When my mind will not slow down

For the moments when your thoughts are racing and your body feels on alert. This sheet helps you come back to where you are, right now.

You are not the only one

In this episode we follow the story of Amina, who believed her rising anxiety meant she was failing. What she was really carrying was too much: the emotional labour, the silent responsibilities, the weight of getting through each day. Her anxiety was not weakness. It was a sign that life had become too heavy.

Season 2, Episode 10: Your anxiety isn't weakness

The skill, in small steps

1. **Stop where you are.** Put both feet flat on the floor. Notice the ground holding you up.
2. **Breathe out longer than you breathe in.** In through your nose for a count of four, out through your mouth for a count of six. Do this five times.
3. **Come back through your senses.** Name five things you can see, four you can touch, three you can hear, two you can smell and one you can taste.
4. **Say one true sentence about this minute.** For example: "Right now I am sitting in my kitchen, and in this minute nothing is being asked of me."

Your turn

What was happening just before my mind sped up?

What am I carrying this week that is too heavy for one person?

One thing that helped me come back today:

أَلَا بِذِكْرِ ٱللَّهِ تَطْمَئِنُّ ٱلْقُلُوبُ

"Unquestionably, by the remembrance of Allāh hearts are assured."

Ar-Ra'd 13:28 (part of the verse) · Quran.com

If panic comes often, lasts a long time, or stops you doing ordinary things, please tell a doctor or counsellor. You deserve more than a worksheet.

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.