

— A REBALANCE EVENING PRACTICE

Evening Reset Kit

A calming bedtime ritual for exhausted parents who struggle to switch off.

WIND DOWN • REST • RECONNECT

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WELCOME

I'm So Glad You're Here.

If you're reading this, there's a good chance your days feel full.

Perhaps you're constantly giving to everyone else, holding everything together, and
by the time bedtime arrives you're completely exhausted...

...yet somehow your mind still won't switch off.

If that sounds familiar, I want you to know something.

You are not failing.

Your nervous system has simply become very good at protecting you.

The Evening Reset Kit isn't about adding another task to your evening.

It's about creating one small ritual that gently tells your body:

“You're safe now. The day is over. You can rest.”

You don't need an hour. You don't need perfect conditions.

You only need a few minutes of kindness towards yourself.

Charmain Wilkinson
Tonight, let's begin there.
FOUNDER OF REBALANCE

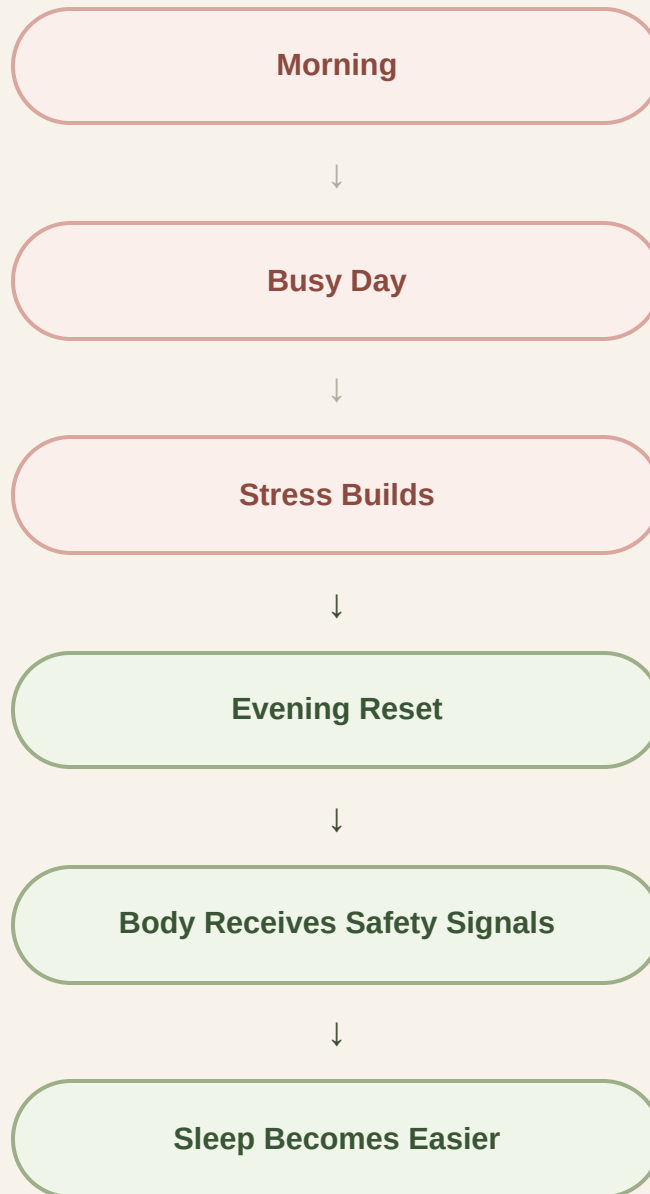
Why You Can't Switch Off

You're tired... so why won't your brain let you rest?

- Your body has been in "doing mode" all day.
- Stress hormones don't disappear the moment the children are asleep.
- Your brain is trying to keep you safe, not keep you awake.
- Your nervous system needs a transition from busy to calm — it can't just switch off on command.

Rest isn't something you earn. It's something your nervous system needs.

What Happens During an Evening Reset?



Your Evening Reset Ritual

1

Prepare

- Dim the lights.
- Put your phone on silent.
- Make a warm drink.
- Take one slow breath.

2

Notice

- Hand over heart.
- Notice your breathing.
- No fixing. Just noticing.

3

Listen

- Play your Evening Wind Down audio.

▶ Play Evening Wind Down

4

Rest

- Allow yourself to simply rest.
- No pressure to sleep. Just rest.

A MOMENT FOR YOU

Reflection

How does your body feel right now? Circle or tick any that apply.

- | | |
|--|--|
| ☐ Tight shoulders | ☐ Racing thoughts |
| ☐ Heavy chest | ☐ Clenched jaw |
| ☐ Calm | ☐ Sleepy |
| ☐ Restless | ☐ Sad |
| ☐ Hopeful | |

What does your body need tonight?

Tiny Moments of Safety

Write down five things that help your body feel even 1% calmer.

☐ Fresh air

☐ Music

☐ Tea

☐ Blanket

☐ Shower

☐ Hug

☐ Reading

☐ Quiet

☐ Stretching

My own moments of safety

YOUR COMPANION AUDIO

Your Evening Wind Down Audio

Your Guided Practice

This recording has been created to help your body gently transition from the busyness of the day into a place of rest.

Find somewhere comfortable. Allow yourself to simply listen.

Nothing to achieve. Nothing to fix. Just breathe.

▶ Tap Here to Begin

Best experienced with headphones, somewhere quiet.

Your 7-Day Evening Reset Challenge

You don't need to complete this perfectly. The aim isn't to tick every box — it's to gently teach your nervous system that evenings can become a place of safety again.

Even one or two evenings of practice can begin building a new habit.

Before You Begin

- Take a slow breath.
- Choose a comfortable place.
- Press play on your Evening Wind Down audio.

Then, when you've finished, spend just a minute reflecting on how you feel.

My Evening Reset Tracker

Day 1

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Day 2

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Day 3

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Day 4

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Day 5

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Day 6

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Day 7

Date: _____

Listened to my Evening Wind Down audio? ☐ Yes ☐ No

Before: _____ **After:** _____

One word: _____

Looking Back

Take a moment to notice what changed this week. Did anything surprise you?

Perhaps you fell asleep a little quicker. Maybe you felt calmer before bed. Maybe you simply remembered to pause for yourself.

Every small step matters.

This week I noticed...

The practice I'd like to continue is...

TODAY'S GENTLE PRESCRIPTION

Let One Thing Remain Unfinished

Tonight, let one thing remain unfinished.

Leave the folded washing until tomorrow.

Leave the email unanswered.

Leave the kitchen exactly as it is.

For just a few minutes, choose your nervous system over your to-do list.

The world can wait.

Your wellbeing doesn't have to.

One small act of rest is never wasted.

What Might You Notice?

After a few evenings of practising your Evening Reset, you may begin to notice subtle changes.

Not because you've become a different person, but because your nervous system is slowly learning that evenings can feel safe again.

You might find that...

- You fall asleep a little more easily.
- Your shoulders soften before bed.
- Your thoughts feel less frantic.
- You wake feeling slightly more refreshed.
- You respond with a little more patience the following day.
- You begin looking forward to your evening ritual instead of dreading bedtime.

Progress isn't measured by perfection. It's measured by the gentle return to these moments of safety, one evening at a time.

What's Inside the Complete Toolkit

This evening ritual is one small piece of something much bigger. The Nervous System First-Aid Toolkit walks you through your whole day — not just bedtime.

- 01 **A Gentle Welcome: Why Your Nervous System Needs First-Aid**
- 02 **Trauma, Big and Small: How Past and Present Shape Your Nervous System**
- 03 **What Your Body Is Telling You: Spotting Signs of Dysregulation**
- 04 **Immediate First-Aid: 5 Short Practices You Can Do Anywhere**
- 05 **Sleep Support That Respects Exhaustion: Micro-Routines for Better Rest**
- 06 **Rewiring by Repeating: How Practice Changes the Brain**
- 07 **Boundaries as Regulation: First Steps and Gentle Communication**
- 08 **Common Roadblocks and How to Come Back to Practice**
- 09 **Practical Toolkit: Pairing Sensory Supports with Somatic Practice**
- 10 **Your Regulation Tracker & Next Steps**

Plus six guided audios, a printable Quick Reference Cheat Sheet, and a full set of reflection pages — 59 pages in total.

CONTINUE YOUR JOURNEY

If This Helped, There's More Waiting

If this simple evening ritual helped you feel even a little calmer, imagine having practical nervous system support for every part of your day.

The Complete Nervous System First-Aid Toolkit has been created to help you move beyond bedtime and begin supporting your nervous system throughout your whole day.

Inside you'll receive:

- ✓ A beautifully designed, practical workbook
- ✓ Six guided nervous system practices
- ✓ Practical exercises you can return to again and again
- ✓ Reflection pages and worksheets
- ✓ A printable Quick Reference Guide
- ✓ Gentle nervous system education without overwhelming jargon
- ✓ Everyday tools for stress, overwhelm, boundaries, rest and emotional regulation

Whether you have five minutes or fifty, you'll have a collection of practical resources to help you feel calmer, more grounded and better supported.

READY FOR THE NEXT STEP?

The Complete Nervous System First-Aid Toolkit

→ [Tap here to explore the Complete Toolkit](#)

BEFORE YOU CLOSE THIS

Thank You for Spending This Time With Yourself

If no one has told you recently...

You're allowed to rest.

You're allowed to slow down.

You're allowed to look after yourself with the same kindness you offer everyone else.

Tonight, let this be enough.

With warmth,

Charmain

FOUNDER OF REBALANCE

“Small moments of safety become a calmer life.”