

Dua bei Panikattacken

Allaḥumma innī a'udhu bika
minal ḥammi wal ḥuzn,
wal 'ajzi wal kassal,
wal buḥlī wal jubn,
wa dal'id dein,
wa ghalabatir - riḥal.

(al-Bukhari 7/158)

Keep smiling it's Sunnah :)