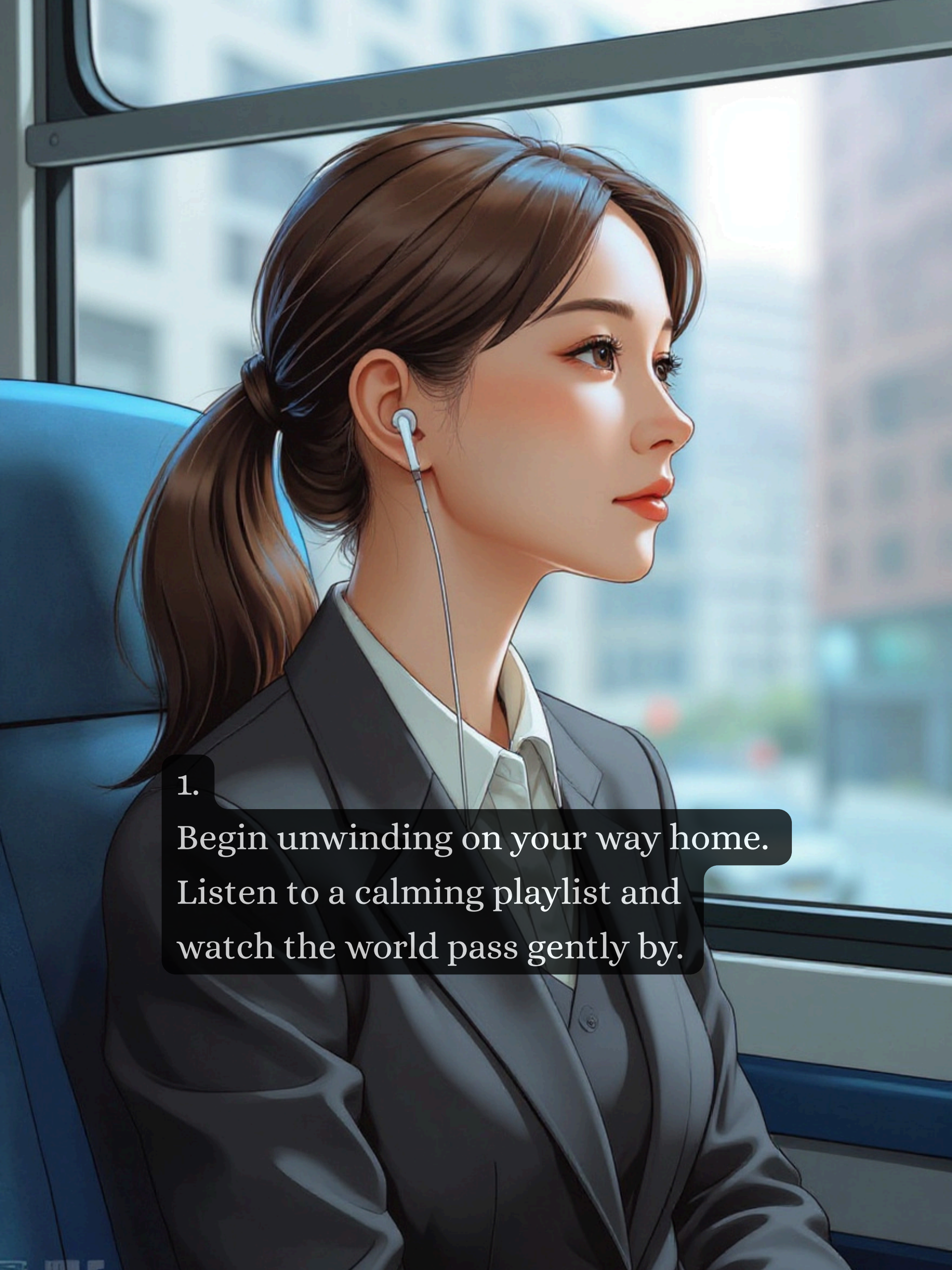




10 Gentle Ways  
to Unwind When You  
Have the Evening  
to Yourself



1.

Begin unwinding on your way home.  
Listen to a calming playlist and  
watch the world pass gently by.

An illustration of a woman with brown hair in a high ponytail, wearing a grey blazer over a light-colored top and grey trousers. She is wearing white earbuds and is looking down at a black smartphone she is placing into an open wooden drawer. The background shows a modern interior with a large window looking out onto greenery.

2.

Put your phone aside for the evening,  
and gift yourself uninterrupted  
presence.



3.

Set the mood — light a scented candle, soften the lamps, and adjust the room temperature to cozy.

An artistic illustration of a woman with dark hair in a ponytail, wearing a grey blazer, standing in a shower. She is holding a showerhead. A lit candle is on the floor to the left. The scene is dimly lit with warm, golden light. A semi-transparent black box with white text is overlaid on the image.

4.

Take a warm shower or bath, with dim lights or candlelight to ease the body.



5.

Change into soft, comfortable clothes.  
Let your body know the day has  
shifted.

An artistic illustration of a woman with dark hair in a ponytail, wearing a beige sweater, sitting at a round wooden table. She is holding a spoon and eating from a bowl. A lit candle is on the table to her left, and a television is visible in the background. The scene is warmly lit, creating a cozy atmosphere.

6.

Prepare a simple, nourishing meal. Enjoy it slowly — perhaps with your favorite show in the background.

An illustration of a woman with dark hair in a ponytail, wearing a grey sweater, sitting on a blue couch. She is holding a white cup of tea. To her right is a small round table with a lit lamp. The background shows a window with a view of a city at night. Musical notes are floating in the air. A text box is overlaid on the image.

7.

Brew a calming tea, then sit by a window to watch the sky change. Let soft music accompany you.

An illustration of a woman with dark hair in a ponytail, wearing a light-colored sweater, sitting in a blue armchair and reading a book. The room is dimly lit with a warm lamp on a side table to the left and a lit candle on a small table to the right. A white fur blanket is draped over the chair. The overall mood is peaceful and cozy.

8.

Read a few pages of a book you love, or write in your journal to clear the day from your mind.



9.

Stretch gently or do light yoga to release the tension gathered in your body.

An illustration of a woman with dark hair in a ponytail, wearing a light grey sweater and pants, sitting cross-legged on a white rug. She has her eyes closed and a peaceful expression. To her left is a lit candle in a black holder and a lamp with a warm yellow glow. The background is a warm, orange-toned wall with a textured curtain on the right.

10.

End with meditation or deep breathing  
— let your mind settle into stillness.

@theElementofCalm