

Christian Anxiety First Steps

A low-capacity starter guide for believers whose bodies feel anxious, panicked, or overwhelmed.

Still Here Faith - Not a ladder. A chair.

Start with your body, not shame

Anxiety can show up in your chest, stomach, breath, thoughts, sleep, and attention. That does not mean you are a bad Christian. It means your body may need care and support.

Try one tiny care step before trying to solve your whole life: drink water, unclench your jaw, put both feet on the floor, or text one safe person.

One minute grounding

Name five things you can see. Name four things you can feel. Name three things you can hear. Take one slow breath. Whisper: God, help me stay here for this breath.

Faith and professional support

Prayer, Scripture, therapy, medical care, medication when appropriate, pastoral support, and safe relationships can work together. Faith does not require you to ignore panic or anxiety.

One next step

Choose one: schedule a doctor appointment, look for a therapist, download a prayer sheet, step outside for two minutes, or tell someone: I am anxious and could use support.

Safety note: This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you might hurt yourself or are not safe, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.