



SAKEENAH HOMES

WHAT IS ANXIETY?

▶ Anxiety and worrying may make you feel like you're drowning in a sea of never-ending problems

“ **BUT THEY PLAN AND ALLAH PLANS, AND ALLAH IS THE BEST OF PLANNERS**

(Quran 8:30)



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Imagine your life is built into a boat

The sky darkens and the winds pick up

Rain starts to fall, your boat starts to capsize, and you fall into a never-ending ocean

Waves crash over and over

Anxiety may feel like the waves crashing over and over on you

WORRY AND ANXIETY ARE NORMAL TO A DEGREE, HOWEVER ANXIETY CAN TAKE OVER SOME PEOPLE'S LIVES.



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LIFESAVERS FOR ANXIETY



1 When you are calm, think of the phrases that go through your mind. Breathe deep and notice the motions in your body. Use this as your baseline for when you are going through a tough time.



2 Accept that you cannot be calm all the time; life is like the waves. Sometimes it feels like you are always going under and struggling to breathe. Notice your body when these scary sensations occur; tightness in your chest, trouble breathing, sweaty palms. You need to accept the sensations and allow yourself to feel these emotions.



3 What triggers your anxiety and worry? What makes you panic? What do you feel is out of your control? Understanding these triggers can help you master your feelings.

The Prophet ﷺ said "The affair of the believer is amazing in that it is always good for him. If something joyful comes to him, he gives thanks and that is good for him. If something harmful comes to him, he is patient and that is good for him." (Muslim)



4 Find and learn some anxiety-reducing techniques. Going outside in nature, taking deep breaths, mindfulness, and visualizing yourself in a calm setting. Focus on the present moment and what exists in the now, not in the past, not in the future. What do you have control over now?



5 Supports: reaching out to family and friends for support. Sakeenah Homes offers trained counsellors and psychotherapists that can help you manage your anxiety and worries.