



The Sleep Restoration Protocol

A Gentle Routine For Women Healing After A Breakup Or Divorce - By Dr Grace Anderson.

<https://drgraceanderson.com>

Positive Affirmation Statements For Your Meditation.

I am whole.

I am safe.

I am becoming stronger every day.

Every day, I feel a little lighter.

I release today's emotional burden.

I choose peace over worry.

Rest is part of my healing.

I deserve peaceful sleep.

My mind is becoming quiet.

My body is relaxing.

My heart is healing.

I am grateful for another new beginning.

My mind is at rest.

My body is at rest.

Tonight, I allow myself to sleep peacefully.