A HOW-TO GUIDE

Creating Your *Evening Reset*



SIMPLY :: the wellness place

Next step

SIMPLY :: well

You don't have to figure this all out on your own.
Inside SIMPLY :: well, you're supported with simple practices, guidance, and a community of women walking through this season together.

Come Learn More . . .

Wellness Email: SIMPLY :: the wellness email

Enjoy FREE weekly tips sent directly to your inbox!

Podcast: SIMPLY : the wellness podcast

Available wherever you listen to podcasts.

Order from Young Living

Order from our brand partner through our referral link and receive a year long membership to SIMPLY :: the wellness place.

Info on benefits of SIMPLY :: the wellness place membership

Link to order: Link goes to the products discussed in this post. We recommend beginning with a Make a Shift kit for the best value, but you can order anything. Use discount code: ShareYL to save 10% and make it a loyalty Rewards order for more benefits!

Contact Information

Email: Yes@SimplyTWP.com



Congratulations

An Evening Reset is a beautiful routine to establish for yourself. It can make all the difference in your sleep!

Enjoy all of the info we share with you and explore the products we talked about - they are so helpful for sleep!

When you order through us, you get *personal* support from us to help you get the most out of your products.

If you want to get more wellness support as a midlife women, check out the last page of the booklet to find out about our SIMPLY :: well community.

ORDER THE PRODUCTS HERE:

ORDER HERE

OR scan here to order!

In wellness,
Natalie, Laura & Denae

Environment: What will you change in your environment? What signals that you are transitioning into evening?

Answer these questions:

1. What time do I need to wake up?
2. How much sleep do I need? (If you aren't sure, guess on the side of overestimation. There's a very good chance you need more than you realize.)
3. Do the math for when you need to get to sleep.
4. Work backward to decide when you want to start your official bedtime routine.

Based on your answers, what time will you start getting ready for bed?

And what time do you start feeling sleepy?

What will help you relax your body & mind?

Is there anything else you want to add to your evening routine?

- Finish your mental list: If you didn't get done today what you wanted to finish or you are trying to keep in mind what you need to get done tomorrow, write them down.
- Is there something tomorrow you would be pleased you completed now? Setting out your outfit? Making your lunch or breakfast?
- A cup of calming hot tea.
- Do you have a skin care routine that makes you feel cared for?
- Read
- Journal
- Taking a bath or hot shower can help you feel like you are energetically releasing the day and they can help you relax and sleep more deeply.
- Being intentional with technology and getting off screens 60-90 min before sleep

Now keep track!
Changing habits can be challenging - our brains are wired to maintain the status quo even when the change is so much better for us!

Print the next sheet for yourself and keep it someplace where you see it regularly to help you remember what you've decided to do

Relaxation Resources

These videos are are from Laura who has been a Yoga Teacher for almost 35 years. They are free videos on YouTube. Enjoy!

Ssubscribe to Laura's YouTube channel, it's free: https://tinyurl.com/LELYouTubeTV

YOGA RESOURCES:

Gentle stretching is one of the best things you can do for your body. So let's get you going!

- Yoga, Explained: This series is for if you are brand new to Yoga. Seven videos get you started: https://youtu.be/diS2wiNGVYU
- 12 Min Yoga Twists to Release Back Tension & Stress: https://youtu.be/xhD7RU2G31s
- 10 Min Hip Openers to Release Stored Stress: https://youtu.be/4eFT2DDXpTY
- Bedtime Yoga In Bed for Better Sleep: https://youtu.be/4cgdKml4t0E
- Grounding Yoga Flow to Get Out of Your Head: https://youtu.be/cpG7tP_2vZM
- Release Upper Back Tension (13 min): https://youtu.be/HyBeAYAM57E

RESTORATIVE YOGA:

A special type of Yoga that is so relaxing. Think of it as the bubble bath of Yoga classes.

- Quick 15 Min Restorative Yoga for Deep Calm: https://youtu.be/9NUpGMzKfFY
- Guided Savasana for Deep Nervous System Rest | Savasana Tutorial (11 min): https://youtu.be/9pXuqFsp5mM
- Restorative Yoga for Emotional Release & Deep Letting Go: https://youtu.be/AhwyrFGdweo

VAGUS NERVE:

Stimulating this nerve stimulates the relaxation response in your body and it's so easy to do! Here is a video that describes it and teaches you a simple tool:

- 12-min: Vagus Nerve Toning + Head & Neck Tension Relief: https://youtu.be/AVQOmK6ZyKw

Relaxation Resources

FEET UP THE WALL:

If you are looking for that ONE thing that will help you relax fast, this is it.
Add in a little Vagus Nerve stimulation and you have a gift for your nervous system!

- Feet Up the Wall Pose for Instant Calm (this video is instructional): https://youtu.be/_2VQ6aQwYmc
- Feet Up the Wall + Vagus Nerve Breathing for Deep Calm (10 min): https://youtu.be/AGKd7c0q8y0

BREATHING:

It doesn't get much simpler than a deep exhale - but that will help you relax.

- Simple, 10-min breath: https://youtu.be/cRcoyNMU8Tc
- Relaxation Breathwork(10 min): https://youtu.be/QxjDgcCsmxE

YOGA NIDRA | NSDR (Non-Sleep Deep Rest):

Like guided relaxation but better.

- Laura: My favorite Yoga Nidra videos on YouTube: https://www.youtube.com/@SarovaraYoga
- Here's a NSDR from Dr. Huberman. (He has quite a few you might want to check out): https://youtu.be/eWvxIe1mmS8?si=Epo1CU1xl1MqDuk5

MEDITATION:

- Guided Gratitude Meditation to Calm the Mind (12 min): https://youtu.be/3g7uZxnl7G0
- Meditation for Deep Calm & Mental Reset (10 min): https://youtu.be/dklQKap8UCk

If you simply want to subscribe to Laura's YouTube channel, it's free: https://tinyurl.com/LELYouTubeTV

sleep tracker:

month:

What time does my evening routine begin?

What time is my ideal bedtime?

Environment Shifts

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1																																
2																																
3																																

Evening Routine

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1																																
2																																
3																																
4																																
5																																



SIMPLY :: well

Gentle wellness support for
women in midlife.

Find out more