

CALMING GENERALIZED ANXIETY AT NIGHT

Body scans



- Focus attention on different body parts
- notice areas of tension, relax with breaths

Progressive muscle relaxation



- Tense and relax muscle groups
- Activates relaxation response

Mindfulness



- Anchor in the present moment
- Approach anxiety with gentle awareness

Grounding techniques



- Use senses to anchor in the moment
- Imagine thoughts floating away

Visualization



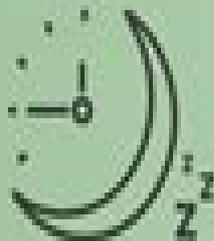
- Imagine peaceful, calming scene
- Stimulates relaxation response

Environmental changes



- Optimize bedroom for sleep
- Limit light, noise and screens

Sleep routines



- Wind down before bed
- Stick to consistent sleep times

Journalling



- Write down worries and thoughts
- Challenge unhelpful thinking

Reading



- Transport mind, avoid screens
- Choose calming material

Non-sleep deep rest



- Relaxed yet awake state
- Breathwork and body awareness

Managing Stress From Morning To Night

Christian Drosten



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