

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Mindfulness exercises

- Pick one of your five senses. Focus your attention only on that sense for 30 seconds to start. What do you hear, feel, see, smell, or taste? As you lose your focus or your mind wanders elsewhere, that's okay, gently and without judging yourself, bring your attention back to the sense.

- Ordinary task. Focus your attention on the aspects of a task when your mind usually wanders, e.g., brushing your teeth, doing the dishes, folding laundry, vacuuming, sitting in a chair waiting for something to begin, riding a train or bus, etc. As you lose your focus or your mind wanders elsewhere, that's okay, gently and without judging yourself, bring your attention back to the task.

Pick a song you know well and enjoy. Repeat the song at least five times and each time focus on a different instrument and just that instrument. As you lose your focus or your mind wanders elsewhere, that's okay, gently and without judging yourself, bring your attention back to the instrument.