

# When Evenings Feel Heavy

## A simple grounding guide

This guide is for moments when the day winds down and things feel heavier than expected.

You don't need to fix anything. You don't need to feel better. Feeling a little steadier is enough.

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## Start With Your Body

Sit with your feet on the floor.

Let your weight drop into the chair.

You don't need good posture — just support.

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## Breathe Without Forcing It

Take a comfortable breath in through your nose.

Let it leave slowly through your mouth.

If it helps, let the out-breath last a little longer than the in-breath.

That longer out-breath tells your nervous system it can slow down.

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## Reduce Physical Tension

Let your shoulders drop a notch.

Unclench your jaw.

Let your hands rest somewhere solid.

Small releases count.

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## Anchor to What's Real

Look around and notice:

- one solid object
- one quiet sound

- one neutral colour

You don't need to judge or analyse. Just notice.

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## **If Loneliness Shows Up**

Loneliness often feels louder at night.

That doesn't mean you're failing.

It means your system has fewer distractions and more space to feel.

You're allowed to want steadiness. You're allowed to want company.

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## **A Simple Reminder**

You don't have to solve tonight.

You only have to finish it gently.

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## **When to Use This**

- when evenings feel long
- when silence feels uncomfortable
- when emotions feel close to the surface

You can return to this guide as often as you need.

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Created by Heartfelt Healing