

الْحَمْدُ لِلَّهِ الْمَلِكِ الْحَكِيمِ الْوَهَّابِ، الْعَظِيمِ التَّوَّابِ، أَنْزَلَ الْكِتَابَ هُدًى وَذِكْرًا لِأُولِي الْأَلْبَابِ، نَحْمَدُهُ سُبْحَانَهُ كَمَا يَنْبَغِي لَجَلَالِ وَجْهِهِ وَعَظِيمِ سُلْطَانِهِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، الشَّافِعُ الْمُشَفَّعُ يَوْمَ الْعُرْضِ وَالْحِسَابِ، صَلَّى اللَّهُ وَسَلَّمْ وَبَارَكَ عَلَيْهِ وَعَلَى آلِهِ وَعَلَى جَمِيعِ الْأَصْحَابِ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ عَلَى طَرِيقِ الْهُدَى وَالصَّوَابِ.

All praise and thank be to Allah, the Exalted, the Bestower. He sent the Scripture as guidance and a reminder for those of understanding. We extol Him as is befitting to His great sovereignty and glorious status, and bear witness that there is no deity worthy of worship, except for Allah alone without any partners or peers. To Him belongs the dominion of the heavens and the earth and whatever is within them. I also testify that Muhammad is His Servant and Messenger, the Intercessor, the one whose intercession is accepted on the Last Day. May the peace and blessings of Allah be upon him, his family, his companions, and all those who will follow them in righteousness till the Day of Judgment.

Humans have been created with a Body & Soul. The Body & Soul both need sustenance. The Body from Earth, the Soul with Dhikr/Tazkiya

We have created man from an extract of clay.(23:12)

And they ask you about the soul. Say, .The soul is something from the command of my Lord (17:85)

Lack of balance between the needs of your body and the needs of your soul will pose a risk to your physical, & spiritual (mental) health.

Minor physical issues left untreated, will lead to bigger problems, Minor spiritual (mental) issues left untreated, will lead to bigger problems.

RELIANCE UPON ALLAH TA'ALA

Remind yourself continuously that Allah has the keys to the heavens and earth, if He can unlock the doors of heaven for you, He can easily unlock the door and give you a way out of your problems.

And whoever fears Allah, He will make for him a way out. And will provide for him from where he does not expect. And whoever relies upon Allah, then He is sufficient for him. (65:2-3)

DON'T SKIP YOUR DAILY PRAYERS!

Skipping prayers will devastate you spiritually, disrupt your body/soul harmony and balance.

Whose hearts are assured by the remembrance of Allah. (13:28)

So woe to those who are heedless of their prayer (107:5)

PROBLEMS ARE TEMPORARY

Nothing which afflicts you and nothing which reaches you is permanent. If you reflect and look back at your life you will recall many situations which you thought were hopeless but they ended. Your life is a cycle of blessings of Allah and tests from Allah.

For indeed, with hardship [will be] ease. (94:5-6)

SLEEP IS A BLESSING

Sleep is as important to your health as your diet. Sleep is A blessing of Allah for your mind and your body to relax, recuperate and repair itself.

Don't Take Your Laptop – Tablets, Ipad To Bed – Switch Off Your Wifi - Put The Phone On Silent – Read Your Duas – Sleep With Wudu

And it is He who has made the night for you as clothing and sleep [a means for] rest and has made the day a resurrection. (25:47)

EAT HALAL & TAYYAB (Organic/Good Quality)

Muslims are commanded to eat “Halal” (Body) and “Tayyab (Soul) (good, wholesome) food.

Eat from what Allah has provided you as good and lawful, and fear Allah in whom you believe. (5:88)

Don't consume junk food just because it happens to be Halal!

EXERCISE REGULARLY

Your physical health has a direct impact on spirituality and your mental health. The fitter you are, the better you will be at worshiping Allah.

A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone...[Muslim]

KEEP GOOD COMPANY:

Your companions and your environment will make or break you. If you choose to associate yourself with people who are disobedient towards Allah and rebellious towards the Sunnah of Prophet then sooner or later you will become them or dragged along with them.

O you who have believed, fear Allah and be with those who are true.

MAKE DUA, BE POSITIVE, BE HOPEFUL

And your Lord says, “Call upon Me; I will respond to you.” (40:60)

...Indeed, no one despairs of relief from Allah except the disbelieving people. (12:87)

Over 800,000 people die each year due to mental health problems

World Mental Health Day

10th October Designated by the World Health Organisation

In a world of everything, food, wealth, success, why are we struggling?

The NHS spends over £7 Billion pounds on mental health each year and this is increasing.

Why is the world suffering?

Why are you suffering as a Muslim?

Muslims have the answer to purify your heart, lighten your mind, release mental stress, strengthen your soul and remove all the deadly toxins of stress, pressure, anxiety, depression and problems of life via the Qur'an and Sunnah.