MOOD & STRESS - REFLECTION EXERCISE

Late-Night Worry Window & Brain Dump Sheet

Write down worries and choose one manageable next step for tomorrow.

This worksheet may help organize worries, but it cannot address every cause of sleep difficulty.

Participant Name: _____ **Date:** _____ **Target: 15m**

1 THE UNFILTERED MENTAL DUMP

Write every racing thought, fear, unfinished assignment, or social anxiety directly onto paper. Do not censor or organize them yet.

PRACTICAL TIP: Writing a worry down may help you return to it later if that feels useful.

2 SORT: ACTIONABLE VS. HYPOTHETICAL WORRIES

Draw two columns. Group each thought into 'Things I have direct control over tomorrow' vs. 'What-ifs and future hypotheticals.'

PRACTICAL TIP: Some worries need more information or help from another person; you do not have to solve them tonight.

3 SCHEDULE THE DAY-TIME WORRY WINDOW

For hypothetical fears, tell your mind: 'I will review this tomorrow at 5:00 PM during my 15-minute worry window.' Close the notebook.

PRACTICAL TIP: If writing worries down is helpful, leave them for a time when you are rested.

4 SOMATIC BEDTIME BRIDGE

Put the notebook aside and choose a quiet activity that feels comfortable. If slow breathing feels helpful, try it gently; stop if it feels uncomfortable.

PRACTICAL TIP: A worksheet cannot address every cause of sleep difficulty. Ask a trusted adult or health professional for help if it continues.