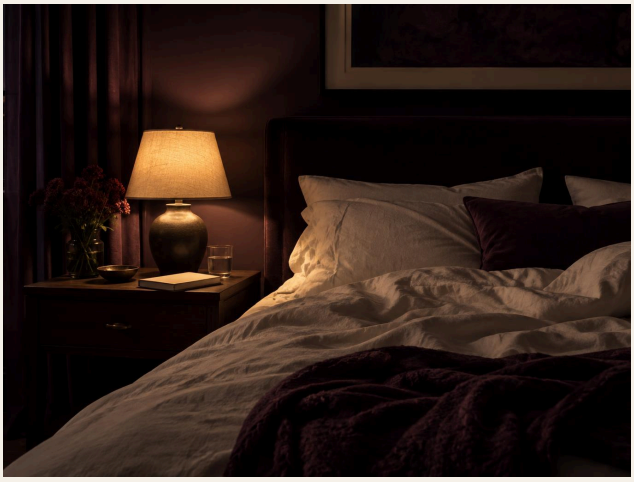
Linda Sevilla

WORKPLACE WELLNESS & TRAINING

Quieting the Busy Mind

Sleep & Overthinking

A 60-minute interactive workplace wellness workshop exploring why our minds sometimes become more active when we're trying to sleep, and how habitual thinking, learned associations, and self-hypnosis techniques may help us approach bedtime differently.



You know you need sleep. So why does your mind turn into a planning committee the moment your head hits the pillow?

You may spend the evening feeling tired, only to find yourself replaying conversations, worrying about tomorrow, or mentally working through problems when you're finally ready to rest.

In this interactive workshop, Linda Sevilla explores how habitual thinking, learned associations, and beliefs about preparedness or responsibility may contribute to nighttime overthinking.

Participants will also have the opportunity to experience an optional guided group hypnosis exercise designed to help them develop and mentally rehearse a personally meaningful bedtime cue they can continue practicing afterward.

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What Participants Will Learn

Quieting the Busy Mind introduces participants to some of the less obvious reasons they may struggle to settle into sleep, even when they're exhausted and genuinely want to rest.

Through education, private reflection, and an optional guided group hypnosis experience, participants explore how habitual thinking, learned associations, and subconscious beliefs may influence their relationship with sleep, while developing a practical technique they can incorporate into their bedtime routine.

Understanding the Busy Mind

Explore why worrying, planning, problem-solving, and repetitive thoughts may become especially active at bedtime, and how this mental activity can interfere with settling into sleep.

Recognizing Subconscious Associations

Explore how beliefs about responsibility, preparedness, productivity, or the need to stay alert may contribute to nighttime overthinking, even when someone consciously wants to sleep.

Understanding the Relationship Between Thoughts and Sleep

Learn how mental activity, worry about not sleeping, and attempts to force sleep can sometimes create a frustrating cycle that makes relaxation and sleep feel increasingly difficult.

Creating a Personal Bedtime Cue

Explore how a personally meaningful cue or ritual may help signal the transition toward rest. Through an optional guided hypnosis experience, participants will develop and mentally rehearse their own bedtime cue, which they can continue practicing afterward.

What Happens During the Workshop?

This 60-minute live virtual workshop combines accessible education, private reflection, practical techniques, and an optional guided group hypnosis experience.

Participants are invited to consider their own patterns of nighttime thinking, including the habits, expectations, and associations that may make it difficult to settle into sleep. No one is required to share personal experiences, and participation in hypnosis is entirely voluntary.

The workshop concludes with a practical technique participants can incorporate into their bedtime routine to help create a more familiar transition from mental activity toward rest.

The Group Hypnosis Experience

During the optional guided hypnosis experience, participants are invited to imagine themselves preparing for sleep and allowing the day's mental activity to settle.

Rather than prescribing the same technique to everyone, Linda guides participants in discovering a personally meaningful bedtime cue.

For one person, that might be imagining placing their unfinished thoughts into a container until morning. For another, it could be picturing themselves turning down the volume on a busy mind, or associating a particular calming image with the beginning of their bedtime routine.

Participants then mentally rehearse using their chosen cue, with the intention of developing a familiar signal they can return to when preparing for sleep.

The experience is designed to introduce a practical skill they can continue exploring independently after the workshop.

Linda's Professional Background

B.Ed. | Bachelor of Education

27 years | Practicing hypnotherapy since 1999

22 years | Teaching hypnotherapy since 2004

Founder | Horizon Center School of Hypnotherapy and CACHE

Who Is This Workshop For?

Quieting the Busy Mind is designed for organizations interested in helping employees better understand nighttime overthinking and the relationship between mental activity, stress, and sleep.

It's particularly relevant to workplaces where demanding responsibilities, ongoing problem-solving, or high expectations may contribute to difficulty mentally unwinding at the end of the day.

Especially relevant for:

- Employees who struggle with racing thoughts, worrying, or mental planning at bedtime
- Managers and professionals carrying significant responsibility or ongoing mental demands
- Healthcare, education, and client-facing teams working in emotionally demanding environments
- Remote and hybrid employees who find it difficult to establish clear boundaries between work and rest
- Organizations interested in sleep education, stress management, and employee wellbeing

Research Supporting This Workshop

Research in sleep psychology has examined how mental activity, worry, and repetitive thinking can influence our ability to fall asleep and experience restful sleep.

The following studies provide a scientific foundation for understanding the relationship between cognitive arousal and sleep, as well as the potential value of psychological and behavioural approaches to improving sleep.

Worry, Rumination, and Sleep Quality

Systematic review and meta-analysis · 2020

A review of research involving people without diagnosed sleep disorders found that higher levels of worry and rumination were associated with poorer sleep quality, shorter sleep duration, and taking longer to fall asleep.

Read the research

Pre-Sleep Thinking and Insomnia

Lemyre et al. (2020) · Systematic review

Researchers examined how thinking patterns differ between people who sleep well and those experiencing insomnia. They found that people with insomnia more frequently reported planning, problem-solving, worry, and attempts to control their thoughts before sleep. The review also examined psychological techniques, including imagery and hypnosis, with mixed findings about their effects on sleep.

Read the research

Psychological Approaches to Improving Sleep

Trauer et al. (2015) · Meta-analysis · 20 studies

A review of 20 randomized controlled trials involving 1,162 participants found that cognitive behavioural therapy for insomnia (CBT-I), which incorporates techniques addressing thoughts and sleep-related behaviours, significantly improved several measures of sleep, including time taken to fall asleep and sleep efficiency.

Read the research

Want to Explore This Subject More Deeply?

The one-hour Quieting the Busy Mind workshop introduces participants to the thinking patterns and learned associations that may contribute to difficulty settling into sleep, along with a practical technique they can begin incorporating into their bedtime routine.

For organizations interested in going further, Linda also offers the opportunity to develop a six-week program exploring these patterns in greater depth.

An extended series can examine habitual worrying, bedtime planning and problem-solving, beliefs about sleep and the need to remain alert, the frustrating cycle of trying to force sleep, and the development of more helpful associations with bedtime and rest.

Ask about the six-week Quieting the Busy Mind program:

lindasevillawellness.com/workshops/quieting-the-busy-mind

Looking for Something Different?

Every workplace has its own challenges. If Quieting the Busy Mind isn't quite what your organization needs, Linda can develop a customized workshop or multi-session program designed around your team's particular circumstances.

An initial consultation provides an opportunity to discuss your organization's goals, the challenges your employees are experiencing, and the format that would best meet your needs.

Explore customized programs: lindasevillawellness.com/customized-programs

Bring Quieting the Busy Mind to Your Team

Quieting the Busy Mind is available as a 60-minute live virtual workplace wellness workshop, with an optional guided group hypnosis experience.

To discuss workshop availability, participant numbers, or an extended program, contact Linda Sevilla.

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Educational workshop. Participation in group hypnosis is voluntary. The workshop does not replace individualized medical or mental health care.

"Linda brings not only a wealth of hypnotherapeutic skill and knowledge to her classroom, but also fantastic teaching methodology, ethical integrity and enthusiasm for her students' growth."

KAI CHENG THOM

"I can't say enough about the amazing work Linda does. She is professional, effective and caring."

MARK WATTS