

Name _____ Date: _____

How to Relieve Worries and Anxiety by Doing a Brain Dump



Does it happen to you that in the evening, just when you want to drift off to sleep,

- all the thoughts of the day as well as
- the tasks for tomorrow and
- everything else that needs to be done
- or that went wrong

are flooding your mind?

You are NOT Alone!

So what if worries overwhelm your mind and you just can't think of everything else?

Here is the solution! I call it

THE BRAIN DUMP

Through unloading all those worries and thoughts from our minds and putting them on paper, we need no longer focus on remembering them.

Sounds too easy? Try it and see how well it works with the worksheet below.

Set aside some time in the evening as your personal "worry time" and do your own brain dump!

Need some general sleep tips? [Click here to download my "Top 10 Sleep Hacks" whitepaper.](#)

Name _____ Date: _____

Fill in the following sentences. Use additional space as needed:

I am worried about

1. _____
2. _____
3. _____

I can't stop thinking about

1. _____
2. _____
3. _____

Today I should have done

1. _____
2. _____
3. _____

I need to do tomorrow

1. _____
2. _____
3. _____

I should do tomorrow

1. _____
2. _____
3. _____

Name _____ Date: _____

I really need to do

1. _____
2. _____
3. _____

3 Things I did today that I am proud of

1. _____
2. _____
3. _____

3 good things that happened to me today

1. _____
2. _____
3. _____

3 things I am thankful for

1. _____
2. _____
3. _____

And now relax. It's all on paper. No need to think about it anymore.

Do this every time you can't let go of your worries and thoughts and feel uptight inside.

Let me know how it works for you in the comments below!

Take Care - DocChristine