



— HELP WHEN YOU NEED IT MOST —

ANXIETY EMERGENCY GUIDE



*Quick Help and
Biblical Truth for
Moments of Anxiety
and Overwhelming Stress.*



BIBLICAL PEACE™



BIBLICAL TRUTH. PRACTICAL STEPS. LASTING PEACE.

BEFORE YOU BEGIN

How to Use This Guide

This guide is meant for the moment anxiety spikes — not for reading in advance, though you are welcome to. It is a short, practical companion to *How to Fight Anxiety with Biblical Truth*, gathering five simple steps into one place you can turn to quickly: noticing what is happening, breathing, grounding yourself in the present moment, speaking truth out loud, and praying. None of these steps require you to feel calm first. You can begin exactly as you are.

THE FIVE STEPS AT A GLANCE

1. Notice & Name. Name what is happening, out loud if you can.
2. Breathe. Slow your breath with a simple, steady pattern.
3. Ground Yourself. Use your five senses to return to the present moment.
4. Speak the Truth. Read or say a short verse aloud, slowly.
5. Pray. Offer a short, honest prayer — in these words or your own.

You do not need to move through these perfectly or in a rigid order. If one step is enough today, that is enough. If you need to return to Step One five times in a row, that is completely normal.

1

STEP ONE

Notice and Name

Anxiety often arrives faster than words, as a wave of physical sensation before it is a clear thought. Before doing anything else, simply name what is happening. This is not the same as solving it. It is the first honest step of bringing it into the light instead of letting it stay a formless, overwhelming cloud.

SAY THIS, OUT LOUD IF YOU CAN

“I am having a wave of anxiety. This feeling is uncomfortable, but it is not dangerous, and it will pass. I am safe enough, right now, in this moment, to ride it out.”

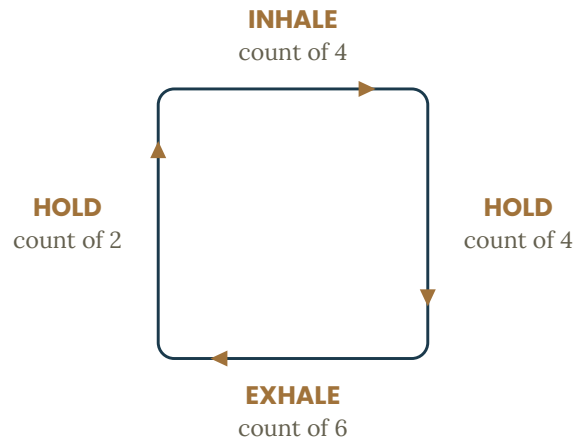
If you can, name the physical sensations specifically — a tight chest, a racing heart, shallow breathing. Naming them as sensations, rather than as proof that something is catastrophically wrong, is itself a small act of reclaiming clarity in the middle of the wave.

2

STEP TWO

Breathe

You cannot think your way to calm while your body is still sounding an alarm. Slowing your breath is one of the fastest ways to signal safety to your nervous system, which makes space for the mind to actually engage truth rather than staying trapped in a purely physical alarm state.



Breathe in slowly through your nose for a count of four. Hold gently for a count of four. Breathe out slowly through your mouth for a count of six. Hold briefly for a count of two. Repeat this cycle five or six times, longer if you need to.

There is no need to rush this. If counting feels difficult right now, simply focus on making your exhale longer than your inhale — that alone helps signal your body toward calm.

3**STEP THREE****Ground Yourself**

Anxiety tends to pull attention into an imagined future or a replayed past. Grounding brings you back into your actual senses, in this actual room, right now. Work through each of the five senses below, slowly, filling in what you notice as you go.

5

SEE — Name five things you can see around you right now.

4

TOUCH — Name four things you can physically feel or touch.

3

HEAR — Name three things you can hear right now.

2

SMELL — Name two things you can smell, or would typically smell here.

1

TASTE / BREATHE — Name one thing you can taste, or simply notice one full breath.

Speak the Truth

Read one of these slowly, out loud if you are able. You do not need to fully feel it or fully believe it in this moment for it to be true — speaking it is itself an act of turning toward God rather than staying alone with the fear.

PHILIPPIANS 4:6-7

Bring this to God. His peace will guard your heart and mind.

ISAIAH 41:10

Fear not; I am with thee. I will strengthen and uphold you.

2 TIMOTHY 1:7

God has not given you fear, but power, love, and a sound mind.

PSALM 34:4

I sought the Lord, and He delivered me from all my fears.

1 PETER 5:7

Cast this care on Him — He cares for you.

PSALM 46:10

Be still, and know that I am God.

JOHN 14:27

My peace I give you — let not your heart be troubled.

PSALM 55:22

Cast your burden on the Lord, and He shall sustain you.

Pray

Lord, I don't have polished words right now, and I don't need them. You already know exactly what I am feeling. Thank You that this feeling is not too much for You, even though it feels like too much for me. Slow my breath, steady my heart, and remind me that this wave will pass. I am not facing it alone. Amen.

If you have more time, consider returning to Step Four and reading one verse again slowly, or moving into a fuller time of prayer using the Anxious Heart Prayer Journal.

When This Feels Like Too Much

These five steps genuinely help many people move through a wave of anxiety. But if what you are feeling is frequent, intense, difficult to control, or seriously interferes with your daily life, sleep, work, or relationships, please treat that as a signal to seek support from a doctor or licensed therapist — not a sign that you have failed spiritually or failed to try hard enough.

Seeking professional help is wisdom, not a lack of faith. Scripture consistently commends wisdom, and God works through many means — prayer, Scripture, community, and also medical and psychological care. These are not competing paths. They can be walked together, as Chapter Nine of *How to Fight Anxiety with Biblical Truth* explores in more depth.

If you are in crisis or having thoughts of harming yourself, please reach out right away to a crisis line or emergency service in your area, or go to your nearest emergency room. You do not have to carry that alone.

Whatever brought you to this guide today, you are not beyond help, and you are not alone in this. May God meet you in this exact moment, and may His peace, which truly does surpass understanding, guard your heart and mind.