

GRAND BLANC ISLAMIC CENTER

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Speaker: Imam Mohamad Mwafak Algalaieni, PhD.

Subject: "15 ways to deal with stress and depression"

According to the World Health Organization, mental disorders including depression are the 5th largest cause of disability and death in the world. Allah (SWT) provided us with the Quran and the Prophet provided us with the Sunnah. These are a guide for us to deal with hardship and difficulties and to provide treatment and hope to all believers.

The treatment can be summarized in the following 15 steps:

- 1) Hold fast to Allah (SWT) and seek His protection and mercy. Surrender ourselves to the hands of Allah (SWT), and believe that Allah (SWT) will not let us down. He is more merciful than our own parents and we must never give up on His mercy and help.
- 2) Sincere prayer is one of the most important steps when dealing with life's difficulties. And believing that Allah (SWT) will always help His servants that ask Him for help. "You (alone) we worship and You (alone) we ask for help. Guide us to the straight path" 1:5-6.
- 3) Helping others, especially the ones that are less fortunate than us will help us overcome our own difficulties in three different ways:
 - a. When we help the needy we are worshiping Allah(SWT). We are the most beloved by Allah (SWT) when we are benefiting others and entering happiness to their hearts.
 - b. Helping others will make us feel good about ourselves and give us the sense of accomplishment. It will force us to get out and join others instead of being depressed and alone.
 - c. Helping others will bring happiness to them, in return they will pray for us; these prayers are heartfelt and are well regarded by Allah (SWT).
- 4) Increasing supplication and prayers to Allah (SWT) will help ease our difficulties and provide hope and peace to our heart. There are many supplications that can be learned from the Quran and Hadeeth.
- 5) Going through hardship in this life can be a test from Allah (SWT) to strengthen our faith, forgive our sins, and increase our status in the hereafter.
- 6) Realize that all of us are on a short journey. This life is short; everything in it is temporary and will surely expire.
- 7) Take the Prophet and his companions as role models. They have suffered severe hardships and tests during their lives. Acknowledge that a person's hardship is tested to the limits of his faith.
- 8) Focus on the hereafter and making it our greatest concern.
- 9) Remembering death. The Prophet advised us that remembering death will make it easy for us to deal with tough times.
- 10) To ask Allah (SWT) for help earnestly and humbly and to remember that our Prophet used to always pray and ask Allah (SWT) to protect him from worries and sadness.
- 11) Increasing the praise of the Prophet (peace be upon him). It is one of the greatest ways for Allah (SWT) to remove sadness.
- 12) Not to be sad, focus on today's business only and put our trust in Allah (SWT) for all future affairs.
- 13) Remembering and speaking of Allah's internal and external gifts and mercy that He bestowed on us and realizing all of the dangers that Allah has saved us from. Without doubt this will bring peace and happiness to us.
- 14) To have faith that Allah (SWT) will bring this hardship to an end and to know that pleasant time will follow hard times. Believe that after tragedy Allah will provide happiness and prosperity.
- 15) Consulting with religious leaders and asking them for advice. Their advice can be comforting during times of sadness and hardship.