



Grounding Techniques for Anxiety You Can Do in Public

Anxiety can strike anyone – even faithful Christians – especially in public situations like church gatherings, offices, or crowded events. King David acknowledged, **“When anxiety was great within me, your consolation brought me joy.”** ([Psalm 94:19](#)) The Bible repeatedly tells us *“do not be anxious”* ([Philippians 4:6–7](#)), yet living that out can be challenging. The good news is that God cares about our mental well-being (**1 Peter 5:7** reminds us to *“cast all your anxiety on Him because He cares for you”* ([1 Peter 5:7](#))) and He provides both spiritual **and** practical tools to help us find peace. In this guide, we’ll explore **grounding techniques for anxiety** – simple exercises that you can do discreetly in public – reinforced by biblical truth and scientific insight. These techniques will help you calm your mind and body on the spot, so you can return to a place of peace and even joy in Christ, no matter where you are.

Understanding Anxiety and Why Grounding Helps

When you feel anxious in a public setting, your body’s **fight-or-flight** response is in overdrive. God designed our nervous system to protect us from danger – our heart rate jumps, breathing speeds up, and muscles tense as the **sympathetic nervous system** prepares us to face a threat. The problem is that in modern life, a non-dangerous scenario (like speaking in a meeting or walking into a crowded room) can trigger the same intense physical reaction. Your mind might race with *“What if I panic right here?”* and your body floods with adrenaline. It’s hard to feel God’s peace when your biology is sounding an alarm.

Grounding techniques are coping strategies that interrupt this cycle by shifting your focus to the present moment and to sensations of safety. Rather than feeding anxious thoughts, you deliberately turn your attention outward – to your breath, the feel of a chair, the sounds in the room – or upward to God’s presence. This dual approach helps both mind and body. Psychiatrists explain that grounding exercises essentially serve as **mental distractions** from spiraling thoughts and as a way of **“resetting” your nervous system** out of fight-or-flight mode and back into a calm state ¹. In physiological terms, grounding can activate your **parasympathetic nervous system** (the “rest and digest” side), which counters the stress response and tells your brain and organs to calm down ² ³. As one research professor put it, *“If you take a slow, deep breath to calm down, that’s actually working physiologically... It’s not just all mental.”* ⁴

From a spiritual perspective, grounding techniques are tools to “be still and know” God is in control ([Psalm 46:10](#)). They help pull us out of the anxious future or past and into the **present**, where we can sense God’s “right-now” presence. Jesus urged people *“do not worry about tomorrow”* and to live in today’s grace (Matthew 6:34). Grounding is one way to physically **obey that principle** – by reigning in runaway thoughts and centering yourself in the here-and-now. Often, that’s where we can finally feel the Lord’s peace that **“transcends all understanding”** guarding our hearts and minds (Phil. 4:7).

In summary, grounding techniques work on both the **mind** and **body** levels: they redirect your **mind** away from anxious imaginings to something concrete and safe, and they **signal your body** to unwind from the adrenaline-charged state of panic. This combination is powerful for regaining calm, whether you’re in a pew



at church or standing in a grocery line. Below, we'll cover a range of discreet grounding methods – from breathing exercises to quiet prayers – that you can confidently use even in public, without drawing attention. Each is paired with scriptural encouragement and, where applicable, the science behind why it helps.

Discreet Grounding Techniques for Immediate Relief

When anxiety flares up in public, you need **quick, discreet strategies** – things you can do without anyone noticing much. Here are several proven grounding techniques that can be practiced subtly on the spot:

- Controlled Breathing:** Slow, deep breathing is one of the most effective ways to quell anxiety. By consciously regulating your breaths, you stimulate the vagus nerve and shift your body into a calm, parasympathetic state ⁵. Try a simple **4-4-4-4 “box breathing”** pattern: inhale through your nose for a count of 4, hold for 4, exhale through your mouth for 4, hold again for 4, and repeat. This rhythmic breathing lowers a racing heart and releases tension. You can do it quietly anytime – in a meeting, during a church service, or while chatting with others (they won't even know you're counting breaths). As you breathe, you might also whisper a prayer such as **“Lord, fill me with Your peace”** on each inhale and **“I release my fear to You”** on each exhale. Such a *“breath prayer”* combines physiological calming with spiritual grounding. In fact, research shows that breathing exercises not only relax muscles and nerves, but pairing them with prayer can further quiet anxious thoughts. God's Word encourages us: *“Do not be anxious about anything...but in every situation, by prayer...present your requests to God”* and His peace will guard you (Philippians 4:6–7). By praying while breathing slowly, you are literally following this instruction. **Tip:** Practice deep breathing regularly, not just in crisis moments, so it becomes second nature. Even just **5 minutes a day of slow breathing** has been shown to reduce overall anxiety and improve mood ⁶. It's a God-given tool always available right in your lungs!
- 5-4-3-2-1 Sensory Grounding:** This classic grounding exercise uses **all five senses** to anchor you to the present. It's perfect for discreet use – you do it in your mind (or whispering quietly) while simply looking around. Here's how it works: **Name 5 things you can see, 4 things you can feel (touch), 3 things you can hear, 2 things you can smell, and 1 thing you can taste** in that moment ⁷ ⁸. For example, you might silently think: *“I see the pattern of the carpet, I see the exit sign, I see a woman's yellow sweater...”* then *“I feel my feet in my shoes, I feel the cool chair I'm sitting on...”* and so on. Listing these neutral observations forces your racing mind to focus on something real and non-threatening right around you, rather than whatever fear was gripping you. It also reminds you that **right now, you are safe**. As a Christian, you can add a layer of spiritual grounding by recalling God's presence with each sense. **“Be still, and know that I am God”** (Psalm 46:10) is a fitting verse to repeat during this exercise ⁹ ¹⁰. As you notice each item (the chair, the humming A/C, the smell of coffee, etc.), let it remind you: *God is here with me in this ordinary moment*. This can turn a simple grounding technique into a moment of worshipful calm. Many people find the 5-4-3-2-1 method effective for panic attacks and dissociation because it *literally* pulls your attention back to “the solid world” and out of the hurricane of anxiety in your head ¹¹ ¹². It's a subtle exercise – no one can tell you're doing it – so it's excellent for public settings like a crowded train or a busy lobby.
- Touch and Physical Grounding:** Engaging your sense of **touch** is another quiet way to ground yourself. Physical contact with stable objects or your own body can be very reassuring to your nervous system. For instance, press your feet firmly against the floor and notice the support beneath

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you, or place your hands on the chair or desk and feel its solidity. You might carry a small “grounding object” in your pocket – such as a smooth stone, a cross pendant, or a coin – and discreetly rub your fingers on it to center yourself. The tactile sensation can be calming and gives your mind something simple to focus on (“*this stone is cool and smooth*”) instead of anxious thoughts ¹³ ¹⁴. Some people wear a rubber band on their wrist and gently snap it against their skin if they feel panicky – the brief sensation can snap one out of spiraling thoughts (just be gentle; it’s not meant to harm, only to bring you back to the *here and now*). Another technique is **progressive muscle relaxation (PMR)** done subtly: you can tense and then release muscle groups to relieve tension without anyone noticing. For example, if you’re seated, try quietly clenching your fists for 5 seconds then releasing, or shrug your shoulders up (as if stretching) then relax them down. This *tense-release* cycle, even done in mini form, tells your body it’s letting go of stress. Therapists have long used PMR to treat anxiety – it’s a well-established practice to reduce physical tension and can even help with headaches and blood pressure ¹⁵ ¹⁶. As you relax your muscles, take a slow breath and imagine releasing your worries to God at the same time. 1 Peter 5:7 says “*Cast all your anxiety on Him because He cares for you.*” Physically “casting” can look like unclenching your tight muscles as a symbolic act of handing off your tension to God. Again, this can be done very discreetly: no one will think twice if you simply adjust your posture, wiggle your toes in your shoes, or roll your shoulders a bit – yet these actions can ground you strongly in the present moment.

- **Quiet Prayer and Truth Statements:** Prayer is a powerful form of grounding that engages your mind and spirit. In a public setting, you may not be able to pray out loud at length, but you *can* pray silently or whisper a short sentence under your breath. Even a simple “*Jesus, help me*” or “*Lord, I know You are here*” can redirect your thoughts from panic to God’s presence. Christian counselors note that prayer can significantly calm anxiety when we pray with an **expectation of God’s comfort**. A study from Baylor University found that people who pray to a loving, protective God experience *fewer anxiety symptoms* than those who pray but feel uncertain of God’s care ¹⁷ ¹⁸. So as you pray, remind yourself of God’s character – for example, “**God, I know You love me and You’re in control**”. This reinforces a feeling of safety. Another mental grounding tool is repeating **scriptural truth statements** to counter anxious thoughts. Anxiety often fills our minds with lies or worst-case scenarios (“I’m going to embarrass myself,” “I can’t handle this”). We combat those by *speaking truth*. Isaiah 41:10 is a great example: “*Do not fear, for I am with you... I will uphold you with My righteous right hand.*” When panic says “you’re alone and in danger,” you can answer with God’s words: “**I will not fear, God is with me and holding me steady.**” This is essentially what Jesus did when He was tempted – He replied with Scripture. By declaring a promise or verse to yourself, you anchor your racing mind in the solid ground of God’s truth. You might choose a short “**mantra**” verse to always use, such as “*The Lord is my shepherd, I lack nothing*” (Psalm 23:1) or “*God has not given me a spirit of fear, but of power, love, and a sound mind*” (2 Timothy 1:7). Preaching to yourself in this way is an internal process – no one else needs to hear it – and it directly combats the spiritual aspect of anxiety. Over time, regularly praying and repeating Scripture in anxious moments will “renew your mind” (Romans 12:2), training you to experience the situation through **faith** instead of fear. Remember, “*You’re having a rough time, but you’ll make it through*”, and “*You’re trying hard, and you’re doing your best,*” as self-reminders of kindness can also help ¹⁹ – but God’s reassurances are even stronger. Invite the Holy Spirit into your anxious moment; His comfort is very real. As Jesus promised, “*Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid*” (John 14:27).



- **Gratitude and Mindfulness:** Anxiety often narrows our attention to what's *wrong* or frightening. Deliberately turning to **gratitude** is a biblically and scientifically backed way to ground yourself in positivity. The Bible urges us to pray *"with thanksgiving"* (Phil. 4:6), and for good reason – gratitude shifts our focus to God's goodness in the present. If you feel panic rising in public, take a moment in your mind to **name three things you're thankful for** right now. They can be very small: *"Thank You God for this day, thank You for the kind text my friend sent earlier, thank You for the taste of this mint in my mouth."* It might feel forced at first, but this practice can noticeably reduce anxiety. Mental health experts describe gratitude as a "competing response" to worry – you can't easily dwell on worst-case scenarios while also actively feeling thankful ²⁰ ²¹. In fact, research has shown that cultivating gratitude lowers stress hormones and is linked to reduced anxiety and depression ²² ²³. It's a tool we Christians should recognize as part of our heritage – *"Give thanks in all circumstances"* (1 Thessalonians 5:18). Along with gratitude, **mindfulness** in general (nonjudgmental awareness of the present) is a proven anxiety-reducer ²⁴. You can do a quick mindful grounding by observing something in detail: for example, pick an object in the room (say, a flower vase or a painting) and spend 30 seconds *really looking* at its colors, shapes, and textures. Or listen carefully to any sound you can hear (the hum of a copier, distant laughter) and just note it. Engaging fully with a simple here-and-now experience like that prevents your mind from running off into anxious fantasies. It echoes the scriptural principle of *"taking every thought captive"* (2 Corinthians 10:5) – you're choosing what to pay attention to. And if you intentionally pay attention to something positive (like noticing **"What beautiful weather today"** or *"This coffee smells good"*), you nudge your emotional state toward calm and contentment. **Real-world tip:** Some people use acronyms like **"STOP"** (Stop, Take a breath, Observe, Proceed) or **"54321"** to remember to ground themselves when anxiety hits. These little mental tricks – paired with thankfulness and prayer – can halt an anxiety spiral before it gets out of control.

Each of these techniques can be done *discreetly*. You won't look strange taking slow breaths, silently reciting a verse, or casually sipping a warm drink. That means you can deploy them **anywhere** – during a job interview, on a date, in a busy classroom, or even while giving a presentation (nobody will notice if you tense your leg muscles or count items in the room as you speak). By practicing these, you are essentially training your nervous system to realize, *"I am not in danger; I can calm down now."* And as Christians, we reinforce that training with the knowledge, *"God is with me; I am truly safe in His hands."*

One more note: **practice these strategies regularly, not only when you're anxious.** Think of it like drill practice for a sport or fire drills for an emergency – the more you rehearse, the more automatic it becomes. Try doing a grounding exercise during a calm moment each day (for example, do the 5-4-3-2-1 senses exercise when you're sitting at home in the evening, or practice box breathing in the morning during devotions). This builds "muscle memory" so that in a public anxiety scenario, your body and mind respond more quickly ²⁵ ²⁶. Consistent use also honors the biblical idea of discipline and preparation. Then when sudden fear strikes, you'll be *"prepared...firm in the faith"* (1 Peter 5:9) to employ these techniques almost reflexively.

Low-Profile Strategies When You Need a Moment

Sometimes, despite using discreet in-place techniques, your anxiety might still feel overwhelming. **If discreet methods aren't enough or aren't feasible**, it's perfectly okay to take a *low-profile* timeout to



reground yourself. Prioritize discretion, but don't be afraid to care for yourself. Here are a few low-profile strategies:

- **Excuse Yourself Briefly:** If possible, remove yourself from the stressful environment for a couple of minutes. Step out to the restroom or go get a drink of water. In the restroom stall or a quiet corner, you can practice your breathing or say a quick prayer more freely. Splashing **cold water** on your face can rapidly calm your physiology – the cold triggers a reflex (the “dive reflex”) that slows your heart rate and stimulates the vagus nerve, telling your body to relax ²⁷ ²⁸ . (Ever notice how first responders might give someone having a panic attack a cold ice pack or ask them to breathe with a cold compress? It truly works to “reset” the nervous system.) So, run cold water on your wrists or splash your face and neck with cool water in the restroom; it can provide immediate relief. Alternatively, **sip a warm drink** if available – this might sound contradictory to the cold water advice, but warmth can be soothing too in a different way. Holding a warm cup of tea or coffee engages temperature nerves that signal safety and comfort to your brain ²⁹ ³⁰ . If you're at church, step to the lobby and grab a cup of herbal tea; if at a cafe, simply focus on the warmth of your mug for a moment. Whether using cold or warm, **changing your sensory input** can jolt you out of panic. Take those few moments alone to also remind yourself of truth: pray, quote a promise (“*Lord, You are my helper, I will not be afraid*”), and return once you feel a bit more settled. A brief retreat like this is both low-profile and very effective.
- **Move Your Body (Discreetly):** Anxiety pumps up your adrenaline, preparing you to either run or fight. If you sit still with all that adrenaline, you might feel like you're going to explode. **Physical movement** is an excellent outlet. If you can, take a quick walk – even just around the building or down the hallway. Research shows that a **10-minute walk can reduce anxiety for several hours**, often as effectively as a longer workout ³¹ ³² . Next time you feel trapped in a social event or meeting, politely excuse yourself and walk around the block or even go up and down a staircase. This burns off some of the stress hormones and releases endorphins (your brain's natural calm-down chemicals) ³³ ³⁴ . If you can't leave the room entirely, you could suggest a short break – for instance, if you're in a long meeting, ask to pause and stretch, or volunteer to “get something from your car” just to give yourself that movement break. Another subtle idea is *isometric exercises*: if you're standing, you can press your palms together firmly for a few seconds to use up energy, or if sitting, try pushing your feet hard against the floor or the chair legs (no one will notice that). These actions engage your large muscle groups, which can decrease the jittery feeling. **Exercise is so effective for anxiety** that mental health clinicians often incorporate it into treatment plans ³⁵ ³⁶ . As a bonus, taking a walk outside can also fill your senses with calming inputs – fresh air, birds chirping, the sky – which further grounds you. While you walk or move, you can pray or repeat a Bible verse in your mind, effectively combining physical and spiritual relief. (“*Even though I walk through the darkest valley, I will fear no evil, for You are with me*” – a fitting verse to recall on a calming walk, from Psalm 23:4.)
- **Seek Support (When Appropriate):** Sometimes the best grounding comes from **another person**. If you have a trusted friend with you or a supportive colleague, it's okay to quietly mention that you're feeling anxious and might need a moment. Simply talking to someone you trust can itself be grounding – their reassurances or even just their presence can remind you you're not alone. For example, at a church gathering, stepping aside to pray with a friend for a minute can significantly calm your heart. (“*Where two or three gather in My name, I am with them*,” Jesus said in Matthew 18:20 – sensing that shared support can reduce fear.) On the flip side, some people find it grounding to



help someone else in the moment – it takes the focus off your anxiety. This could mean starting a simple conversation (“Hey, how are you enjoying the event?”) which forces you to listen and respond, rather than staying lost in your head. Be wise with this: if your anxiety is severe, you may not be able to engage well socially – but mild anxiety can sometimes be turned around by *serving or encouraging others*. It aligns with Isaiah 58:10’s idea that when we “spend ourselves” on others, our own gloom can lift. Lastly, if you have **emergency tools** provided by your doctor, don’t hesitate to use them responsibly. For instance, some people carry a fast-acting anxiety medication for panic situations – taking it discreetly as prescribed is a valid form of support. Many Christians worry that relying on medication is a sign of weak faith, but that’s not true. **Medication and medical aids are gifts of God’s grace too.** Christian counseling experts affirm that using anti-anxiety medicine for relief and better functioning is “*morally acceptable*” and not sinful ³⁷ ³⁸ . It’s similar to taking an aspirin for a migraine so you can continue your day. If a small dose of a beta-blocker or other medication helps you stay grounded during a performance or a flight, for example, view it as one of the tools God has allowed humans to develop for our well-being (just always follow your doctor’s guidance). In public, you can step aside to take your medication or use an aid like a quick inhaler if you hyperventilate. There’s no shame in it. Our ultimate trust is in God, but God often works through **means** – including supportive people, skills we’ve practiced, and yes, medical interventions. A brief phone call to a loved one, a calming scripture text message, or using a therapist-recommended app (with headphones) for a 5-minute guided grounding exercise are other support options you might consider if the situation allows.

The key with these low-profile strategies is to **give yourself permission** to do what you need to do to regain calm. It’s better to take a two-minute restroom break or step outside for fresh air than to sit in escalating panic. In most cases, people around you will not mind or may not even notice; and even if someone does notice you seem unwell, that’s okay – everyone struggles at times, and it’s nothing to be embarrassed about. By taking proactive steps, you’re actually demonstrating good self-management. After you’ve grounded yourself with one of these methods, you’ll likely return to the public scenario feeling more collected and able to engage – and you’ll have prevented the anxiety from snowballing. Think of Elijah in the Bible: overwhelmed and anxious, he withdrew and rested for a while, and an angel gave him food and water before he continued (1 Kings 19:4-8). Even prophets needed a timeout! In the same way, stepping away briefly and tending to your needs can be exactly what enables you to carry on with what God’s called you to do in that moment.

Case Study: Finding Calm in a Crowded Church

To see how these techniques can work in real life, let’s look at an example. **Jane**, a 34-year-old woman, loves her church but struggles with social anxiety. On one Sunday morning, she walks into the sanctuary and sees the crowd of people mingling. Her heart starts pounding at 120 beats per minute, her palms sweat, and she feels light-headed – a panic attack is brewing. In the past, Jane might have fled to her car, but she’s been practicing grounding skills and trusting God’s help. Here’s what she does:

1. **Breathing and Prayer:** Jane slips into a pew and immediately begins a slow breathing exercise. She inhales deeply for 4 seconds and exhales for 6 seconds, repeating in her mind, “*Your peace, O Lord... guards my heart and mind.*” This is her personalized breath-prayer based on Philippians 4:7. After about a minute, her racing heart begins to steady (she later notes it dropped from a 9/10 anxiety intensity to about 6/10).



2. **Sensory Check-In:** Still feeling uneasy, Jane then uses the 5-4-3-2-1 technique. She quietly looks around: *5 things she can see: "I see the wooden cross on the wall, I see sunlight through the window, I see the piano, I see my blue purse, I see the pastor speaking with someone."* *4 things she can touch: "My hands on the Bible, my feet on the ground, the smooth bench, my skirt fabric."* *3 things she can hear: "I hear soft music playing, I hear faint chatter, I hear the air conditioner."* *2 things she can smell: "I smell the coffee from the foyer, I smell someone's cologne."* *1 thing she can taste: "Just the mint I ate."* As she does this, her thoughts move away from "Everyone is looking at me!" toward neutral observations of the room. She reminds herself, *"Be still, know He is God – I am here in His house, I am safe."* By the end of this exercise, Jane's breathing is near normal and the dizziness has subsided (her anxiety is now say 3/10).

3. **Engaging with Others:** Feeling calmer, Jane decides to go greet one of the women she knows, instead of isolating herself. She still has a few "butterflies," but as she starts a light conversation, she finds herself listening to her friend's needs. This outward focus further grounds her – it shifts her from internal worry to empathizing and talking about the upcoming church picnic. Jane even offers to help set up chairs (a bit of **physical activity** that also keeps her grounded). By the time the service starts, Jane is not only present, she's actually feeling *useful and connected*. Her anxiety, which was at crisis level 15 minutes earlier, is now barely a 1 or 2 out of 10.

Outcome: Over the next two months, Jane continues to practice these techniques each Sunday and even in work meetings. She tracks her progress in a journal. Initially, she rated her peak anxiety in social settings as 9/10; after consistent practice, her peak anxiety is around 4–5/10, and she recovers to a calm state much faster. In quantifiable terms, Jane's frequency of panic attacks dropped from about 3 per week to 1 or none per week. Qualitatively, she reports feeling empowered: *"I know I can rely on God's presence and these tools He's given me. I don't feel so helpless anymore when anxiety hits."* This case illustrates how combining prayer, grounding techniques, and gradual exposure can significantly improve one's ability to handle public anxiety. Jane's experience echoes the promise of Isaiah 41:10 – as she stepped out in faith using practical wisdom, she tangibly felt God *uphold her with His righteous hand*.

Long-Term Growth: Living in the Peace of God

Grounding techniques are effective for managing **acute anxiety in the moment**, but they are just one part of the journey toward lasting peace and joy. In the long term, God may lead you to additional steps, and that's where the integration of **faith, community, and modern medicine** comes in.

1. **Spiritual Habits:** Deepening your daily walk with Christ will fortify you against anxiety's grip. Make time for regular prayer, Bible meditation, and worship. These practices "pre-ground" you each day in God's truth. When you consistently soak in scriptures about God's love, sovereignty, and care, your mind is renewed (Romans 12:2) and fear diminishes. Many believers testify that as their intimacy with Jesus grows, their baseline anxiety shrinks because they trust His control more. Consider memorizing a few key verses that specifically address worry (e.g. *Matthew 6:25-34, 1 Peter 5:7, Psalm 27:1*). The Holy Spirit can bring them to mind right when you need them. Also, *cast your cares on the Lord* in prayer regularly, not just when you're panicking. Philippians 4:6-7 famously instructs us to pray *with thanksgiving* about everything that worries us, and God's peace will guard us. Think of prayer as the **ongoing maintenance** of your heart's peace – much like a daily medication that keeps symptoms at bay. By staying in communion with God, you may find that anxiety-provoking situations lose some power because you carry an awareness of God's presence into them. In essence, cultivating a rich spiritual life is the foundation for a **joyful life in Christ** that anxiety



cannot easily uproot. The Lord can miraculously grant peace that “guards your heart and mind,” and He often does this through the very ordinary rhythm of devotions and dependence on Him.

2. Community and Counseling: We aren’t meant to fight our battles alone. Sometimes overcoming anxiety requires the support of **others** – be it friends who encourage and pray for you, a mentor or pastor who provides counsel, or a mental health professional who teaches you advanced coping skills. Don’t hesitate to seek help. In a church context, you might join a support group or talk with a pastor about your struggles; many churches now recognize the importance of addressing mental health openly. Professional Christian counselors or therapists (or reputable therapists who respect your faith) can be a Godsend. They can help you identify thought patterns that fuel your anxiety and work with you on cognitive-behavioral techniques to change them. **Cognitive Behavioral Therapy (CBT)**, for example, is an evidence-based treatment for anxiety that helps reframe negative thoughts and gradually face fears. It boasts a high success rate across various anxiety disorders ³⁹ ⁴⁰ . Working with a therapist doesn’t mean you lack faith – it means you’re using all available resources to steward your mental health. As Proverbs 15:22 says, *“Plans fail for lack of counsel, but with many advisers they succeed.”* Think of a trained therapist as one of those wise advisers. They can offer personalized strategies beyond what a brief article can, and they’ll celebrate your progress with you. **Christian counseling** in particular will integrate prayer and scripture with techniques like grounding, which can deepen their impact. Some counselors may introduce you to relaxation training, biofeedback, or trauma-informed therapies if needed. If anxiety has been debilitating or linked to past trauma, this kind of support is especially crucial.

3. Medical Support: In some cases, anxiety has a significant **biological component** – brain chemistry, genetics, or other health factors can play a role. There is no shame in using medication or other medical interventions as part of your anxiety management if a doctor recommends it. As mentioned earlier, medications such as SSRIs (selective serotonin reuptake inhibitors) or benzodiazepines, or even short-term **beta blockers** for performance anxiety, are tools that many Christians use responsibly. These medicines can help “turn down the volume” on anxiety symptoms enough that you can function and implement the coping skills you’re learning. One pastor who struggled with panic attacks wrote, *“I’m a pastor and I’m on anxiety medication,”* sharing that he views the medication as one of the ways the Lord brings healing and balance, much like insulin for a diabetic. The key is to use such medication under proper medical supervision and ideally in combination with therapy and spiritual growth. Medication alone isn’t a cure; it’s a support. Most experts and ministry leaders advise that long-term, you also address any root issues through counseling and spiritual care ⁴¹ ⁴² . But if you need medicine for a season (or longer) to correct a chemical imbalance or give your nervous system a rest, that’s perfectly okay. It’s not a lack of faith to take a prescription your doctor and you determine is needed. Remember, **Luke** (the author of Luke and Acts) was a physician – the Bible implicitly endorses the use of medicine for healing (Colossians 4:14). You can pray *and* take Paxil; these are not mutually exclusive! Trust that God can work through psychiatrists and pills, just as He works through surgeons and scalpels.

4. Lifestyle and Temple Care: Beyond acute techniques and therapy, consider your overall lifestyle as it impacts anxiety. Our bodies are temples of the Holy Spirit (1 Corinthians 6:19) and caring for them honors God and improves mental resilience. Ensure you’re getting adequate **sleep** – fatigue can dramatically lower your anxiety threshold. Aim for 7-8 hours and develop a calming bedtime routine (perhaps include prayer or reading Psalms to ease your mind). **Exercise regularly**, not just when anxious. Aerobic exercise has been shown to elevate mood and reduce anxiety levels by releasing endorphins and regulating stress hormones ³⁴ ⁴³ . Something as simple as a 30-minute brisk walk or a cycling session most days can, over time, cut down general anxiety. Diet also plays a role: limit caffeine if you’re prone to panic (that coffee might be



adding jitteriness to your system), and ensure stable blood sugar by eating balanced meals – low blood sugar can mimic anxiety symptoms. Some find that reducing alcohol helps, since alcohol can cause rebound anxiety as it leaves your system. Staying hydrated and including calming herbal teas (like chamomile or peppermint) might support your efforts (and there's enjoyment in a soothing cup of tea, as noted earlier). Additionally, **practicing Sabbath rest** is a biblical lifestyle aspect that combats chronic anxiety. Regularly unplugging from work and stress to rest in God's presence, worship, and do things that refresh you is critical in this high-pressure world. Jesus said, *"Come to me all who are weary and burdened, and I will give you rest"* (Matthew 11:28). Sometimes our anxiety in public is exacerbated simply because we're running on empty. Intentionally schedule downtime and fun activities so that your overall stress is lower.

By attending to your **spirit, mind, and body** consistently, you create a strong defense against anxiety. Grounding techniques will always be there as immediate tools, but you might find over months of holistic care that you need them less frequently or with less intensity. You'll also grow in discernment about *which* technique works best for you in certain situations. For instance, you might discover that in a noisy public space, doing the 5-4-3-2-1 in your head works better than focusing on breathing; or conversely, in a quiet meeting, breathing and silently reciting a verse is your go-to. Tailor and adapt as you learn.

Before we conclude, let's affirm an important truth: **experiencing anxiety does not make you a "bad Christian."** Many devoted believers – including giants of the faith – have wrestled with fear and anxiety. The apostle Paul admitted to feeling stress and pressure (2 Corinthians 11:28), and Jesus Himself, in Gethsemane, experienced deep anguish and overwhelm (Luke 22:44). They turned to the Father in those moments. Likewise, your anxiety can become an invitation to deeper reliance on God. Every grounding technique we discussed can be an act of **faith** when done with an awareness of God. As you breathe, remember the breath of life God gave you and the Holy Spirit (the very word "Spirit" in Greek *pneuma* also means breath) who dwells in you. As you notice the details around you, recall that God's hand created the light, colors, and sounds – you are grounding yourself in *His* world. As you repeat Scripture and give thanks, you are actively **resisting the enemy** (who often loves to sow fear) and choosing trust in your Savior. In this way, coping with anxiety becomes part of your spiritual formation. It drives you into the arms of Christ, again and again, until you truly internalize that **"God is our refuge and strength, an ever-present help in trouble"** (Psalm 46:1).

Finally, celebrate progress. Every time you use a grounding skill or overcome a fearful situation, **thank God for the victory**, no matter how small. Keep a journal of what works and the verses that spoke to you. Over time, these testimonies will remind you of how far you've come. Living a joyful life in Christ is absolutely possible for you – anxiety does not get the last word. Jesus said, *"In this world you will have trouble. But take heart! I have overcome the world."* (John 16:33). Anxiety is one of those "troubles" we face, but Jesus has overcome it. By integrating **practical grounding techniques** with our **grounded faith** in Jesus, we can experience increasing freedom and joy even in situations that used to terrify us.

Take heart: the next time you feel panic rising in public, you now have a toolkit to handle it – breathing calmly, focusing on your senses, praying and speaking truth, maybe stepping away for a moment – and through it all, you have the presence of the **Prince of Peace** with you. As you practice these things, you'll build confidence that *"I can do all this through Him who gives me strength"* (Philippians 4:13) – yes, even thrive in public places that once felt overwhelming. May the Lord bless you with His peace as you put these steps into action. You are not alone, and you are stronger than you feel, because **God's power, love, and sound mind** are within you.



"When anxiety was great within me, your consolation brought me joy." (Psalm 94:19) — May this be your testimony as well, as you stay grounded in God's truth and love.

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The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



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Each of the above sources was used to support the strategies and perspectives in this article. All external links were accessed for up-to-date information, and scriptural references are from the NIV Bible for consistency.



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