

Pillar 4: Rest & Recovery — Jump Start to Recover at Basecamp

If scores are low, focus on small, meaningful connection moments
(Choose to start with 1 or 2 that resonate with you.)

10 Simple Shifts:

1. Set a consistent bedtime and wake time (even within 30 minutes).
2. Create a 10-minute wind-down routine before bed.
3. Turn off screens 30–60 minutes before sleep.
4. Dim lights in the evening to support melatonin.
5. Keep your bedroom cool, dark, and quiet.
6. Limit caffeine after 1–2 PM.
7. If awake at night, avoid screens, focus on slow breathing.
8. Get morning sunlight to reset your internal clock.
9. Write down worries before bed (“tomorrow belongs to tomorrow”).
10. Practice slow breathing (inhale 4, exhale 6) as you fall asleep

Better sleep helps your body shift out of survival mode.

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Small steps, practiced consistently, create powerful change.
This is how you begin your journey toward Great Calm and Whole-Body Alignment.