



# RELEASING ANXIETY AND WORRY

Anisa Diab

## FEARS AND MISCONCEPTIONS THAT BLOCK FORGIVENESS

- 6. Forgiving means reconciling or trusting*
- 7. Certain acts are unforgivable*
- 8. If I don't make him pay, he'll never change*
- 9. If I give up resentment, I'll have to take responsibility for my own happiness.*
- 10. I'll be disloyal to others if I drop the grudge*
- 11. The offender is all bad and deserving of my animosity.*

“If we are willing to look at another person’s behavior toward us as a reflection of the state of his relationship with himself rather than as a statement about our value as a person, then we will, over a period of time, cease to react at all.”

-Anonymous

# FINDING CLOSURE

1. Lower your expectations from the offender
2. Release the idea that a past offense is responsible for your present unhappiness
3. Complete emotional business
4. Seek Allah's forgiveness and forgive yourself



# FORGIVENESS/CLOSURE STRATEGIES:

- Gestalt “empty chair” technique
- Letter writing (receiving an apology in writing or writing one to someone you haven’t forgiven)
- Practice forgiveness for yourself and seeking from others
- Reflect on stories of the prophets and Allah’s chosen ones.
- Meditation (of course!)



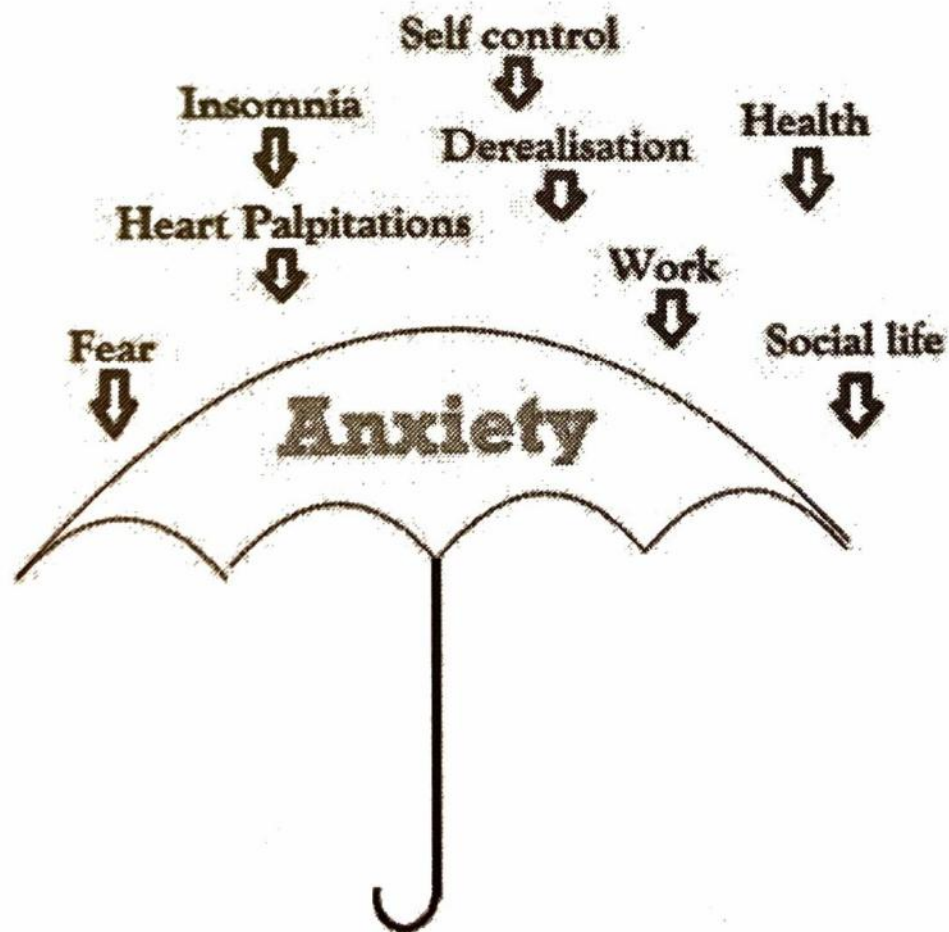
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# TYPES OF WORRIES

- **Daily Life:** Work/Job, Bills, Finances, Education, Appointments, Deadlines
- **Social Worries:** Relationships, Family, Parenthood, Confidence, Expectations
- **Worries from Perspective:** Religion, life purpose/meaning, self-worth, overanalyzing/overreacting
- **Health Worries:** fear of having a panic attack, fear of having a heart problem/cancer.

# The Anxiety Umbrella







(kickstarter.com)

# ANXIETY & PANIC ATTACKS

- Full-blown anxiety disorders and panic attacks develop over time and can peak suddenly without a specific trigger
- This is because anxiety may have been default-mode for many years and now it manifests into panic attack.
- No one is immune.



- Poor thought patterns and a bad behavioral routine cause the body to release excessive amounts of adrenaline
- Adrenaline in excess creates a chemical imbalance.
- Overtime, our nervous system becomes over stimulated making individuals further prone to anxiety/panic
- Stuck in a loop of worrying

# BREATH IS SACRED

- **Spirit/Ruh** Arabic: روح

The divine breath which Allah  
blew into the clay of Adam

- **Spirituality/Ruhaniya** Arabic

روحانية

- The word spirituality comes from  
the Latin root *spiritus*, meaning  
“breath of life.”



# BRINGING GOD- CONSCIOUSNESS TO YOUR BREATH

- Notice your breath. Breathe naturally
- Witness how you are not breathing, but you are being breathed into.
- Observe your breath as if you were watching the coming and going of waves. Inhale...hold....exhale (repeat 3 times)
- As you breath in through your nose, let your tongue rise to the roof of your mouth, allowing your breath to say “AL”

## (CONTINUED)

- As you exhale through your mouth, let your tongue drop down, allowing your outward breath to say, “lah.” For the next 3-5 min, sit in silent reflection saying Al-lah with your breath.
- Notice how you feel before and after this practice



WHAT DO YOU WANT TO  
TAKE ON YOUR  
JOURNEY?





الفتاح

*find the opening you need.*

Artwork by: Nadia Janjua



“Your remedy is within you, but you do not sense it. Your sickness is from you, but you do not perceive it. You presume you are a small entity, But within you is enfolded the entire universe. You are indeed the evident book, by whose alphabet the hidden becomes the manifest. Therefore, you have no needs beyond yourself. What you seek is within you, if only you reflect.”

-Imam Ali

# 99 NAMES MEDITATION

1. Grab a notebook/pen and walk out into nature.
2. Choose something around you to meditate upon
3. Write down certain qualities that you witness in the natural objects. Can it move? Can it create life or take life? If it could speak, what would it say?

(A.Helwa, 2020)

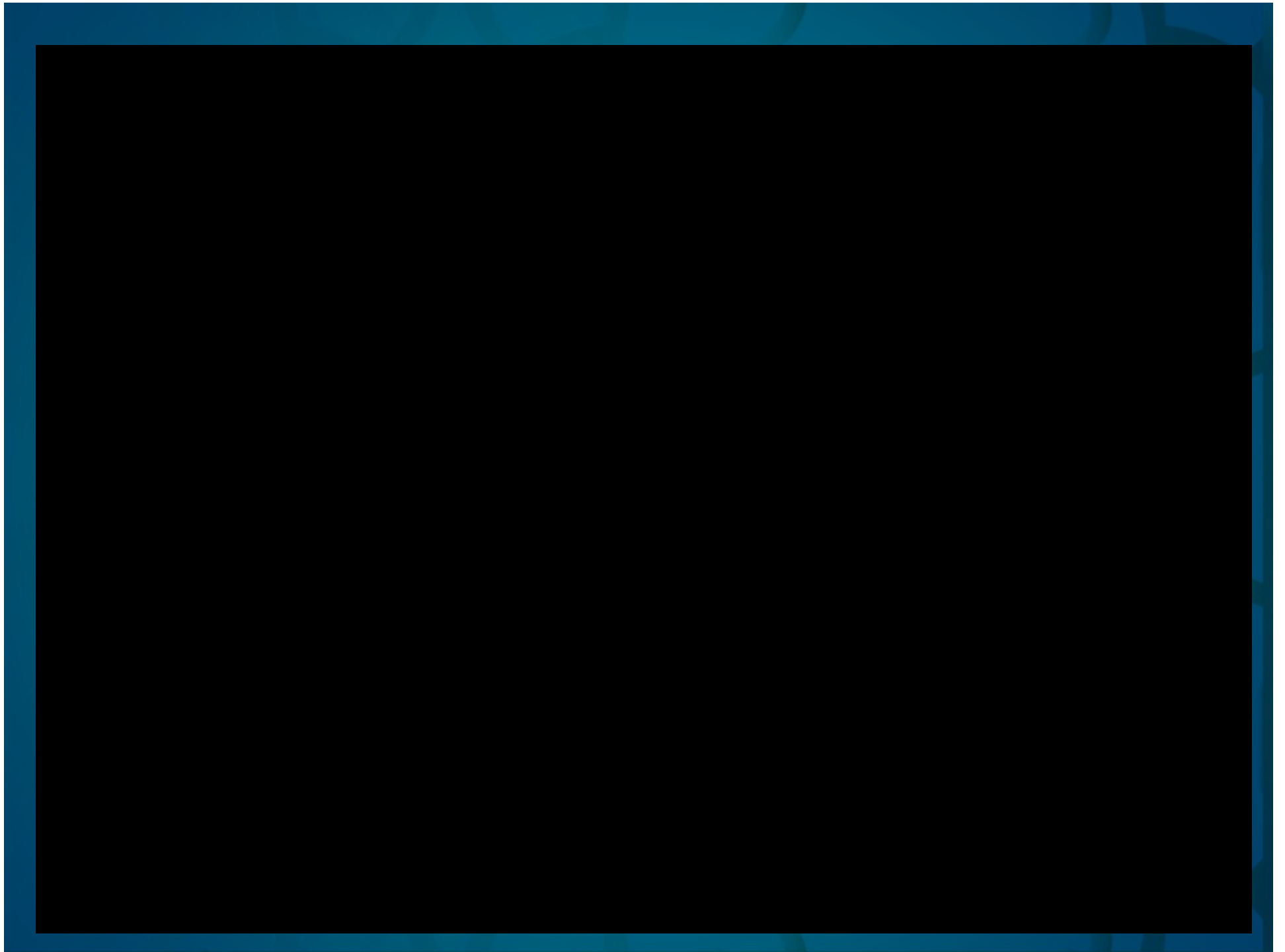
4. With your list of 99 names of Allah, pick out the names of Allah that most closely relate to the descriptions you wrote down.
5. Once you have found the correlating divine name, spend 3-5 minutes repeating each name.
6. After you have repeated the different names, take a moment and contemplate the reality that everything in existence is held together by the qualities of Allah.

(A.Helwa, 2020)

7. What comes up for you when you reflect on this truth? How would you look at the world differently if you saw everything as a reflection of God?

(A.Helwa, 2020)





“Worry never robs tomorrow of it’s sorrow,  
it simply saps today of it’s joy.”

-Leo Buscaglia

“Work for this world as if you will live forever and work for the here-after as if you will die tomorrow.”

— **Imam Ali ibn Abu Talib**



# FEAR OF DEATH

- Terror Management Theory—a basic psychological conflict that arises from having a self-preservation instinct and realization that death is inevitable.
- Humans manage their terror by either embracing beliefs that counter this biological reality or taking a lot of supplements, and doing things that increase vitality (plastic surgery etc).

(Sigal Samuel, 2020)

- Mortality is inevitable.
- Everything is impermanent except for Allah
- Make space for contemplation of death
- Choose one day out of the month to reflect on death (yawm al mawt).
- When you make peace with death, you make peace with life

# ASSIGNMENT

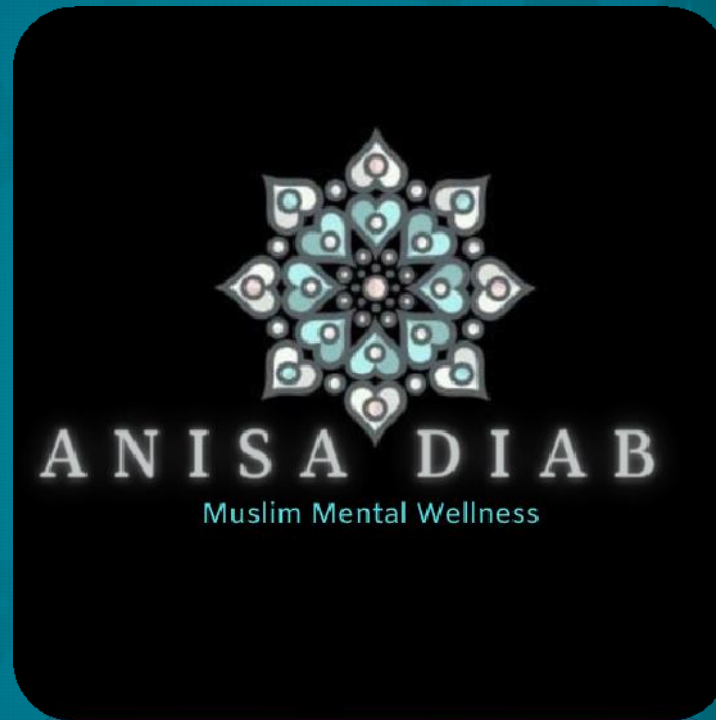
- Listen to guided imagery recording at least once per day.
- Continue to keep a journal. For this week focus on journaling gratitude.
- Try one of the other Islamic meditation strategies at least 2-3 times this week of your choice.
- Take the mindfulness assessment



# SUPPLEMENTAL MATERIALS

- Secrets of Divine Love by:  
A. Helwa
- Real Happiness: The Power  
of Meditation by: Sharon  
Salzberg
- Anxiety Panicking About  
Panic by: Joshua Fletcher

# QUESTIONS?



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