



# 6 Ways to Unwind at the End of the Day

A Life of  
*wellness*  
est. 2013  
for high-vibe living

#1

# Clean up your Space

Clean up from dinner, put all the clutter away from the day, put any laundry away and just refresh your space.

Having a tidy/clean space is one of the easiest ways to calm your mind.

It's also just a great way to 'end' the day and set the mark for the start of your nighttime routine.



# #2 At Home Pamper Session

Light a candle, dim your lights and pamper yourself. You deserve it. And hey this doesn't have to be a long, time consuming thing. I get it, some of us have kids, some are too tired to think and some just want to get to the next episode of Emily in Paris. But take some time for yourself first.

I love having a nice hot shower, putting on a facemask and using my favourite body lotion. Slip on your favourite fresh and clean pajama's and you're ready for the rest of your night!





#3

## Hydrate

I'd be lying if I told you I didn't generally opt for a glass of wine with dinner. I always make sure to hydrate extra throughout the evening though. Remember, your body won't be getting any water for the better part of 6 hours. You'll also wake up way more refreshed if you hydrate lots before bed.

#4

## Pour yourself a cup of tea

This ties in with the hydration portion of the night. I always like to make myself a cup of herbal tea to help with digestion and also just to help me relax.





#5

## Read

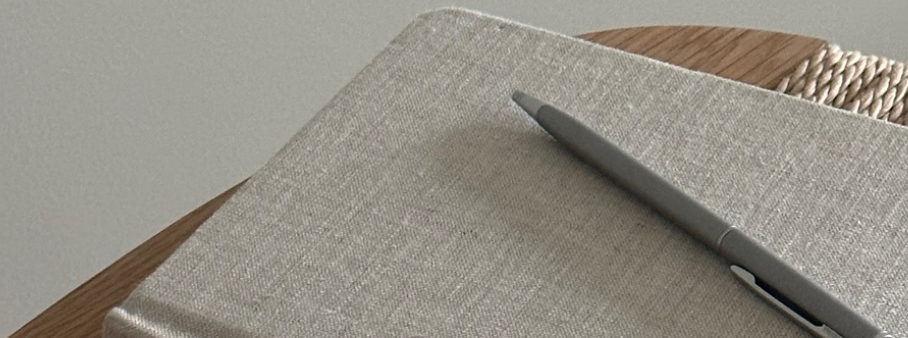
Once my tea is ready I love to get cozy in bed or on the couch with a good book. My favourite right now is 'Manifest - Dive Deeper' by Roxie Nafousi.

Whatever you decide to read, make sure it's something positive. This is one of the last things your mind is consuming before sleep so you're going to want to make sure it's something good for your subconscious mind.

#6

## Reflect on the Day

Take a couple of minutes to reflect on what went well throughout the day as well as what you might want to work on in days ahead. I always like to end this exercise with writing down 3 things I'm grateful for. Being in a state of gratitude is the highest vibrational frequency you can be in, making it the best way to end the day. At least I think so anyway!





# Was This Helpful?

Follow me on Instagram  
[@alexandraslifeofwellness](https://www.instagram.com/alexandraslifeofwellness)  
and visit  
[www.alifeofwellness.ca](http://www.alifeofwellness.ca)  
for more wellness tips and inspiration

---

A Life of  
*wellness*

— 2019 —  
for high-vibe living