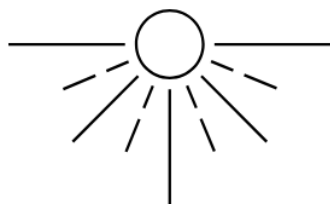




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

Anxious, Overwhelmed, and Still Faithful

A practical guide to worry, overthinking, and finding support

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A little understanding. A next step.

Anxiety & faith | Begin here

Can Christians have anxiety? Yes. Being Christian does not make someone immune to anxiety or an anxiety disorder. Mental-health symptoms are not a measure of spiritual commitment. Faith can be part of your support, alongside appropriate clinical care.

Hello there, fearfully and wonderfully made human. You may love God, show up for everyone else, and still lie awake replaying the day. You may wonder whether you should pray more, try harder, or keep your struggle to yourself. You are allowed to ask for help before you have all the words.

This guide makes room for both your beliefs and your experience. It offers education and small reflection exercises, not a test of your faith or a plan for treating yourself.

1 Start with one question

What is getting harder: sleeping, concentrating, making decisions, being present with people, or getting through ordinary responsibilities? Name one thing. You do not have to explain your entire life today.

Take what is useful. Start with the teaching and practical ideas, then use the private reflection page. The final page connects you with podcast conversations and sources. Faith reflections are optional.

General education for adults, not personal counseling, diagnosis, medical advice, or a treatment plan. Reading or downloading this guide alone does not create a therapist-client relationship. Diana S. Rice is a Florida Licensed Mental Health Counselor (LMHC) sharing these resources as a podcast host and educator. Do not delay or change professional care because of this guide. Seek a qualified professional authorized to practice where you are. Reflections are optional; stop if they become distressing.

What might I be experiencing?

Anxiety & faith | Understand

1 Worry, anxiety, and panic are not interchangeable

Everyday worry often concerns a particular problem. Generalized anxiety disorder involves persistent, difficult-to-manage worry that disrupts daily life; a clinician considers duration, symptoms, and other explanations. Anxiety can affect sleep, attention, muscle tension, and energy. A guide cannot determine the cause of your symptoms. [1]

Panic describes a sudden surge of intense fear or discomfort. New, severe, or unfamiliar physical symptoms deserve medical attention; do not assume chest pain, fainting, or trouble breathing is anxiety. [6]

2 Why am I anxious when nothing seems wrong?

A clear trigger is not always obvious. Stress, health concerns, past experiences, sleep, and other factors may be relevant. A health professional can help assess the picture, including physical conditions or medications. You do not need to find the perfect explanation before asking for an appointment. [1]

3 When religious worry becomes a repeating loop

Scrupulosity is an OCD presentation involving religious or moral obsessions. Someone may repeatedly confess, check, pray until it feels exactly right, or ask others for certainty, yet remain distressed. The pattern is more than simply caring deeply about faith. [3]

If that sounds familiar, ask a clinician with OCD expertise about assessment and exposure and response prevention (ERP). ERP is a well-supported OCD treatment, planned with a trained professional. This guide does not provide exposure exercises. [4]

An important distinction: a prayer or reflection can support your values. Repeating it until every trace of doubt disappears may become part of a compulsion. If exercises here turn into repeated checking, pause and discuss that pattern with your clinician.

4 Faith reflection | optional

What would it look like to bring your experience honestly into prayer, without making calmness the proof that you prayed correctly? You may also skip prayer and simply name what you need.

What can I try when my mind will not slow down?

Anxiety & faith | Put it into practice

1 Give one worry a place on paper

Write one sentence about what concerns you. Ask whether there is a practical action available. If there is, choose a small step and a time. If there is not, acknowledge the uncertainty and return to an activity in front of you. A brief, planned period for writing worries may help keep them from occupying the whole day. [2]

Example: "I am worried about tomorrow's appointment." One available action: write down three questions and put the appointment time in the calendar. The aim is preparation, not a guarantee that everything will go perfectly.

2 Notice what your day is asking of you

Consider sleep, food, movement, caffeine, screen use, and the demands you are carrying. Choose one realistic adjustment rather than a complete life overhaul. Healthy habits can support treatment; they do not replace care for persistent anxiety. [1]

3 Ask for a specific kind of support

Try: "I have been feeling on edge, and it is affecting my sleep. Could you listen for a few minutes? I do not need a quick explanation." Or: "I would like help finding a professional who respects my beliefs." These are invitations, not scripts you have to get right.

4 When should I seek professional help?

Reach out when symptoms persist, cause distress, or interfere with daily life. You can seek help sooner, too. Ask about treatment options, what progress might look like, and how your preferences will be included. Psychotherapy, medication, or both may be appropriate depending on an individual assessment. [1]

5 Does getting help mean I am failing spiritually?

Seeking care is compatible with taking your life and relationships seriously. You can request that a clinician include faith, leave it out, or discuss concerns about past religious harm. The choice belongs to you.

If you need immediate emotional support in the U.S., call or text 988 or visit 988lifeline.org. For immediate danger or a medical emergency, call 911. Outside the U.S., use your local crisis or emergency service.

My next-step page

Anxiety & faith | Pause and reflect

Use this once as a check-in, not as a score or a demand to feel better. Keep it private. If you notice yourself repeating it to get certainty, set it aside and speak with a clinician.

What I am noticing in my thoughts, body, or daily life:

One situation that has been harder lately:

One action available to me, and when I will take it:

One person or professional I can ask for support:

What I want that person to understand:

A first-appointment opening: "I am having trouble with _____. It has been happening for _____. It affects _____. I would like help understanding my options."

Keep the conversation going

Anxiety & faith | Listen and learn

These episodes offer different perspectives. Their inclusion is not an endorsement of every claim or a substitute for individualized care. Episode descriptions below are paraphrases, not quotations.

Episode 122 | Melissa Fisher, LMHC

Faith, anxiety, prayer, panic, and the experience of trying to find peace.

Episode 91 | Dr. Lisa Napolitano

CBT, DBT, perfectionism, and emotional regulation.

Episode 114 | Meghan Cromie

OCD, intrusive thoughts, religious anxiety, and ERP.

1 Sources for the teaching

- [1. NIMH | Generalized Anxiety Disorder: What You Need to Know](#)
- [2. NHS Every Mind Matters | Tackling your worries](#)
- [3. International OCD Foundation | What is OCD & Scrupulosity?](#)
- [4. International OCD Foundation | Exposure and Response Prevention](#)
- [5. 988 Lifeline | Immediate emotional support](#)
- [6. NIMH | Panic Disorder: What You Need to Know](#)

2 Explore your next question

[Faith, anxiety & intrusive thoughts: listening guide](#)

[Finding a therapist who fits](#)

Source notes: clinical information is supported by the sources above. Faith reflections, examples, and worksheet prompts are original editorial material. Podcast transcripts are automatically generated and may contain errors. Sources checked October 8, 2026.

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