes closed.

