



## "Monkey Mind" Brain Calmer *Get to Sleep Tool!*

**BACKGROUND:** We all get 'Monkey Mind' from time to time - where our brain roams out of control - swinging from one thing to the next. Sometimes it's exciting: plans we're making, ideas we have. Other times it can be a long catalogue of things to remember, worries and 'shoulds'. Often it's a mix of both. Of course, the worst time to have 'Monkey Mind' is when we're trying to go to sleep. This super simple tool calms that 'Monkey Mind' so you can get the sleep you deserve!

1. **Simply write ANY and EVERY thing that's on your mind in the space below.** Literally. Just put pen to paper and write. And no judgement please! The only rule is that there are no rules. Whatever pops up, write it down. *Eg. Great ideas, what to have for breakfast, a feeling, memory, grievance or worry, that you need a haircut, to see the dentist or something else.*
2. **Keep writing until your brain is exhausted of things** to tell you about.
3. **Then ask, "If there was something/s I missed, what would it be?"** *Write these down, then turn over*



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#### 4. Pause and take a look at the things on your 'Monkey Mind' list.

- **Let go of your 'Cheeky Monkeys':** These are items you have no control over ie. Where there is nothing you can do. Cross these items out. Take a deep breath and let go of each for now.
- **Identify your 'Gorillas':** Circle the items that are really bothering you or that your mind keeps going back to - whatever it is - however big, small, silly, boring or illogical it may or may not be!

#### 5. Look at the 'Gorilla' items you've circled and pick an action for each that you will (ideally) take tomorrow. *Eg. Phone dentist/hair salon, buy milk, brainstorm business/holiday ideas over lunch, Research personal trainers, call mom, set up meeting with school etc.*

Tip: If you want your brain to calm, it needs to know you are listening. Your action doesn't have to be big - it can be the smallest step you could take. But commit to yourself and do it as soon as you can. And remember your action could also be to 'let go'!

**What action will I take?**

**By when (ideally tomorrow)**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### 6. Now check in with yourself. How busy is your mind now? \_\_\_\_\_ / 10

Once your mind busy-ness score is 2 (or less) out of 10, wonderful! Take a deep breath. Acknowledge and thank your brain for all these great thoughts, before reviewing your action plan one final time.

If your mind busy-ness score is 3 or above, out of 10, ask yourself:

**"What haven't I mentioned yet that needs to be seen, felt or heard?"**

Then, just keep writing until you're done. Look at your new item/s. What can you do about it - however small? If there is something add it to your action list, otherwise cross out your 'Cheeky Monkeys' as before.

Keep going until your score is 2 or less, out of 10.

**Great job! Now it's time for sleep.**

Final Tip: Print a few of these and keep them next to your bed, or simply do this exercise with a blank piece of paper!