YOUR MENTAL HEALTH MATTERS.
KNOW WHEN TO SEEK HELP.

SPIRITUAL HEALTH- ISLAM

DFHN

1 PURPOSE TO LIFE

Those who are impacted by mental illnesses such as depression and anxiety believe that their lives may have no meaning or purpose. In Islam, the Quran and the teachings of the Ahlulbayt (as) can provide answers to questions about the nature of life, the world, and our purpose in life. Islam recognizes that life is fleeting and that everything we do on a daily basis is merely a test from Allah. At the end of the day, our purpose is to serve Allah (God) and earn eternal happiness, which can bring relief to someone suffering from anxiety or depression.

2 PRAYER

Through the five daily prayers and Du'as, we can become closer to Allah (God) and He can help us get through difficult times. This sense of closeness to Allah (God) can bring ease to one's heart and mental state. This sense of closeness to Allah (God) can bring comfort to one's heart and mind. Several studies have found a link between regular prayers and improved mental health, with prayers promoting individuals to be in a more relaxed state, hence reducing anxiety and other mental illness symptoms (Javed 2012; Doufesh et al., 2014).

3 PATIENCE DURING HARDSHIPS

Every individual has a variety of obstacles throughout their lives, some of which may be physical or mental health issues. Despite the fact that dealing with health issues can negatively impact one's life, Allah (God) advices us to be patient and that He would provide us with the strength to overcome adversity.

"O you who believe! Seek help in patience and prayer. Truly God is with the patient" (2:153).

4 PHYSICAL HEALTH

We are given a vessel on this Earth for our soul, and Allah has told us to maintain not only our spiritual, but physical health as well. The Quran states "eat and drink and do not commit excesses; indeed He does not love those who are excessive" (7:31), mplying that people should maintain their health. Physical activity and a good diet are linked to better mental health and a lower risk of chronic diseases, both of which can help prevent mental illnesses