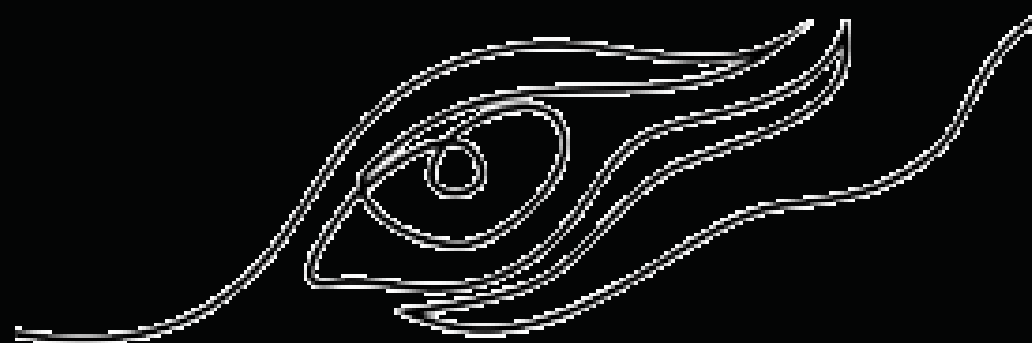


EQ MINDS



Prioritising good sleep is good
self-care.

MENTAL HEALTH AWARENESS

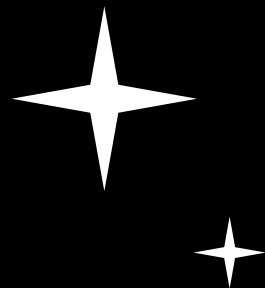
DAILY AFFIRMATIONS FOR MOTIVATION

I believe
in myself



I am confident
and calm

I am in control of
my day



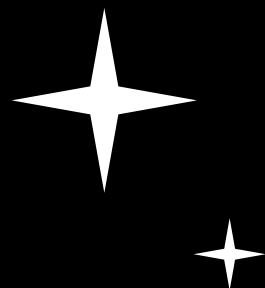
All I need is
within me

I release any
doubts and fears



I love and
accept myself

I am worthy



I am motivated to
achieve my dreams

I inspire those
around me



I have what
it takes

MORNING ROUTINE TO SET UP YOUR DAY FOR SUCCESS

- Don't check your phone for the first 8 minutes
- Journal 3 things you are grateful for and meditate
- Make your bed
- Brush your teeth with the opposite hand
- Drink 500mL of filtered water
- Take a probiotic
- Work out for 25-40 minutes
- Have a warm shower and then 1 min cold
- Have a breakfast - choose foods that will help your brain
- Have a coffee
- Journal - What task will have the biggest ROI for the company today - do that first!

EQ MINDS

30 DAY SLEEP CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> Make sure your bedroom is at a cool temperature | <input type="checkbox"/> Avoid eating 1 hour before bedtime |
| <input type="checkbox"/> Avoid light in your bedroom | <input type="checkbox"/> Avoid drinking too much fluid after 8pm |
| <input type="checkbox"/> Reduce noise | <input type="checkbox"/> Remove your phone from next to your bed |
| <input type="checkbox"/> Avoid any screens 30 minutes before bed | <input type="checkbox"/> Read a fiction book |
| <input type="checkbox"/> Check for sleep apnea | <input type="checkbox"/> Write in a gratitude journal |
| <input type="checkbox"/> Refrain from drinking caffeine after 2pm | <input type="checkbox"/> Download Insight Timer - do the sleep meditation with Chelsea Pottenger |
| <input type="checkbox"/> Wear less clothes to bed | <input type="checkbox"/> Don't exercise within 3 hours of bed time |
| <input type="checkbox"/> Try lavender scents | <input type="checkbox"/> Clean your sheets |
| <input type="checkbox"/> Abstain from alcohol 2-3 days per week | <input type="checkbox"/> Read the book Why We Sleep by Dr Matt walker |
| <input type="checkbox"/> Set a realistic bed time and stick with it | <input type="checkbox"/> Set a bedtime skincare routine |
| <input type="checkbox"/> Listen to a sleep meditation | <input type="checkbox"/> Try Yoga Nidra |
| <input type="checkbox"/> Use blue-light glasses when looking at screens after sun down | <input type="checkbox"/> Do some light stretching |
| <input type="checkbox"/> Take a magnesium supplement | <input type="checkbox"/> Try an eye mask |
| <input type="checkbox"/> Plan a 30 minute pre sleep routine | <input type="checkbox"/> Have an epsom salt bath |
| <input type="checkbox"/> Have a warm shower or bath before bed | <input type="checkbox"/> Have the same wake up time even on the weekend |

7 SLEEP HACKS FOR A BETTER NIGHT'S SLEEP

Refrain from caffeine after 2pm

Exercise each day for 25 minutes

Switch-off from technology 1 hour before
bed time

Ensure your bedroom is cool

Wear less gear and try socks on your feet

Journal or read a book before bed with a
dimmed light or side lamp

Tune into Chelsea Pottenger's sleep
meditations on the Insight Timer app

EQ MINDS

CALM YOUR MIND & BREATHE

LET YOUR MIND REST AND RELAX WITH
THE BOX BREATHING TECHNIQUE

Find a quiet and comfortable position

Start by imagining a square box

Inhale slowly through the nose for 4 seconds

Hold your breath for 4 seconds

Exhale out your nose for 4 seconds

Hold your breath for 4 seconds

Repeat for 90 seconds

Repeat as often as you need to during the day
to stay calm and focused