FREE BONUS

Bismillahir Rahmanir Raheem

12 Pocket Du'a Cards for Anxiety & Panic

Your Portable Spiritual First-Aid Kit

Falah Shifa

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How to Use These Du'a Cards

"Verily, in the remembrance of Allah do hearts find rest" — Quran 13:28

These 12 du'a cards are your pocket companions during moments of anxiety, panic, sadness, and stress. Each card combines an authentic du'a with a grounding instruction that bridges Islamic dhikr with evidence-based calming techniques.

Instructions:

• Print this PDF on cardstock for durability

• Cut along the dotted lines between cards

• Keep cards in your wallet, journal, or by your bedside

• When anxiety hits: grab a card, read slowly, follow the calming instruction

■ Card 1: For Anxiety & Worry ■

Allahumma inni a'udhu bika minal-hammi wal-hazan, wal-'ajzi wal-kasal

"O Allah, I seek refuge in You from worry, grief, weakness, and laziness"

When: When anxiety overwhelms you

Place your hand on your heart. Breathe deeply 3 times. Recite with full presence.

■ Card 2: For Panic & Fear ■

Hasbunallahu wa ni'mal wakeel

"Allah is sufficient for us, and He is the best disposer of affairs"

When: During a panic attack or sudden fear

Sit down. Feel your feet on the floor. Repeat 7 times slowly.

■ Card 3: For Sadness & Depression ■

La ilaha illa anta subhanaka inni kuntu minaz-zalimin

"There is no deity but You. Glory to You. Indeed, I have been of the wrongdoers"

When: When sadness feels heavy and persistent

Prophet Yunus (AS) made this du'a in the darkest place. Your darkness is temporary too.

■ Card 4: For Difficulty & Hardship ■

Inna ma'al usri yusra

"Indeed, with hardship comes ease"

When: When life feels impossibly hard

This is Allah's promise. Not 'after' hardship — WITH hardship, ease already exists.

■ Card 5: For Morning Protection ■

Bismillahil-ladhi la yadurru ma'asmihi shay'un fil-ardi wa la fis-sama'

"In the name of Allah, with whose name nothing can harm in earth or heaven"

When: Every morning, 3 times

Start your day with this shield. Nothing will harm you that day, inshaAllah.

■ Card 6: For Evening Protection ■

A'udhu bi kalimatillahi at-tammati min sharri ma khalaq

"I seek refuge in the perfect words of Allah from the evil of what He has created"

When: Every evening, 3 times

Recite before sunset. Feel the protection wrap around you.

■ Card 7: Before Sleep ■

Bismika Allahumma amutu wa ahya

"In Your name, O Allah, I die and I live"

When: As you close your eyes to sleep

Lie on your right side. Place your right hand under your cheek. Surrender to His care.

■ Card 8: During Stress ■

La hawla wa la quwwata illa billah

"There is no power or strength except with Allah"

When: When stress feels overwhelming

This is a treasure from the treasures of Jannah. Let go of the need to control.

■ Card 9: Seeking Guidance ■

Allahumma inni astakhiruka bi'ilmika wa astaqdiruka bi qudratika

"O Allah, I seek Your guidance through Your knowledge and ability through Your power"

When: Before making important decisions

Pray 2 rak'ah. Recite the full Istikhara du'a. Trust the outcome completely.

■ Card 10: For Gratitude ■

Rabbi awzi'ni an ashkura ni'mataka

"My Lord, enable me to be grateful for Your favor"

When: When you recognize a blessing

Gratitude rewires the anxious brain. Name 3 specific blessings right now.

■ Card 11: Trust in Allah ■

Wa man yatawakkal 'alallahi fahuwa hasbuh

"Whoever relies upon Allah — He is sufficient for him"

When: When uncertainty causes fear

Tawakkul is not passive. Tie your camel AND trust Allah. Release the outcome.

■ Card 12: For Inner Peace ■

Ala bi dhikrillahi tatma'innul qulub

"Verily, in the remembrance of Allah do hearts find peace"

When: Whenever your heart feels restless

Quran 13:28 — Allah's prescription for the anxious heart. Close your eyes and repeat.