A GENUINEEMPATH.COM COMPANION CARD

The HSP Processing Runway

A three-minute evening check-out for sensitive people whose brains clock in at bedtime

To go with "Your Body Is in Bed. Your Brain Is Still at Work"

START HERE

How to Use This Card

Your body stops for the day long before your brain does. This card gives the leftover thinking somewhere to land… before the lights go out.

This card goes with the article "Your Body Is in Bed. Your Brain Is Still at Work." Read that first, if you haven't yet. Then come back here.

Here's the idea. All day, new things keep coming in. Messages. Conversations. Small decisions. A face you're still reading hours later. But the sorting of all that? It gets pushed back. And back. Until you lie down, and your brain finally has the floor.

So the goal tonight isn't to finish thinking. It's to give each open loop a place to go, and to stop adding new ones. Three minutes. Not another writing assignment.

WHEN TO REACH FOR IT

- ☐ In the last half hour or so before bed
- ☐ After a day full of people, decisions, or loose ends
- ☐ When your body is tired but your mind keeps replaying the day
- ☐ Before you reach for your phone "just for a minute" at night

HOW TO FILL IT IN

1 Empty your head
Jot down what's still running, in four boxes. A word or two each. No full sentences needed.

2 Close the loops
Pick one option for each item: Park, Plan, Release, or Process. Only one item gets Process.

3 Set a sunset
Choose a time, then tick what you won't add after it. Fewer new inputs means fewer new loops.

4 Then put it down
Leave the card where you'll see it in the morning. The page holds it overnight, so you don't have to.

Tip: print a small stack and keep them by the bed. On easy nights you may only fill in step 3. That counts.

The question isn't always how do I handle this day? Sometimes it's how do I help my system understand the day is over?

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Nothing below needs solving tonight. Three minutes, then you're off the clock.

Goes with the article "Your Body Is in Bed. Your Brain Is Still at Work"

1 Empty your head. A word or two per line is plenty.

STILL THINKING ABOUT
conversations, comments, what-ifs

STILL FEELING
name it, no need to fix it

NEEDS ACTION
tasks, replies, decisions

CAN WAIT
real, but not tonight's job

2 Close the loops. For each item, choose only one.

PARK
I'll return to this tomorrow.

PLAN
I've written the next action down.

RELEASE
Nothing needs to be done.

PROCESS
This truly needs attention before I sleep.

One tick per line. PROCESS gets one line, at most.

OPEN LOOP	PARK	PLAN	RELEASE	PROCESS
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐

3 My input sunset tonight.

After _____ , I won't deliberately add:

☐ work problems ☐ news ☐ difficult conversations ☐ decisions

☐ stimulating research ☐ other: _____

"You don't have to finish thinking.
You only need to give your brain permission to stop for today."

A word of care: this card is for ordinary busy-mind nights. If poor sleep lasts for weeks, please talk with a doctor or a therapist.

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Read the full article