

Nighttime Anxiety Journaling Worksheet

How to Use This Worksheet:

Take 5–10 minutes before bed to reflect on your thoughts and emotions. Journaling can help unload worries, process emotions, and create a sense of calm before sleep. Use the prompts below to guide your writing. Grab some paper and pen and start writing!

Step 1: Release Your Thoughts

Write down anything on your mind right now—stressors, worries, or lingering thoughts from the day. Don't filter yourself, just get it all out.

Example: "I'm worried about my workload tomorrow. I feel like I didn't get enough done today, and I'm afraid I'll fall behind."

Step 2: A Small Win from Today


Think back on your day and write down one positive moment—big or small. Recognizing small wins shifts your focus away from stress and toward gratitude.

Example: "I had a really productive conversation with my coworker that made me feel more confident about my project."

Step 3: Gratitude Reflection

List one thing you're grateful for. Practicing gratitude rewires your brain to focus on the positive.

Example: "I'm grateful for my supportive partner who reminded me to take a break today."



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Step 4: A Let-Go List

Write down anything you want to let go of before sleep. It could be a fear, frustration, or something out of your control. Remind yourself that you can revisit it tomorrow with a fresh mind.

Example: "I'm letting go of my frustration with myself for not finishing everything today. Tomorrow is a new day."

Step 5: Sleep Intention

Write a calming intention for the night, something that reminds you that you are safe and can rest.

Example: "Tonight, I allow myself to relax. My thoughts do not define me, and I will rest knowing I did my best today."

Optional: Breathing Exercise Before Sleep

Try this simple 4-7-8 breathing technique:

Inhale through your nose for 4 seconds.

Hold the breath for 7 seconds.

Exhale slowly through your mouth for 8 seconds.

Repeat 3-4 times.

