

الحمدُ لله الَّذِي خَلَقَ فَسَوَّى، وَالَّذِي قَدَّرَ فَهَدَى، وَالَّذِي سَخَّرَ لَنَا مَا فِي  
السَّمَوَاتِ وَمَا فِي الْأَرْضِ نِعْمَةً مِنْهُ وَفَضلاً، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا  
شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ اصْطَفَاهُ وَاجْتَبَاهُ، اللَّهُمَّ  
صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ فِي الْأَوَّلِينَ وَالْآخِرِينَ، وَفِي كُلِّ وَقْتٍ وَحِينٍ،  
وَعَلَى آلِهِ الطَّيِّبِينَ الطَّاهِرِينَ وَأَصْحَابِهِ وَالتَّابِعِينَ لَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ

**All Praise to Allah Who has created the heavens and the earth as blessings and bounties to mankind. I testify that there is no god but Allah and that Prophet Muhammad is the Messenger of Allah. May the peace and blessing of Allah be upon our Prophet at all times, his family, his companions and all those who follow them till the Day of Judgment**

**“Two gifts which many are unmindful about – good health & leisure” (Bukhari)**

**World Mental Health Day, Healthy Mind - Body & Soul. Health is an Amanah from Allah ﷻ; therefore an obligation upon us to look after it.**

**1. TAKE CARE OF YOUR PHYSICAL HEALTH - Physical, Mental & Spiritual health are all intertwined. Reduce Screen Time, Good Sleep Routine, Regular Exercise, Healthy Eating & Plentiful Dhikr.**

**“So eat of the lawful and good food which Allah has provided for you, and be grateful for the favour of Allah...” (16:114)**

**“The strong believer is more beloved to Allah than the weak believer, but there is goodness in both of them... (Muslim)**

**The food you eat affects the way your brain works, and even subtle deficiencies of certain nutrients can make you more tired, anxious, or sad. Low-fat, protein-rich foods such as fish energise your brain and make you alert. Many carbohydrates boost serotonin in your brain. Folic acid, found in green leafy vegetables and legumes, can make you less depressed and irritable and improve your sleep patterns. Nuts and fruits, high in boron, improve your mental alertness. Eat Sunnah foods such as dates, lentils, and honey as well, all do wonders for your physical and mental health.**

**2. STOP BAD NEWS/COMPANY** - Focus more positively on family and friends, work, hobbies, creative endeavours, and your spiritual journey. Put our trust in Allah with regards to His Plan and not succumb to despair. No matter what we see around us, we must remember that Allah, the All-Knowing, the Best of Judges, the Most Compassionate, Gracious, told the angels regarding humans, **“Indeed, I know that which you do not know”**.

**“Whosoever of you sees an evil, let him change it with his hand; and if he is not able to do so, then with his tongue; and if he is not able to do so, then with his heart - and that is the weakest of faith” (Muslim).**

**3. HELP OTHERS AND YOU WILL HELP YOURSELF** - Being kind and generous is scientifically proven to be better for your mental and physical health. One study conducted by the University of Zurich found that ‘helping others and being generous to them increases happiness’.

**“Charity is due upon every joint of the people for every day upon which the sun rises...” (Bukhari).**

Smile at a friend, make a colleague a cup of tea, transform an orphan’s life, help someone, following the Sunnah of regular charity will not only make the world a better place, it will also improve your mental health.

**4. REMEMBER ALLAH AND TRUST IN HIS SUPPORT - “Verily, in the remembrance of Allah do hearts find rest” (13:28)** Whichever emotion is troubling your heart – anxiety, jealousy, stress, indecision, anger, discontentment, worry, sadness, fear, hurt, grief – remembering Allah through dhikr, du’a, contemplation, or prayer will help to alleviate it.

**5. FOCUS ON THE POSITIVE ASPECTS OF LIFE - “And if you would count the graces of Allah, never could you be able to count them” (14:34)**

This life-lesson is especially applicable in the age of social media. The lives that people present on social media are often glossy and perfect, which can make you feel stressed or discontented. Instead of thinking about all the amazing things they’re doing/saying/buying/experiencing – focus on the positives in your own life. Be grateful for what you do have, instead of focusing on what you don’t.

**“Did He not find you an orphan, and give [you] refuge? And He found you lost, and guided [you]. And He found you poor, and made [you] self-sufficient. So as for the orphan, do not oppress [them]. And as for the petitioner, do not repel [him]. And as for the favour of your Lord – proclaim it.” (93:6-11)**