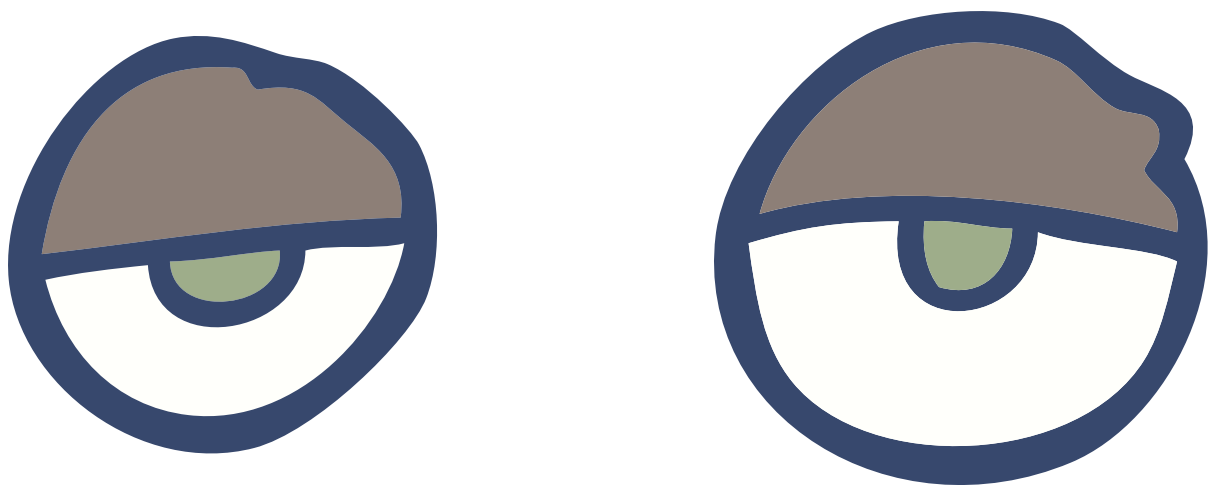


NOTICE | ACCEPT | PRESENCE

WHAT TO DO WHEN
YOU'RE LYING AWAKE
AT 3 AM



Are you lying awake in the middle
of the night?

Does your mind get stuck on
ruminating ideas & it won't let go?

Try to NAP.

N = NOTICE

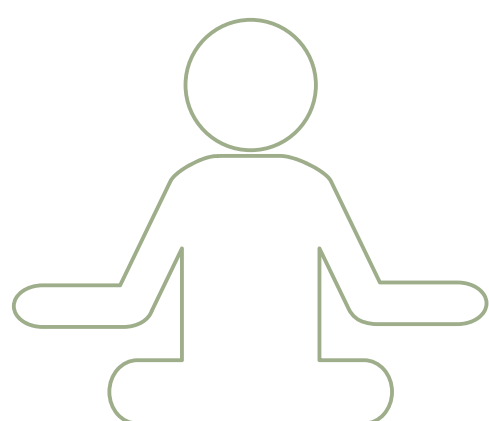


When you can observe your
own mind doing its thing...

noticing your own thinking...

then you can take the agitation
down a couple of notches.

A = ACCEPT



Don't fight it. Just accept that,
even if it's 3 AM, your mind is
just doing its thing.

Allow it to be as it is
and it will subside quickly.

You will get the sleep you need.

P = PRESENCE



Use this as an opportunity to
be more present.

Treat yourself as a patient
parent would treat
their upset child. You can
nourish yourself with your
conscious presence.