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Bedtime Journaling Prompts for Existential Anxiety

A gentle guide to help settle the mind before sleep

These prompts are designed to help you slow down racing thoughts, make space for uncertainty, and reconnect with what matters to you. You do not need to answer every question—choose one or two each night.

1. Grounding & Safety

- What felt steady or predictable in my day today?
- Where did I notice even a small moment of calm or relief?
- What is within my control right now, and what is not?
- If my body could speak, what would it need from me tonight?

2. Meaning & Values

- What mattered to me today, even in a small way?
- When did I act in line with the kind of person I want to be?
- What is one thing that gives my life meaning, even during uncertainty?
- If I zoom out, what kind of life am I trying to build?

3. Making Space for Existential Thoughts

- What existential worry is showing up tonight?
- Can I write this thought down as just a thought, rather than a fact?
- If I didn't have to solve this question tonight, what would I choose to do instead?
- What would it look like to allow uncertainty to exist without fighting it?

4. Self-Compassion

- What would I say to a friend feeling this same way?
- How can I be a little kinder to myself right now?
- What has been hard for me lately that deserves acknowledgment?
- What is one gentle thing I can offer myself tonight?

5. Closing the Day

- What am I willing to set down for the night?
- What is one thing I can be grateful for, however small?
- What would help my mind feel safe enough to rest?
- If tomorrow comes, what is one small step I can take?

Note: These prompts are for reflection and support. If anxiety feels overwhelming or persistent, consider reaching out to a qualified mental health professional.