

Tips on Managing Anxiety

SHIFT YOUR FOCUS

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

UNDERSTAND YOUR ANXIETY

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.

CHALLENGE YOUR ANXIOUS THOUGHTS

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious.

LIFT YOUR WORRIES TO ALLAH

Rather than drowning in a sea of worries, lift your concerns to Allah. Make time for dua, dhikr and trust in the abilities He gave you as you learn to stay afloat.

FACE THE THINGS YOU WANT TO AVOID

It's easy to avoid situations or rely on habits that make us feel safer, but these can keep the anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.

LOOK AT THE BIGGER PICTURE

If we feel anxious about a situation, we might get stuck on the details and stop seeing things rationally. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan.

