

# A PERSON-CENTRED GUIDE TO FINDING CALM

## PRACTICAL TOOLS FOR MANAGING NIGHT TIME ANXIETY AND GRIEF



Grief and anxiety can feel heavier in the evenings when distractions fade, and emotions come to the surface. While understanding these feelings is essential, having practical tools to manage them can make a significant difference. This guide offers self-help exercises and strategies designed to support you in easing evening anxiety and creating a sense of calm.

## Practical Coping Strategies

- 1. Creating a Safe and Nurturing Space**
  - Establish a calming ritual (e.g., warm tea, soft lighting, journaling).
  - Reduce screen time an hour before bed to avoid overstimulation.
  - Allow yourself to explore your emotions without judgement.
- 2. Mindful Breathing and Presence**
  - Try deep breathing exercises: Inhale for 4 counts, hold for 4, exhale for 6.
  - Ground yourself with the 5-4-3-2-1 technique (identify things you see, hear, feel, smell, and taste).
  - Stay present with your emotions, offering yourself empathy as you would a close friend.
- 3. Soothing Distractions with Self-Compassion**
  - Listen to calming music or nature sounds that bring comfort.
  - Read a comforting book or engage in light creative activities that reflect your self-expression.
  - Remind yourself that it is okay to seek solace in small, nurturing activities.



# Self-Help Tools & Exercises



## Guided Visualisation

- Close your eyes and imagine a safe, comforting place.
- Picture yourself surrounded by warmth and peace.
- Repeat a calming affirmation, such as, "I am safe, and I will get through this."

## Progressive Muscle Relaxation

- Tense and relax different muscle groups in your body.
- Start from your toes and work your way up.
- This helps release tension and promotes physical relaxation.

## Letter Writing Exercise

- Write a letter to yourself offering encouragement and support.
- If grieving, write a letter to your lost loved one expressing your emotions.
- This can help process feelings in a safe way.

## Evening Check-In Journal

- Reflect on three things that brought you comfort today.
- Write down one small step you will take for self-care tomorrow.
- Acknowledge any emotions without judgement.

## Affirmation Practice

- Choose affirmations that resonate with you (e.g., "I am worthy of peace and rest.").
- Say them out loud or write them down before bedtime.
- Repeat them to re-frame anxious thoughts.

## Body Scan Meditation

- Lie down comfortably and bring awareness to each part of your body.
- Notice areas of tension and consciously relax them.
- This can help transition into a more restful state before sleep.



# Comforting Words for the Night



- “You are not alone, even in the quietest moments.”
- “Grief and anxiety may visit, but they do not define you.”
- “Your emotions are valid, and your journey is uniquely yours.”
- “Peace is found in small steps, not perfection.”



Practical tools and routines can help you manage evening anxiety, but healing is a journey, not a destination. Be gentle with yourself and allow time for these strategies to take effect. A person-centred approach reminds us that we each have the ability to find what works best for us.

You are capable of finding calm, even in difficult moments.



# 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 emphatic 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.