

Rasulullah ﷺ & His Emotional Resilience:

Lessons on Mental & Emotional
Health from the Sunnah

with Ustazah Dunia Shuaib
6th Oct 2024



OPENING DU'AS

Alhamdulillah for allowing us to gather today. May you grant all of us to be future inhabitants of the highest level of Jannah, Insha'Allah.

May you grant this Majlis the companionship of your beautiful angels. May you allow us to leave this gathering better than how we have entered it. And may you accept it from us, Inshallah. May you ease the affairs of Ustazah Dunia Shuaib for hosting the session today.

Opening Ayahs

By the morning sunlight, and the night
when it falls still!

Your Lord 'O Prophet' has not abandoned you,
nor has He become hateful 'of you'.

And the next life is certainly far better for you
than this one

And 'surely' your Lord will give so much to you
that you will be pleased.

Did He not find you as an orphan then sheltered
you?

وَالضُّحَىٰ . وَاللَّيْلِ إِذَا سَجَىٰ

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ

وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ

وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ

أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ

Opening Ayahs

Did He not find you unguided then
guided you?

And did He not find you needy then satisfied your
needs?

So do not oppress the orphan,

nor repulse the beggar.

And proclaim the blessings of your Lord.

وَوَجَدَكَ ضَالًّا فَهَدَىٰ

وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ

فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ

وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ

وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

Ustazah Dunia Shuaib

aaplus

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12th Jan '25 DATE???



Rasulullah ﷺ and His Emotional Resilience:
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Introduction speech

Allah SWT could have revealed
these Ayahs just to the Prophet ﷺ.

But Allah shares it with us all,
so that it can comfort us all,
MashaAllah, Alhamdulillah.

*There's something so beautiful
about sister groups, sister spaces,
where we do things with Ihsan,
but we also make it super cute!*



Intentions are such an integral part of a Muslim's life.

إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ

Actions are judged by intentions, and
every man shall have what he intended.

Du'a to recite every morning and every evening

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ عِلْمًا نَافِعًا , وَرِزْقًا طَیِّبًا , وَعَمَلًا مُّتَقَبَّلًا

O Allah! I ask You for knowledge that
is of benefit, a good provision and
deeds that will be accepted.

Du'a to recite every morning and every evening

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ عِلْمًا نَافِعًا , وَرِزْقًا طَیِّبًا , وَعَمَلًا مُّتَقَبَّلًا

O Allah! I ask You for **knowledge** that
is of **benefit**, a good provision and
deeds that will be accepted.

So many of us
have knowledge that
is **not beneficial.**

So many of us
have knowledge that
is **not beneficial.**



Movie stars
or the newest
TV shows

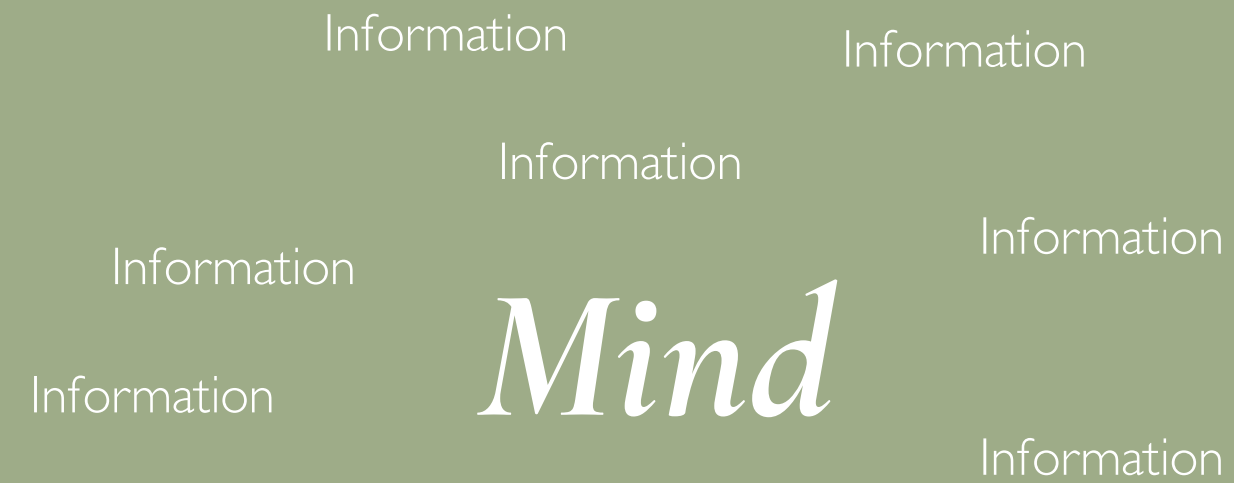
So many of us
have knowledge that
is **not beneficial.**

In essence, it is
beneficial, but has no
benefit in our hearts



Movie stars
or the newest
TV shows

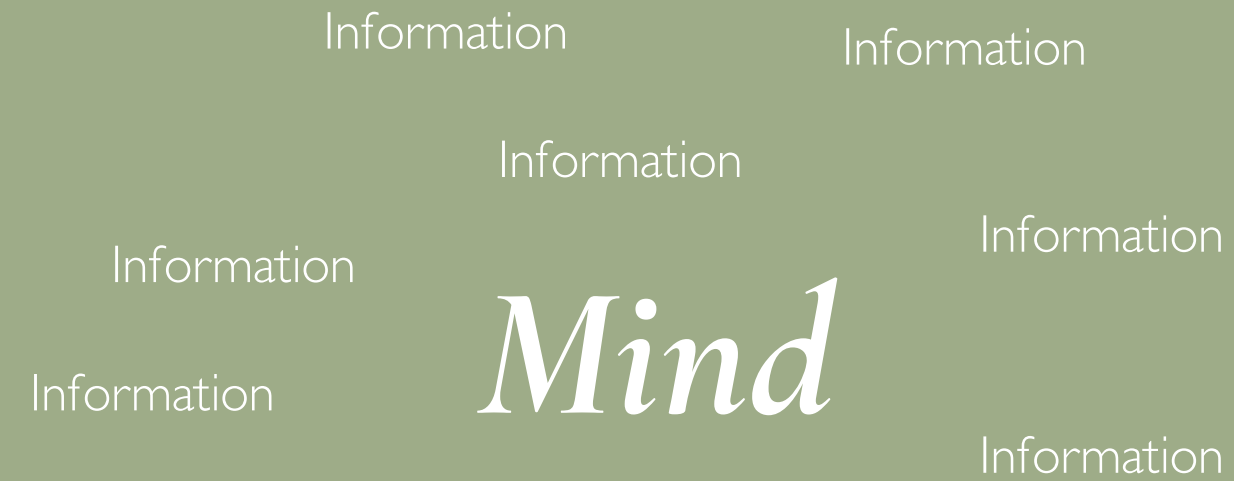
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Lessons on Mental & Emotional Health from the Sunnah



How much of it
reaches & **rectifies**
our hearts?

aaplus

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah



How much of it brings
about a **beneficial change**
in our hearts, minds, and lives?

aaplus

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O Allah! I ask You for knowledge that
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deeds that will be accepted.

Rasulullah ﷺ and His Emotional Resilience:
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*Rizq is not just wealth.
Everything that is good is Rizq.*

Du'a to recite every morning and every evening

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ عِلْمًا نَافِعًا , وَرِزْقًا طَیِّبًا , وَعَمَلًا مُّتَقَبَّلًا

O Allah! I ask You for knowledge that
is of benefit, a good provision and
deeds that will be accepted.

قُلْ هَلْ نُنَبِّئُكُمْ بِالْأَخْسَرِينَ أَعْمَالًا

Say, 'O Prophet,' “Shall we inform you
of who will be the biggest losers of deeds?

الَّذِينَ ضَلَّ سَعْيُهُمْ فِي الْحَيَاةِ الدُّنْيَا وَهُمْ يَحْسَبُونَ أَنَّهُمْ يُحْسِنُونَ صُنْعًا

'They are' **those whose efforts are in vain** in this
worldly life, while they think they are doing good!”

Surah Al-Kahf: 103-104

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*What's the point
of doing anything
if Allah SWT
doesn't accept it?*

aaplus

It's very important to **feel grateful**
that Allah SWT invited us
to be in gatherings of Ilm.

The man said:

*“A hadith reached me
for which you have
narrated from
Rasulullah ﷺ”*

Abu al-Darda'
in Damascus Syria

A man from
Madinah

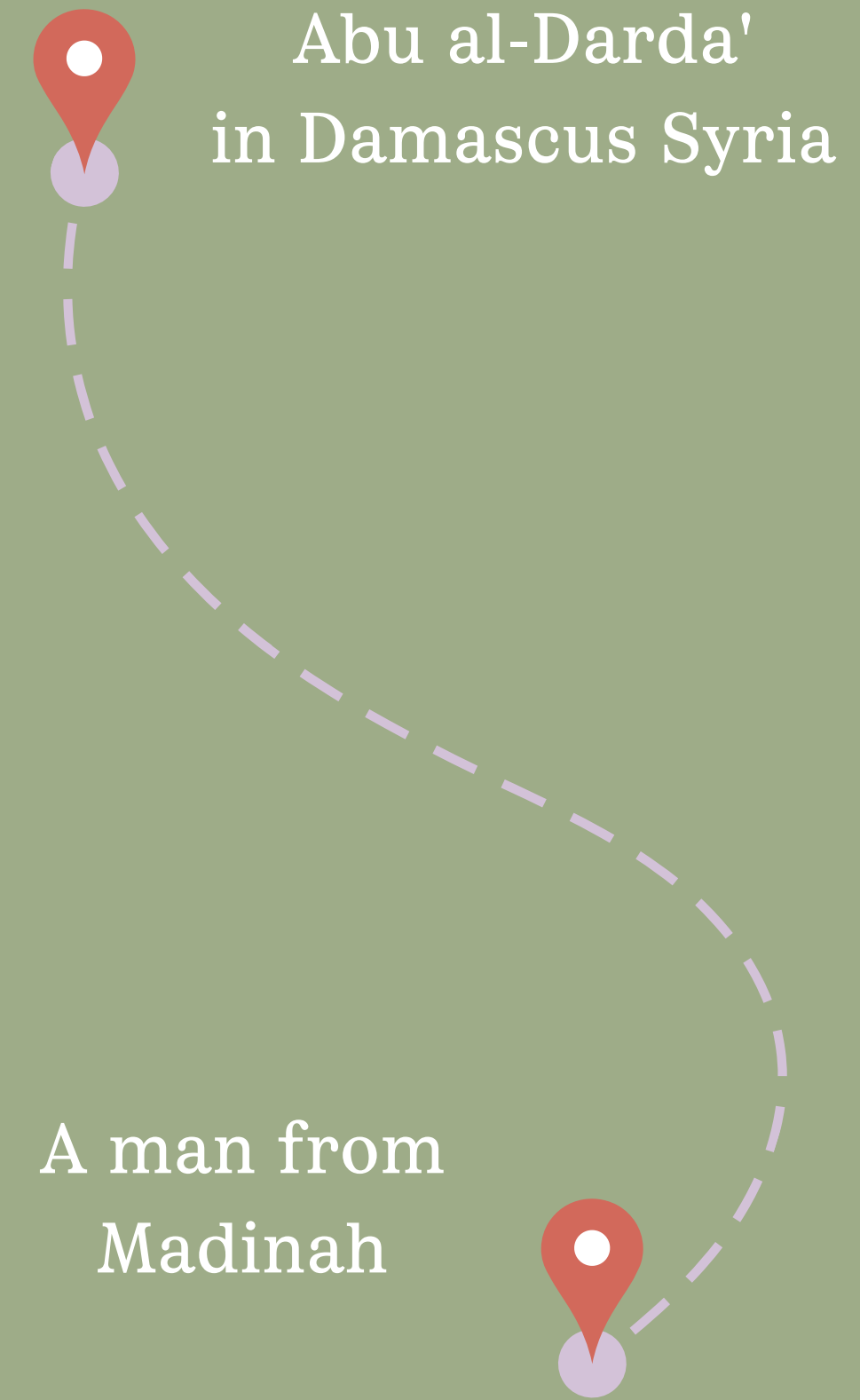
Abu al-Darda' replied:

*“Did you really come
all the way from
Madinah to Syria
for a hadith?”*

Abu al-Darda'
in Damascus Syria

A man from
Madinah

This is not like
modern-day travel.
This was at a time
where you had to cross
through deserts.



Abu al-Darda' replied:

*“Did you really come
all the way from
Madinah to Syria
for a hadith?”*

Abu al-Darda'
in Damascus Syria

A man from
Madinah

The man said:

*“I did not come
except seeking this
hadith.”*

Abu al-Darda'
in Damascus Syria

A man from
Madinah

Abud-Darda RA reported: The Messenger of Allah (ﷺ) said,

"He who follows a path in quest of knowledge, Allah will make the path of Jannah easy to him. The angels lower their wings over the seeker of knowledge, being pleased with what he does. The inhabitants of the heavens and the earth and even the fish in the depth of the oceans seek forgiveness for him. The superiority of the learned man over the devout worshipper is like that of the full moon to the rest of the stars (i.e., in brightness). The learned are the heirs of the Prophets who bequeath neither dinar nor dirham but only that of knowledge; and he who acquires it, has in fact acquired an abundant portion."

[Abu Dawud and At- Tirmidhi].

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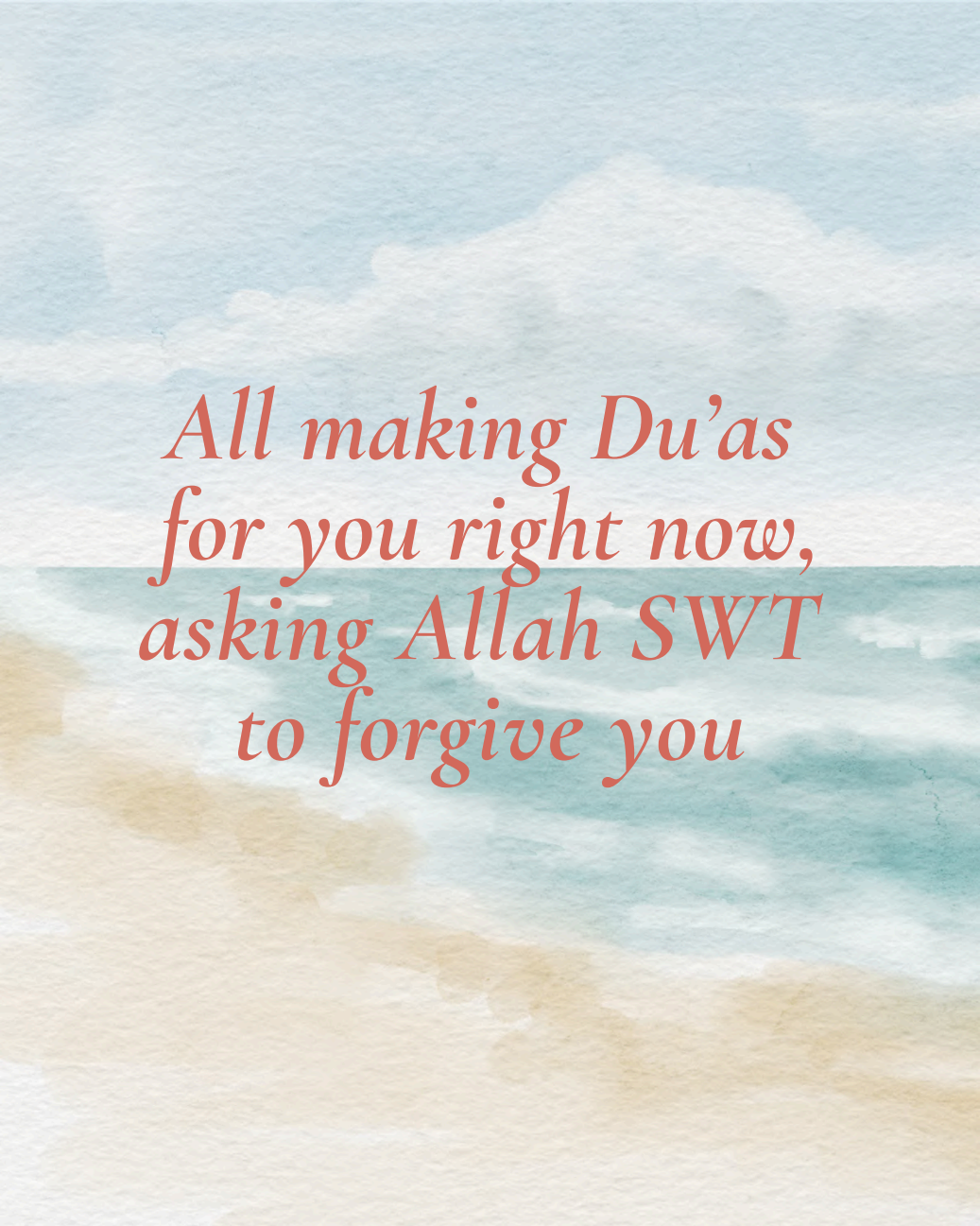
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[Abu Dawud and At- Tirmidhi].

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angels in the heavens

birds in the sky



*All making Du'as
for you right now,
asking Allah SWT
to forgive you*

fish in the sea

ants on the ground

aaplus

Sayyidatina A'isha reported that,

When I saw the Prophet, peace and blessings be upon him, with a cheerful face, I said, “O Messenger of Allah, supplicate to Allah for me.” The Prophet said, “O Allah, forgive Aisha for her past and future sins, in secret and in public.” Aisha laughed so much that her head fell from his lap. The Prophet said to her, “Does my supplication make you happy?” Aisha said, “Why would your supplication not make me happy?” The Prophet said, “By Allah, it is my supplication for my nation in every prayer.”

Ṣaḥīḥ Ibn Ḥibbān 3446

aaplus

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aaplus

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The best possible thing
Rasulullah ﷺ make Du'a
for his most beloved was
forgiveness

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When I saw the Prophet, peace and blessings be upon him, with a cheerful face, I said, “O Messenger of Allah, supplicate to Allah for me.” The Prophet said, “O Allah, forgive Aisha for her past and future sins, in secret and in public.” Aisha laughed so much that her head fell from his lap. The Prophet said to her, “Does my supplication make you happy?” Aisha said, “Why would your supplication not make me happy?” The Prophet said, “By Allah, it is my supplication for my nation in every prayer.”

Ṣaḥīḥ Ibn Ḥibbān 3446

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The Prophet ﷺ
loves you so much.

He made Du'a for you
in every prayer.

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"He who follows a path in quest of knowledge, Allah will make the path of Jannah easy to him. The angels lower their wings over the seeker of knowledge, being pleased with what he does. The inhabitants of the heavens and the earth and even the fish in the depth of the oceans seek forgiveness for him. **The superiority of the learned man over the devout worshipper is like that of the full moon to the rest of the stars (i.e., in brightness).** The learned are the heirs of the Prophets who bequeath neither dinar nor dirham but only that of knowledge; and he who acquires it, has in fact acquired an abundant portion."

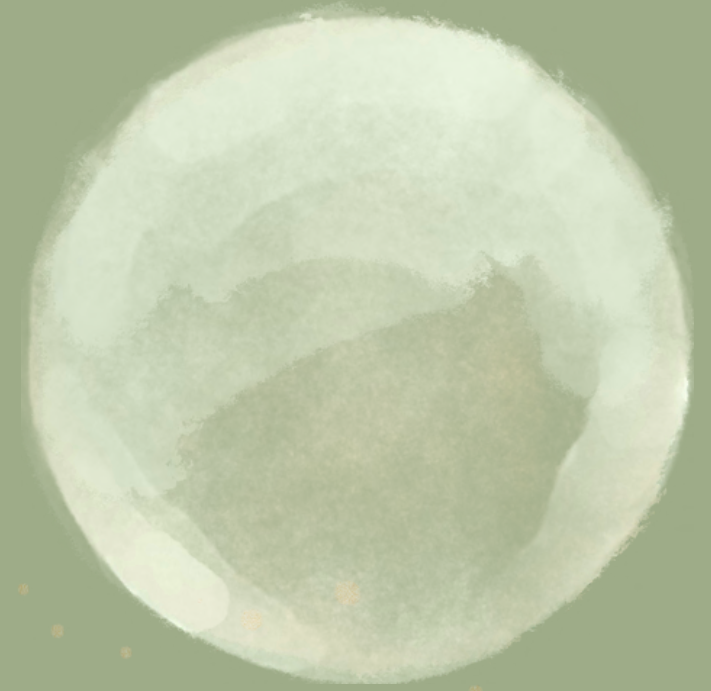
[Abu Dawud and At- Tirmidhi].

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We're always able
to see the moon.

That's how important
the moon is.

aaplus



Rasulullah ﷺ and His Emotional Resilience:
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*The superiority of the learned
man over the devout worshipper
is like that of the full moon
to the rest of the stars.*

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[Abu Dawud and At- Tirmidhi].

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*Take a moment to
really let that sink in,
that Allah SWT
allowed us to be here.*

aaplus

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That's called
‘Resilience’

aaplus

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Neuroplasticity
is basically an amazing thing
that Allah SWT created in us.

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Neuroplasticity

It's the ability for our brain
to change and grow.

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Neuroplasticity

It's the ability of
our brains to be rewired.

Rasulullah ﷺ and His Emotional Resilience:
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Neuroplasticity

It's the ability of
our brains to be rewired.

ie: **The Sahabahs** and the changes
they went through at an older age.

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Alhamdulillah *for*
Neuroplasticity
that we can **cultivate**
this amazing trait of
Resilience.

aaplus

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Resilience

is the ability to bounce back
after difficulty.

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Resilience

is the ability to adapt and
recover from challenges
and adversity.

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Resilience

is the ability to adapt and
recover from challenges
and adversity.

#VitalSkill

Resilience

encompasses a range of
psychological skills and spiritual virtues
that enable us to endure hardships
and emerge stronger than before.

Resilience

(according to APA)

is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

**American Psychological Association*

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We're going to **integrate insights** from,

Research on
Islamic
psychology

&

Qur'anic and
Prophetic
teachings

*to develop a comprehensive understanding of
resilience and how to cultivate it.*

aaplus

***Why** is patience and resilience **important**?*

Resilience can
help protect you from
mental health conditions.

ie: Depression & anxiety

***Why** is patience and resilience **important**?*

Resilience also helps us
gain the **pleasure of Allah**
and a great reward

***Why** is patience and resilience **important**?*

Resilience can also **help us**
deal with things that put us
at risk of mental illness.

ie: Trauma

*When we have **resilience**,
we're **better able to cope**
with all of life's difficulties.*

The Quran and
the Sunnah of the Prophet ﷺ,
they offer so many profound
insights into resilience.

Resilience in Islam

It provides
a very beautiful,
unique perspective.



**There's a
greater purpose**

**Sabr is central
to resilience**

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*The Prophet ﷺ
is the most beautiful
& excellent example
of resilience.*

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Being born with father
already passed away

Think about
everything
that the Prophet ﷺ
went through...

Rasulullah ﷺ and His Emotional Resilience:
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Being born with father
already passed away

Mother passed away
when he was six y/o

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Grandfather passed away
too, two years later

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Rasulullah ﷺ and His Emotional Resilience:
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Being born with father
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Buried six of his seven
children in his lifetime

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Buried his beloved wife

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Buried his uncle, his guardian
since he was eight y/o

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He was bullied,
beaten, and starved

Rasulullah ﷺ and His Emotional Resilience:
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He was bullied,
beaten, and starved

He was abused
emotionally and physically

aaplus

Rasulullah ﷺ and His Emotional Resilience:
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But how is it that
the Prophet ﷺ was
always smiling?

Being born with father
already passed away

Mother passed away
when he was six y/o

Grandfather passed away
too, two years later

Buried six of his seven
children in his lifetime

Buried his beloved wife

Buried his uncle, his guardian
since he was eight y/o

He was bullied,
beaten, and starved

He was abused
emotionally and physically

Rasulullah ﷺ and His Emotional Resilience:
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But how is it that
the Prophet ﷺ was
never showing any
signs of PTSD?

(Post Traumatic Stress Disorder)

Being born with father
already passed away

Mother passed away
when he was six y/o

Grandfather passed away
too, two years later

Buried six of his seven
children in his lifetime

Buried his beloved wife

Buried his uncle, his guardian
since he was eight y/o

He was bullied,
beaten, and starved

He was abused
emotionally and physically

aaplus

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ
يَرْجُوا اللَّهَ وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا

Indeed, in the Messenger of Allah you have an
excellent example for whoever has hope in Allah
and the Last Day, and remembers Allah often.

Surah Al - Ahzab : 21

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HOW CAN WE CULTIVATE RESILIENCE?

How can we cultivate resilience?

1.

Understand
the reality of this life,
that it is a test.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ^{قُلْ} وَبَشِّرِ الصَّابِرِينَ

We shall certainly **test you** with fear and hunger,
and loss of property, lives, and crops. But [Prophet],
give good news to those who are patient/steadfast

Surah Al - Baqarah : 155

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
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We shall certainly **test you** with **fear** and hunger,
and loss of property, lives, and crops. But [Prophet],
give good news to those who are patient/steadfast

Surah Al - Baqarah : 155

Why would Allah mention
fear and emotion first?

Of all the tests,
it's the most frequent.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ^{قُلْ} وَبَشِّرِ الصَّابِرِينَ

We shall certainly **test you** with fear and **hunger**,
and loss of property, lives, and crops. But [Prophet],
give good news to those who are patient/steadfast

Surah Al - Baqarah : 155

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
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and **loss of property**, lives, and crops. But [Prophet],
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Surah Al - Baqarah : 155

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ^{قُلْ} وَبَشِّرِ الصَّابِرِينَ

We shall certainly **test you** with fear and hunger,
and loss of property, **lives**, and crops. But [Prophet],
give good news to those who are patient/steadfast

Surah Al - Baqarah : 155

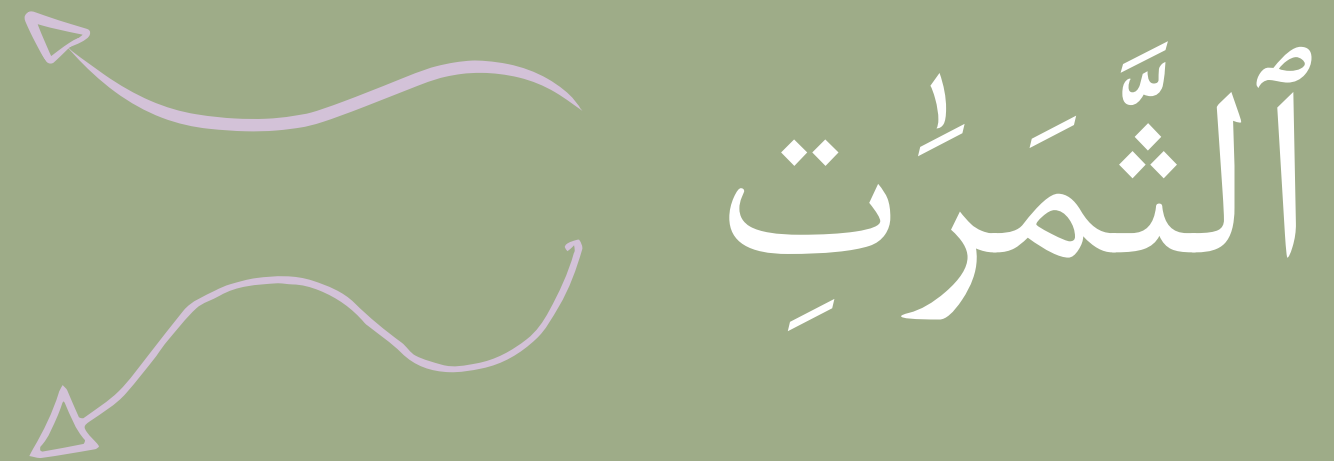
وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ **وَالثَّمَرَاتِ** ^{قُلْ} وَبَشِّرِ الصَّابِرِينَ

We shall certainly **test you** with fear and hunger,
and loss of property, lives, and **crops**. But [Prophet],
give good news to those who are patient/steadfast

Surah Al - Baqarah : 155

Not only means
the crops of the farmer

It also means the fruit
of your labour (effort)



Putting effort into your
children, and then they
don't come out good.

Loss of
الْثَمَرِ

You study all night,
and you miss the
exam

Loss of
الْثَّمَرِ

You invest all your
money in something
and it flops.

Loss of

الْثَّمَرُ

You put your heart and
soul into raising your
kids to be practising,
and they're not.

Loss of

الْثَّمَرِ

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ^{قُلْ} وَبَشِّرِ الصَّابِرِينَ

We shall certainly test you with fear and hunger,
and loss of property, lives, and crops. But [Prophet],
give good news to those who are patient/steadfast

Surah Al - Baqarah : 155

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

You're receiving
a message from Allah
and the messenger is
Rasulullah ﷺ

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

وَبَشِّرِ الصَّابِرِينَ

*Hey, congratulations.
Good news, if you're resilient.*

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah



*Al Kahf
every Friday*

Anything that the Prophet ﷺ
encouraged us to recite often,
we should do a lot of tadabbur on it.



*Al Mulk
every night*

There are **lessons** in it.

Abū Sa'id reported the Prophet (ﷺ) as saying,

“If anyone recites
Surah al-Kahf on Friday,
light will shine brightly for him
till the next Friday.”

Mishkat al-Masabih 2 / 75

Abū Sa'id reported the Prophet (ﷺ) as saying,

“Indeed, there is a Surah in the Qur'an
of thirty Ayat, which intercedes for a
man until he is forgiven. It is [Surah]
Tabarak Alladhi Biyadihil-Mulk.”

Mishkat al-Masabih 2 / 75

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ
أَحْسَنُ عَمَلًا ۚ وَهُوَ الْعَزِيزُ الْغَفُورُ

‘He is the One’ Who created death and life in
order to test which of you is best in deeds. And
He is the Almighty, All-Forgiving.

Surah Al - Mulk : 2

Being resilient means
choosing to do the best of deeds,
and **not crumbling** when
you're faced with tests.

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ ^{قُلْ} وَنَبْلُوكُمْ بِالشَّرِّ
وَالْخَيْرِ فِتْنَةً ^{مَّجِيدٌ} وَإِلَيْنَا تُرْجَعُونَ

Every soul will taste death. And We test you
'O humanity' with good and evil as a trial,
then to Us you will 'all' be returned.

Surah Al - Anbiya : 35

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*Allah is also
testing us with
the good!*

aaplus

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*Sometimes,
the good is
a bigger test
than the bad.*

aaplus

وَأَعْلَمُوا أَنَّمَا أَمْوَالُكُمْ وَأَوْلَادُكُمْ فِتْنَةٌ
وَأَنَّ اللَّهَ عِنْدَهُ أَجْرٌ عَظِيمٌ

And know that your wealth and your
children are only a test and that with
Allah is a great reward.

Surah Al - Anfal : 28

If you live this life
thinking that you want it
to be perfect and rosy
you're just going to be
very disappointed.

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*Allah SWT makes it **really clear**.*

**You're on this world.
It's a test.**

But guess what?

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*Jannah
is your
destination.*



aaplus

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

Narrated Abu Mas'ud: The Prophet (ﷺ) said,

“If somebody recited the last two
Verses of Surat Al-Baqara at night,
that will be **sufficient** for him.”

Sahih al-Bukhari 5009

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ ۚ كُلٌّ ءَامَنَ بِاللّٰهِ وَمَلَآئِكَتِهِ ۖ وَكُتُبِهِ ۖ
وَرُسُلِهِ ۚ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانِكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

لَا يُكَلِّفُ اللّٰهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ
نَسِينَا أَوْ أَخْطَأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ ۚ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۗ
رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ عَنَّا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا
فَاَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Surah Al - Baqarah : 285-286

Yes, this life is filled with tests. But,

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

Allah does not require of any soul
more than what it can afford.

Surah Al - Anfal : 28

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

If we *focus*
on what we can control,
and put our trust in Allah,
we *will* **feel better.**

مَا أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَلَا فِي أَنْفُسِكُمْ إِلَّا فِي
كِتَابٍ مِّن قَبْلِ أَنْ نَبْرَأَهَا إِنَّ ذَٰلِكَ عَلَى اللَّهِ يَسِيرٌ

No calamity 'or blessing' occurs on earth or in
yourselves without being 'written' in a Record before
We bring it into being. This is certainly easy for Allah.

The next Ayah

لَّكَيْلًا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ وَلَا تَفْرَحُوا بِمَا
ءَاتَاكُمْ ۚ وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ

‘We let you know this’ so that you neither grieve over what
you have missed nor boast over what He has granted you.

For Allah does not like whoever is arrogant, boastful—

Surah Al - Hadid : 22

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*You can't be sad
over the past because
you can't change it.*

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

Accept
and
be content

aaplus

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*Everything
from Allah is
beautiful.*

aaplus

We accept, and we're content
with the decree of Allah,
no matter how difficult it is,
because it was written by Allah.

Jabir bin 'Abdullah narrated that the Messenger of Allah ﷺ said:

'A slave (of Allah) shall not believe until he believes in Al-Qadar, its good and its bad, such that he knows that what struck him would not have missed him, and that what missed him would not have struck him.'

Jami' at-Tirmidhi

Abu Huraira reported Allah's Messenger (ﷺ) as saying:

A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart, and if anything (in the form of trouble) comes to you, don't say: If I had not done that, it would not have happened so and so, but say: Allah did that what He had ordained to do and your "if" opens the (gate) for the Satan.

Sahih Muslim

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

How can we cultivate resilience?

3.

Reframe

Everything has purpose and meaning, and **nothing is ever wasted.**

Re-frame challenges as opportunities
to gain the pleasure of Allah SWT.

Re-frame these hardships
as your ticket to Jannah.

Suhaib reported that Allah's Messenger (ﷺ) said:

عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ وَلَيْسَ ذَاكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ إِنَّ
أَصَابَتْهُ سَرَاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ

Strange are the ways of a believer for there is good in every affair of his and this is not the case with anyone else except in the case of a believer for if he has an occasion to feel delight, he thanks (God), thus there is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it.

The bedouins say, "We have believed." Say, "You have not [yet] believed; but say [instead], 'We have submitted,' for faith has not yet entered your hearts. And if you obey Allāh and His Messenger, He will not deprive you from your deeds of anything. Indeed, Allāh is Forgiving and Merciful."

Suhaib reported that Allah's Messenger (ﷺ) said:

عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ وَلَيْسَ ذَاكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ إِنَّ
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Strange are the ways of a believer for **there is good in every affair** of his and this is not the case with anyone else except in the case of a believer for if he has an occasion to feel delight, he thanks (God), thus there is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it.

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

It's Rasulullah ﷺ
who's telling you this,
the one who went through
the most unimaginable trials.

He is the one telling you to
re-frame the way you see tests.

How do we re-frame?
By focusing on the reward.

Allah's Messenger (ﷺ) said,

"No calamity befalls a Muslim but that Allah expiates some of his sins because of it, even though it were the prick he receives from a thorn."

Sahih Bukhari

aaplus

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

Allah's Messenger (ﷺ) said,

"If Allah wants
to do good to somebody,
He afflicts him with trials."

Sahih Bukhari

aaplus

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*The Prophet ﷺ
always thought
about us.*

aaplus

Narrated Ibn Mas`ud:

I visited the Prophet (ﷺ) while he was
having a high fever. I touched him and said,

"You have a very high fever."

He (ﷺ) said,

"Yes, as much fever as two
me of you may have."

Sahih Bukhari

aaplus

I said,

"You will have a double reward?"

He (ﷺ) said,

"Yes. No Muslim is afflicted with hurt caused by disease or some other inconvenience, but that Allah will remove his sins as a tree sheds its leaves."

Sahih Bukhari

aaplus

Life is hard.

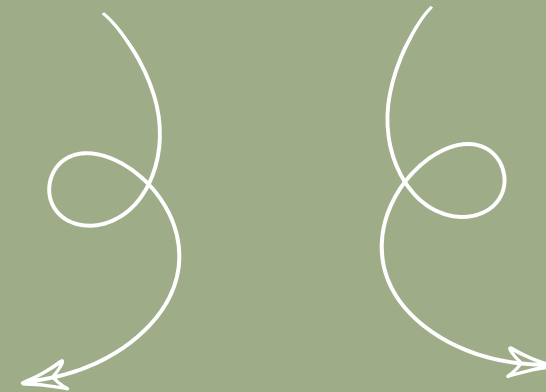
But re-frame and keep the
end in mind and know that
this world is temporary.

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

*Know that the reward is great.
Know that Jannah is worth it.*

*You have **two choices.***

You can be
emotional and
nothing will change



You can reframe
and get the
great reward

Don't lose out on the reward for patience.

*You have **two choices**.*

You can be
emotional and
nothing will change

You can reframe
and get the
great reward

Don't lose out on the reward for patience.

Rasulullah ﷺ and His Emotional Resilience:
Lessons on Mental & Emotional Health from the Sunnah

How can we cultivate resilience?

4.

Practise gratitude

Allah's **prescription** for getting through tests

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ وَذَكِّرْهُمْ
بِأَيِّمِ اللَّهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّكُلِّ صَبَّارٍ شَكُورٍ

Surely, We sent Mūsā with Our signs saying to him, “Bring
your people out of (all sorts of) darkness into the light, and
remind them of the Days of Allah. Surely, there are signs
therein for every one who observes patience and gratitude.

(Surah Ibrahim 14:5).

Allah's **prescription** for getting through tests

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ
وَذَكِّرْهُمْ بِأَيَّامِ اللَّهِ ۚ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّكُلِّ صَبَّارٍ شَكُورٍ

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Allah's **prescription** for getting through tests

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Surely, We sent Mūsā with Our signs saying to him, “Bring your people out of (all sorts of) darkness into the light, and remind them of the Days of Allah. Surely, there are signs therein for every one **who observes patience and gratitude.**

(Surah Ibrahim 14:5).

وَإِذْ قَالَ مُوسَىٰ لِقَوْمِهِ اذْكُرُوا نِعْمَةَ اللَّهِ عَلَيْكُمْ إِذْ أَنْجَاكُمْ مِنْ عَالٍ فِرْعَوْنَ يَسُومُونَكُمْ
سُوءَ الْعَذَابِ وَيُذَبِّحُونَ أَبْنَاءَكُمْ وَيَسْتَحْيُونَ نِسَاءَكُمْ وَفِي ذَلِكُمْ بَلَاءٌ مِّنْ رَبِّكُمْ عَظِيمٌ

And when Mūsā said to his people, “Remember Allah’s blessing upon you when He delivered you from Pharaoh’s people who had been inflicting a grievous torment on you, slaughtering your sons and leaving your women alive. **In that there was a great trial from your Lord.**

(Surah Ibrahim 14:6).

**Allah validates that
it was a great trial**

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

And remember when your Lord proclaimed,
‘If you are grateful, I will certainly give you more.
But if you are ungrateful, surely My punishment is severe.’

(Surah Ibrahim 14:7).

Positive psychology

(Newer field, focussing on mental wellness)

They found that practising gratitude
is **the best possible thing** that
you can do for your mental health.

