Evening Decompression Guide

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

Root, Rise & Restore Free Resource

Restore

Why this can help From my perspective, evenings can be hard because the body finally has enough room to notice what the day cost. When life has felt like survival, quiet does not always feel restful right away. It can feel loud, restless, lonely, or flooded with unfinished thoughts.

This page is here to help you slow the handoff between doing and being. You do not need to do it perfectly. The goal is not to force calm - it is to give your nervous system a little more orientation, predictability, and self-compassion before the night keeps going.

A gentle starting point Look around and notice where you are right now so your body has a chance to register that this moment is not every moment.

- Choose a position that feels workable for your body. Comfort is not required.

Workable is enough.

Notice one neutral or supportive point of contact - a chair, floor, blanket, wall, or your own hands.

Decide whether writing, thinking, drawing, stretching, or simply pausing fits better tonight.

What would help this feel more choice-centered for you tonight?

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Root, Rise & Restore Free Resource

Root

Notice without judging yourself Root is about gathering information before you pressure yourself to change anything. In my experience, many people move straight into fixing mode and skip over the part where they actually ask, "What is my mind and body carrying right now?" That skipped step matters.

- Use the space below to sort what is asking for your attention.

What still feels unfinished from today?

What can be written down and allowed to wait until tomorrow?

What usually tells your body the day is not over yet?

Circle or add what fits:

steady restless tired focused foggy guarded open overloaded numb unsure

Something else:

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Root, Rise & Restore Free Resource

Rise

- Choose one small step your system can actually hold Rise is not about doing the most. It is about choosing one next step that lowers pressure instead of increasing it. Sometimes the most therapeutic move is not another task - it is reducing input, naming a boundary, or giving yourself permission to be done for the day.

Possible next steps Reduce one demand that does not truly need your attention tonight.

Add one sensory support such as dimmer light, slower sound, fresh air, water, or a blanket.

- Write down tomorrow's first step so your mind does not have to keep carrying it.

Delay one text, email, or decision until you have more capacity.

Tend to a basic need: food, water, medicine, hygiene, movement, or rest.

Reach out to an appropriate support person or professional if you need more than self-reflection.

The one I want to try tonight:

What would make that easier to begin?

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Root, Rise & Restore Free Resource

Restore

Close with care, not pressure Restore does not mean you have to feel peaceful by the end of this page. Sometimes restoration is simply noticing that you deserve a softer landing than the one stress usually gives you. Let tonight be incomplete and still worthwhile.

- My closing plan I can stop here without finishing every line.
- I can put this page somewhere private and return later if I want.
- I can do one ordinary next thing instead of asking myself to transform overnight.
- I can seek more support if this brought up more than I want to hold alone.

What I want to remember tonight:

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