

# A PERSON-CENTRED GUIDE TO FINDING CALM



## MANAGING NIGHT-TIME ANXIETY – PLUS GUIDANCE ON GRIEF AND HEALING

If you find yourself struggling with anxious thoughts at night or carrying the weight of grief, you're not alone. This guide offers gentle strategies to help you find comfort and calm



Evening anxiety can feel overwhelming, especially when grieving or dealing with persistent worry. As the day winds down, emotions can intensify, making it harder to find peace. This guide offers gentle, person-centred strategies to help you navigate the nights with more ease and comfort, fostering self-compassion and personal growth.

### UNDERSTANDING EVENING ANXIETY

- **Why It Happens:** The stillness of the evening often brings unresolved emotions to the surface, making grief and anxiety feel stronger.
- **Common Feelings:** Restlessness, sadness, racing thoughts, or a sense of loneliness.
- **Acknowledgement Matters:** Accepting your emotions instead of fighting them can ease their intensity. In a person-centred approach, trusting your inner wisdom and validating your emotions can be key to healing.

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Coping with anxiety on its own can be extremely difficult, and it can feel even more overwhelming if you're also experiencing grief. Grief isn't always about losing a person or a living thing—it can also stem from the end of a relationship, a job, or a significant life change. So, what are the stages of grief..

### THE STAGES OF GRIEF EXPLAINED

**The stages of grief is a deeply personal experience, and no two journeys are the same. While the five stages of grief (as identified by Elisabeth Kübler-Ross) provide a general framework, it's important to remember that these stages are not linear, and you may move between them in different ways:**

1. **Denial** – A feeling of shock or disbelief that the loss has occurred.
2. **Anger** – Frustration and resentment about the loss or circumstances surrounding it.
3. **Bargaining** – Wondering “what if” or trying to make sense of the situation.
4. **Depression** – Deep sadness, loneliness, and withdrawal.
5. **Acceptance** – Gradually coming to terms with the loss and finding a way to move forward.

These stages do not happen in a set order, and it's natural to revisit some emotions over time. A person-centred approach recognises that your grief is unique, and you should allow yourself to process it in your own way and at your own pace.

# THE VALUE OF A STRUCTURED NIGHTTIME ROUTINE



A structured night time routine can create a sense of stability and predictability, helping to ease evening anxiety and provide comfort during grief



Consider incorporating these steps:

- **Set a Consistent Bedtime:** Going to bed at the same time each night helps regulate your body's internal clock and improve sleep quality.
- **Wind Down with Calming Activities:** Engage in gentle activities like reading, light stretching, or listening to soothing music.
- **Limit Stimulants and Screens:** Reduce caffeine intake and avoid screens at least an hour before bedtime to encourage relaxation.
- **Create a Comfortable Sleep Environment:** Keep your bedroom cool, dark, and quiet to promote restful sleep.
- **Incorporate a Reflection Practice:** Spend a few minutes journaling or meditating to acknowledge your thoughts and emotions before sleep.

A night time routine offers a gentle framework for self-care, reminding you that each night is an opportunity to nurture yourself and find a sense of peace.

Evening anxiety and grief are challenging, but they do not have to consume you. Be patient with yourself, seek comfort in small rituals, and allow your heart the space to heal. A person-centred approach reminds us that we all have the capacity for self-healing, growth, and personal understanding.

***For helpful strategies to manage evening anxiety and grief, feel free to explore: [Practical tools for managing night time anxiety and grief PDF](#)***

# GETTING SUPPORT



***You are stronger than you feel,  
and tomorrow is a new day.  
If anxiety or grief feels  
overwhelming, consider seeking  
professional support. You  
deserve care, healing, and to be  
truly heard.***

If you're feeling overwhelmed, know that you don't have to go through it alone. Counselling offers a safe space to explore your feelings, and I'd love to help.

☎ Phone: 07933716273

✉ Email: [aslightasafeathercounselling@outlook.com](mailto:aslightasafeathercounselling@outlook.com)

🌐 Website: [www.aslightasafeathercounselling.co.uk](http://www.aslightasafeathercounselling.co.uk)

If you require immediate support, please reach out to the following services:

☎ Samaritans: Call 116 123 (available 24/7)

☎ NHS 111: For urgent mental health support

☎ Emergency Services: Call 999 if you are in immediate danger

✉ Shout: Text 85258 for free, confidential support

You are not alone—help is available. ❤️

***"When the other person is hurting, confused, troubled, anxious, alienated, terrified; or when he or she is doubtful of self-worth, uncertain as to identity—then understanding is called for. The gentle and sensitive companionship of an empathic stance... provides illumination and healing. In such situations, deep understanding is, I believe, the most precious gift one can give to another."***

Rogers, C. R. (1980). *A Way of Being*. Houghton Mifflin.