

# Quiet Your Mind Summary

## Mile Marker 6 - Quiet Your Mind

Your mind processes tens of thousands of thoughts each day so it's natural to worry, plan, and have a busy mind. However, if not managed well, this can disrupt your ability to fall and stay asleep. In this section, you were taught techniques to help you quiet your mind.

### ■ Schedule Constructive Worry Time:

- If you tend to worry, plan 15 to 20 minutes each day of worry time. This is called Constructive Worry Time. Schedule this at the same time each day at least 2 hours prior to bedtime to give your mind a chance to slow down.
- Remember, not everything is within your control. You can't control the weather, but you can prepare for it.



### ■ Refocus the mind to address racing thoughts:

- You were given an example of a breathing exercise that helps refocus the mind and eliminate "mind clutter."
- At Mile Marker 8, you will learn about other exercises and apps that might help you stop distracting thoughts and help shift your focus. You will also learn about using relaxation techniques to calm a busy mind and body.

### ■ Remember the 20-Minute Rule:

- It's pretty common to get in bed and not be able to stop your mind from racing within the first 20 minutes. If this happens, remember to get out of bed to address the issue.
- Your goal is to not let your bed become associated with worrying or planning.