

# 3 DUAS TO SAY WHEN STRESSED



1. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ  
وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلْبَةِ الرِّجَالِ

*“O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.” (Sahih Al Bukhari)*

2. يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

*“O Living and Eternal Maintainer! By Your mercy I seek help!”  
(Sunan Tirmidhi)*

3. اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا  
شِئْتَ سَهْلًا

*“O Allah! There is no ease except that which You make easy, and indeed You, when You want, make grief and difficulties easy.” (Sahih Ibn Hibban)*