



# Prayer to Saint Dymphna for Anxiety

**G**aint Dymphna, you knew fear and danger,  
and yet you kept your heart fixed on God.  
Look kindly on me now, as anxiety weighs upon  
my mind and unrest fills my days and nights.

**A**sk the Lord to quiet my racing thoughts,  
to steady my breathing, and to remind me  
that I am never alone.

**W**hen worry returns, help me return to prayer.  
When fear speaks loudly, help me hear  
the gentle voice of Christ  
saying, "Peace, be still."

**S**aint Dymphna, patroness of those  
who struggle with anxiety,  
pray for me.

**A**men.

