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Islam and Mental Health



A Faith Based View of Coping in a Pandemic

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Aims of the Presentation

- COVID-19 & its Symptoms
- Islam & Plague
- COVID-19 & Government Guidelines
- COVID-19 - Impact and Deaths
- Death - A Muslim's Perspective
- Mental Wellbeing Points
- Application of Spirituality

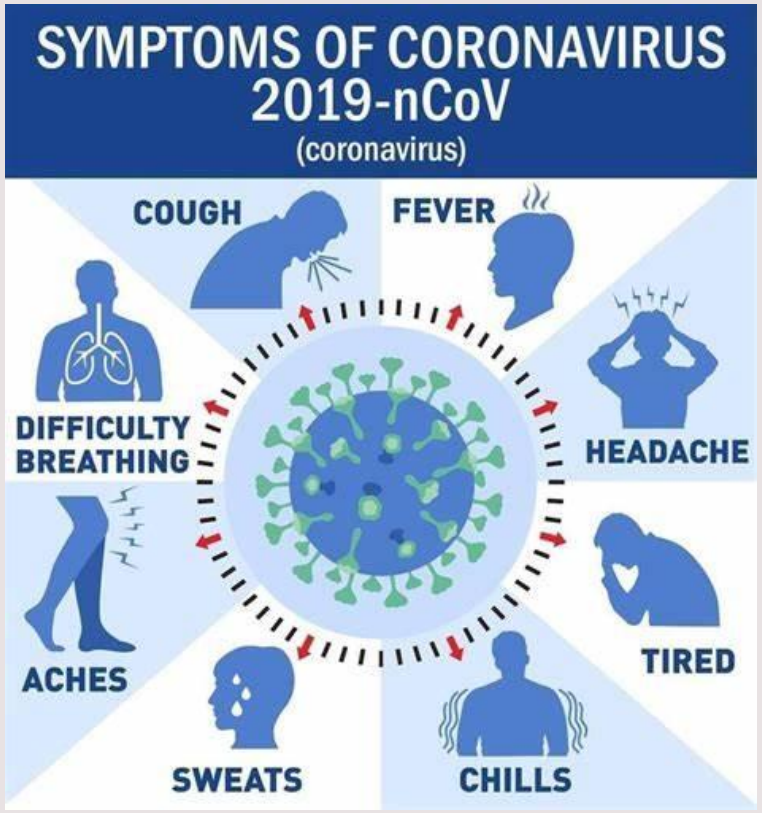
Covid 19 & Symptoms

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome

Symptoms of COVID-19 are variable, but often include:

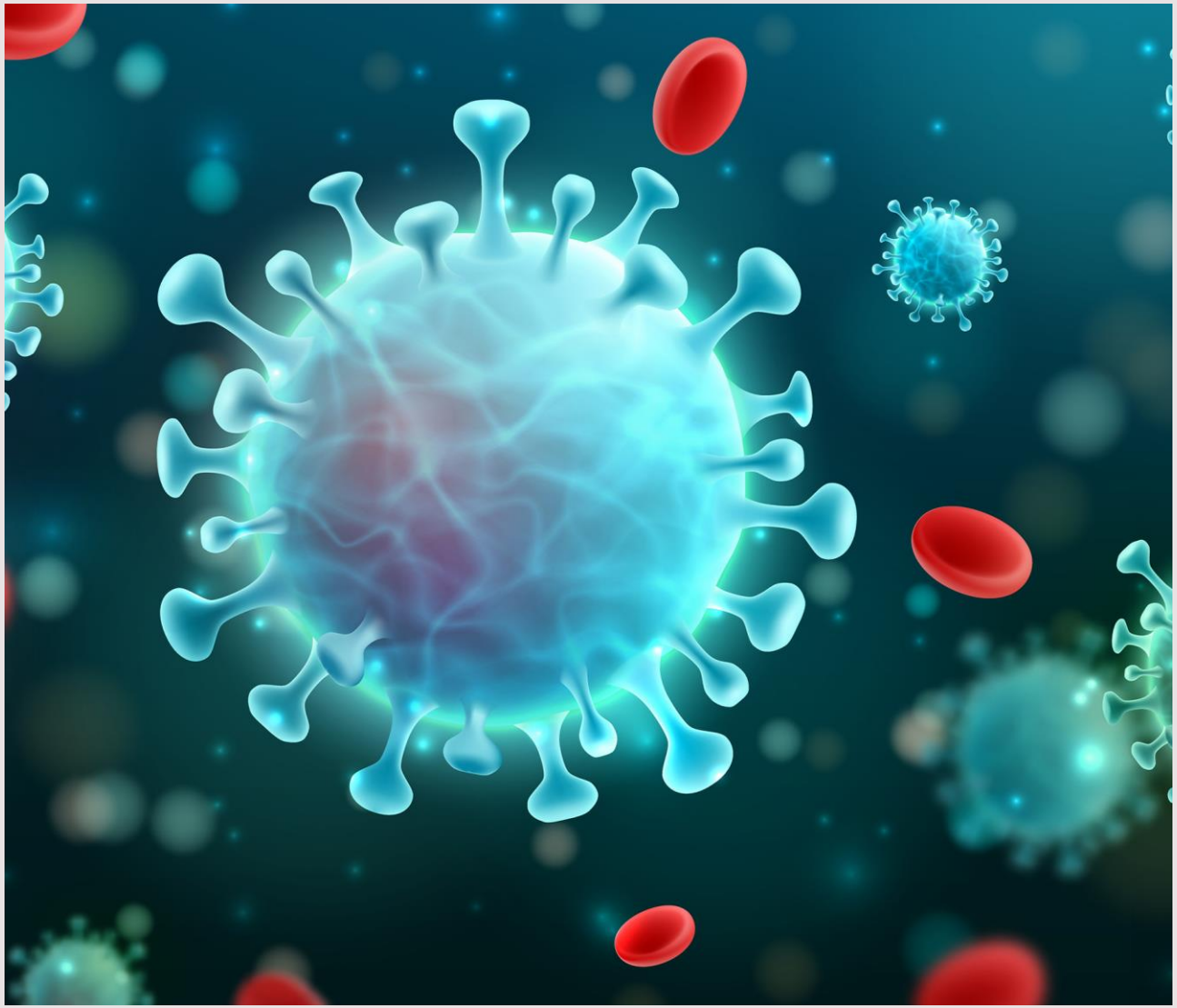
- Fever
- Cough
- Fatigue
- Breathing difficulties
- Loss of smell and Taste

Symptoms begin one to fourteen days after exposure to the virus.



Islam and Plagues

When you hear about a plague in some place, then do not enter such a place. If a plague befalls a land, whilst you are there, then do not leave such a place.



What you can and cannot do during the National Lockdown

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives. You should follow this guidance. This is the law.

Leaving home

You must not leave or be outside of your home except where necessary. You may leave the home to:

- Shop for necessities, for you or a vulnerable person
- Go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- Exercise with your household (or support bubble) or one other person (in which case you should stay 2m apart). Exercise should be limited to once per day, and you should not travel outside your local area.
- Seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- Attend education or childcare - for those eligible
- Attend for prayers at a place of worship



Coronavirus Deaths in Numbers

Global	2,191,489
United Kingdom	103,126
England	90,698

Probability of death for people from BAME backgrounds compared to white British.

Bangladeshi
2.02
Pakistani
1.44
Black
1.35
Chinese
1.28

Indian
1.22
Other Asian
1.13
Black Caribbean
1.1
White (ref)
1



An Urdu poet, succinctly and eloquently describes our state of being in this world, he states,

Divine Decree ordained we leave the world, so lets leave. We did not come in to the world by our desire neither will we leave by our choice. If we were to be given the life span of Khidr (a long life) be aware, death is still inevitable. No matter how long we remain her, it will always seem as we have just come and left straightaway

قضا لے چلی چلے
اپنی خوشی نہ آئے نہ اپنی خوشی چلے

ہو عمر خضر بھی تو ہو معلوم وقت مرگ
ہم کیا رہے یہاں ابھی آئے ابھی چلے

تحفة المؤمن الموت رواه ابن المبارك في الزهد

من أحب لقاء الله أحب الله لقاءه، ومن كره لقاء الله كره الله لقاءه رواه مسلم

We have no choice in how long we remain in this world. *There is a predetermined time for every nation. When their predetermined time comes, they will then not be able to move a moment back nor forward (Quran: 10:49).*

Tips for taking care of your Mental Wellbeing

- ❑ Stay connected
- ❑ Adapt a Routine
- ❑ Try and get as much Natural Light as possible
- ❑ Look after your Physical Health
- ❑ If you're experiencing low moods or depression
- ❑ If you're feeling claustrophobic or Trapped



Looking after your

MENTAL HEALTH

Application of Spirituality

As believers such life experiences should present moments of spiritual reflections and opportunities of turning towards our Lord. The Prophet of Islam *(peace and salutations upon him)* himself endured unparalleled hardships and difficulties during his lifetime.

Saad Ibn Abi Waqqas (May the Lord be pleased with him) once asked the Prophet (peace and salutations upon him), "who is the most severely tested?" The Prophet (peace and salutations upon him) answered, "The Prophets (salutations upon all of them), then those (in devotion to the Lord) most resembling the Prophets then those most resembling them. A man is tested according to (the strength and weakness of) his faith. If he is firm in his faith, his trial is intensified accordingly. If he is weak in his faith, his trial is lessened accordingly. These trials will remain consistent with a servant (of the Lord) till he becomes without sin." (Tirmizi)

Abu Yahya, Suhaib Ibn Sinan narrates from the Prophet of Islam (peace and salutations upon him), in a Hadith referenced by Imam Muslim, the Prophet (peace and salutations upon him) said, "(I am) amazed by the state of a believer; there is certainly a reward for him in all his circumstances (of life), and this is exclusive for a believer. If prosperity reaches him, he (then) shows gratitude (to the Lord), this will then be good for him. (And remember when your Lord announced, "If you are surely grateful, I will most certainly increase for you… (Quran: 14:7). If he is afflicted with a calamity, he (then) bears it with patience, this will then be good for him. (Only those who are patient will be fully given their reward without reckoning (Quran: 39:10).

Application of Spirituality

Abdul Aziz Abdus Salaam Sulami, an Egyptian scholar from the thirteenth century A.D, has compiled some benefits that can be acquired by the believers during afflictions, tribulations and trials:

1. **Acquisition of profound consciousness of Divine Power and Divine Force** – *Your Lord's seizing is most certainly severe. He is certainly the One who originates and will bring back. And He is Most Relenting, the Most Loving; The Possessor of the Throne, the Glorious; Forever doing what He intends (Quran: 85:12, 13, 14, 15, 16)*

2. **Acquisition of deep realisation of absolute servitude to the Lord** – *Those who say when a calamity reaches them, 'We certainly belong to Allah and we will return to Him (Quran: 2:156).*

3. **Faithfulness to the Lord. There is no place of return in averting calamities except to Him. There is no reliance in removing harm except upon Him** – *And if Allah afflicts you with any harm, then there is no remover of it except Him (Quran: 6:17).*

4. **Opportunity to turn towards the Lord** – *And when any harm afflicts the human, he calls his Lord, turning towards Him (Quran: 39:8)*

5. **Opportunity to supplicate to Him** – *So, when any harm afflicts the human, he then calls Us… (Quran: 39:49).*