

Dua for Anxiety, Worry and Distress

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ،
وَالْجُبْنِ وَالْبُخْلِ، وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرِّجَالِ.

The Messenger of Allah [SAW] had supplications that he never neglected. He used to say: ‘ O Allah, I seek refuge with You from worry, grief, incapacity, laziness, miserliness, cowardice, debt, and being overpowered by (other) men.

إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ
وَالْأَرْضِ، رَبُّ الْعَرْشِ الْعَظِيمِ

The Prophet (ﷺ) used to invoke Allah at the time of distress, saying, "La ilaha illallahu Al-`Azim, al- Halim, La ilaha illallahu Rabbu-s-samawati wal-ard wa Rabbu-l-arsh il-azim."

Sahih al-Bukhari 6345

It was reported that Asmaa' bint 'Umays (may Allah be pleased with her) said: The Messenger of Allah (peace and blessings of Allah be upon him) said to me: "Shall I not teach you some words to say when you feel distressed, Depression and Worried?"

اللَّهُ اللَّهُ رَبِّي، لَا أُشْرِكُ بِهِ شَيْئًا

Allah, Allah, my Lord, I do not associate anything with Him

(Abu Dawud 2/87. See also Al-Albani, Sahih Ibn Majah 2/335.