

# Anxiety Strategies

## Understanding anxiety

Anxiety is a natural part of human survival. Chronic anxiety, however, disrupts functioning and spiritual well-being. It can be rooted in trauma, stress, or high expectations.

## Signs of anxiety

- Racing thoughts
- Restlessness or fatigue
- Avoidance behaviours
- Feelings of perpetual fear
- Physical symptoms (palpitations, stomach upset, heart racing, muscle tension)

## Islamic framing

*“And whoever puts their trust in Allah, then He is sufficient for him.” (Qur’an 65:3)*

## Strategies

### 1. Grounding with dhikr:

- 5-4-3-2-1 technique: Use Islamic cues: e.g., 5 things Allah has blessed me with
- Breathing with names of Allah: Inhale “*Ya Rahman*” exhale “*Ya Salam*”

### 2. Cognitive reframing:

- “*Is this thought realistic? Is it based on fear or facts?*”
- “*What would tawakkul look like here?*”

### 3. Create a routine:

- Structured daily habits
- Regular prayer (Salat as emotional regulation)
- Quran recitation as self-soothing
- Exercise
- Diaphragm breathing

**4. Example scenario:** A Year 12 student overwhelmed by exams. Encourage: structured study time + regular salah + +regular exercise + breathing techniques + 10 minutes post- Fajr reflection with Qur’an + weekly support check-in.