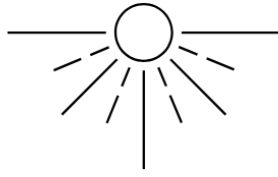


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Anxious, Overwhelmed, and Still Faithful

A practical guide to worry, overthinking, and
finding support.

READ / LISTEN / REFLECT

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FROM THE MIC TO THE COMMUNITY

ANXIETY & FAITH

Begin where you are.

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.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 122

Faith and anxiety with Melissa Fisher

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

[Listen or read the transcript](#)

EPISODE 91

CBT and DBT with Dr. Lisa Napolitano

CBT, DBT, perfectionism, and emotional regulation.

[Listen or read the transcript](#)

IN THESE PAGES

A little understanding. A next step. / What might I be experiencing? / What can I try when my mind will not slow down? / My next-step page / Keep the conversation going

ANXIETY & FAITH

A little understanding. A next step.

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.

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.

You can read at your own pace and return to the reflection page whenever it is useful. Faith reflections are optional.

ANXIETY & FAITH

What might I be experiencing?

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]

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]

ANXIETY & FAITH

When worry becomes a repeating loop

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.

Optional faith reflection

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.

EPISODE 114

OCD, faith, and ERP with Meghan Cromie

OCD, intrusive thoughts, religious anxiety, and ERP.

[Listen or read the transcript](#)

ANXIETY & FAITH

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

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.

ANXIETY & FAITH

Support for your next step

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.

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]

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.

ANXIETY & FAITH

My next-step page

Use this page as a brief, private check-in. If you notice yourself repeating it to get certainty, set it aside and speak with a clinician.

Type in the spaces below, or print and write by hand.

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."

ANXIETY & FAITH

Keep the conversation going

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

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](#)

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

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

[Finding a therapist who fits](#)

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FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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