

# Mind Still Running Worksheet

A reflection tool to help slow racing thoughts, replaying calls, and mental noise that keeps showing up when you try to rest.



# When Your Mind Won't Shut Off

After a shift, your brain doesn't automatically stand down. Even when your body is exhausted, your mind may keep running: scanning for threats, replaying calls, rehearsing what you said or didn't say, or problem-solving situations that are already over.

This is a normal response to a high-demand job. Your nervous system has been operating at an elevated state for hours. It doesn't flip off like a light switch. The brain is doing its job, it just needs a little help shifting gears.

## What your mind may be doing

- Replaying calls or incidents
- Planning tomorrow's tasks
- Rehearsing conversations
- Scanning for what went wrong

## What this worksheet does

- Gives the noise a place to land
- Helps sort what matters now
- Signals to your brain: shift is over
- Creates space for real rest

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## What Keeps Showing Up?

Before you can put something down, you have to name it. Use these prompts to get the mental noise out of your head and onto the page. Don't filter it, just write what's actually there.

### What thought keeps coming back?

Is it a specific moment, a conversation, or a situation from today's shift? What image or phrase keeps replaying?

### Is it a call, a person, a decision, or something unfinished?

Try to be specific. A fuzzy worry takes up more mental space than a named one. What exactly is it?

### What feels unresolved?

Is there something you're waiting on, something you wish had gone differently, or something you're not sure how to handle?

You don't have to have answers right now. The goal is simply to name what's there, not fix it.

# Sort the Mental Noise

Not every thought needs your attention tonight. Sorting what's on your mind into these three categories helps your brain stop treating everything as equally urgent. Give each item a place to go.

## Something I can handle tomorrow

This is real, and it matters, but it can wait until you have rest behind you. Write it down so your brain doesn't have to hold it overnight.

## Something I need to let go for now

This may be out of your control, already resolved, or simply not yours to carry right now. Acknowledge it, then consciously set it aside.

## Something I may need support with

Some things are too heavy to sort alone. If something keeps showing up and feels bigger than a rough shift, it's okay to flag it for a conversation with someone you trust.

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## Put It Down for Now

This is a simple but deliberate act. Writing one sentence, even if it feels small, sends a clear signal to your nervous system: *this thought has been acknowledged, and I am choosing to set it aside until I have more capacity.*

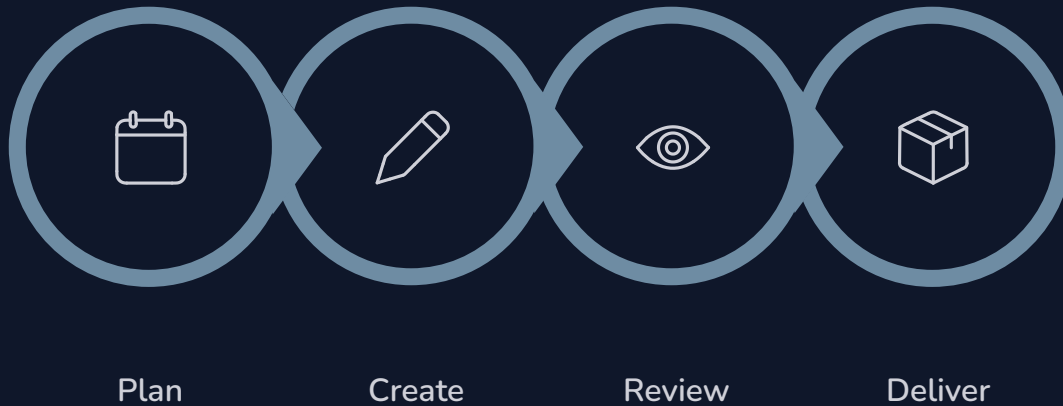
"For tonight, I am setting down..."

Finish that sentence. Write it out. Be specific about what you're setting down, a call, a worry, a decision you're second-guessing, or a conversation that went sideways. You're not pretending it doesn't exist. You're choosing not to carry it through the night.

- ✔ This is not avoidance. This is discipline, the same discipline you apply on the job, turned inward. You decide when you engage with it again.

# Slow the System Down

Your body has been on alert. Before sleep, give it a 60-second reset to help your nervous system shift out of operational mode. This isn't a breathing exercise class: it's just mechanics. It works because it's physiology, not mindset.



Repeat this cycle two or three times. You don't need to feel relaxed, just go through the steps. The body responds whether or not the mind is convinced. Even one round is enough to begin shifting your system out of high alert.

## Closing Reminder

**"You do not have to solve everything tonight. Rest first. Return to it when you have more capacity."**

You showed up. You did the job. Whatever is still unresolved at the end of this shift is not a failure, it's the reality of work that matters. The calls, the decisions, the people, they were real. Your response to them was real. And you are still here, which means you can return to what needs attention after you've taken care of yourself first.

### Rest is not weakness

It is maintenance for a high-demand system. You cannot run well on empty.

### Tomorrow has its own shift

Let tonight be tonight. What needs you will still be there when you're ready.

### Reaching out is strength

If this tool isn't enough, talking to someone is the next right step, not the last resort.