

The background features four decorative crescent moons, each containing a five-pointed star. The moons and stars are rendered in a light, ornate line-art style against a dark blue background. The moons are positioned in the corners of the frame, and the stars are centered within each moon.

# Mental wellbeing, according to ISLAM

a short & brief guide to mental health in  
islamic psychology

the  
minded



Islamic psychology views the human being (insan) as composed of heart (qalb), mind (aql), and soul (ruh/nafs).

In Islamic teachings, both the Qur'an and Hadith highlight that the Qalb (heart) can become hardened (as referenced in Qur'an 2:74).

This hardening occurs when the Qalb is neglected by not being engaged in Dhikr (the remembrance of God). It also happens when the Aql (intellect) and Nafs (the self or ego) disconnect from the Qalb's proper spiritual guidance.

The Nafs can become untamed due to external influences. When it loses its discipline, it can corrupt or misguide the Aql, thereby confusing its inherent sense of right and wrong and leading to a distorted conscience. This can lead to inner conflict.



True wellness (afiyah) encompasses the health and balance of all three, with the soul's purity and connection to Allah being paramount.

Tawhid (Oneness of God): The foundational belief that Allah is the sole Creator, Sustainer, and ultimate source of all good. This cultivates profound trust (Tawakkul) and reduces reliance on finite worldly means.

Fitra (Innate Disposition): Every human is born with an innate inclination towards goodness and the recognition of God. Mental distress often arises when we deviate from this natural state or when our souls are burdened.

Akhlaq (Character/Ethics): Cultivating noble character traits like patience, gratitude, forgiveness, humility are essential for inner peace and mental resilience.



## Gut-Mind Connection

Islamic Golden Age physicians, like Ibn Sina (Avicenna), whose work greatly influenced Western medicine, observed connections between digestive issues and mental/neurological symptoms.

Ibn Sina, in his monumental work "The Canon of Medicine," discussed how stomach disorders could affect other organs, including the brain. He noted that certain neurological and psychological disorders (like melancholia/depression, headaches, and even epilepsy) could have their origins or be exacerbated by gastrointestinal imbalances.



## Negative emotions

Islam accepts and welcomes emotions like fear, anxiety, sadness, guilt, seeing them as normal human emotions. It is encouraged in Islam to understand the basis of emotions and strengthen your connection with self and God to manage them. The Prophet SAW encouraged “Muhasabah” or the act of self reflection.

Islamic psychology encourages “Tazkiyat al-nafs” (تزكية النفس), which is the concept of the purification and sanctification of the soul. The self is transformed, from self-centeredness to purity and submission. This is a lifelong process of self development which is encouraged through striving to have good character and good deeds.

# Guilt in Islam

Guilt is seen as a positive emotion in Islam when it comes from the realization of doing something wrong, and true remorse. This kind of guilt shows you're connected to your faith, acknowledge your mistake, and want forgiveness. It can even push you to repent (Tawbah) and try to fix your actions.

However, if guilt becomes excessive or overwhelming, it can be harmful. Islam encourages seeking forgiveness from Allah and the person that was wronged, so you can truly forgive yourself and have self-compassion. Islam views guilt stemming from remorse and true acknowledgment as a reflection of good moral character

# Practices to Manage Guilt in Islam

## Acknowledgement

Allah SWT is Al-Ghafoor (The Forgiving), Al-Ghaffar (The All-Forgiving), and Al-Afuww (The Pardoner) and Al-Rahim (the Merciful).

Acknowledge that Allah SWT is all forgiving, and more merciful than you can imagine Trust in Allah's Forgiveness, and recognize that your guilt is a reflection of your goodness.

Don't Despair: Despair of Allah's mercy is a major sin itself. Embrace hope.

Make Amends.

If the sin involved infringing on the rights of others, seek their forgiveness or restore their rights. This is crucial for true peace of mind.

Focus on Good Deeds (Hasanaat)

Quranic Reminder: "Indeed, good deeds do away with ill deeds." (Quran 11:114).



# Practices to Manage Guilt in Islam

## Forgiveness

The first meaning of *astaghfirullahal 'azhim* is forgiveness (*ghafara*). When we say this, we're asking Allah to forgive our mistakes and cover our shortcomings. The more *istighfar* we make, the purer we become from sins, errors, and disgrace. This is why Allah loves those servants who constantly seek His forgiveness.

The second meaning, *aslaha*, translates to repairing or improving. By saying *astaghfirullah*, we're imploring Allah to improve our lives, strengthen our faith, help us find enjoyment and focus in worship (*khushoo'*), and refine our character.





# Anxiety in Islam

Islam views anxiety as a common human experience, not a sign of weakness. It acknowledges the human tendency towards worry and anxiety. The Quran notes “So, surely with hardship comes ease” (94:5)

The Prophet Muhammad (peace be upon him) experienced moments of distress, teaching us that even the best of creation faced anxiety.

When seeking guidance, he turned to Allah through dua and prayer. His example shows us the normalcy of negative emotions like anxiety, distress, and fear.

**“Allah does not burden a soul beyond that it can bear”  
Surah Al-Baqarah, 2:286**

# Practices to Manage Anxiety in Islam

## Strengthening Connection with Allah

### **Regular Salah (Prayer):**

Prayer is a source of calmness and tranquility. Allah says in the Quran: "Indeed, the prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater" (Quran 29:45).

Taking time to perform salah with mindfulness helps reduce stress.

### **Dhikr (Remembrance of Allah):**

Engage in constant remembrance of Allah through phrases like:

SubhanAllah wa bihamdihi, SubhanAllah al-'Adheem (Glory be to Allah and praise Him, Glory be to Allah the Great).

Hasbiyallahu la ilaha illa Huwa, 'alayhi tawakkaltu, wa Huwa Rabbul-'Arshil-'Adheem (Sufficient for me is Allah, there is no deity except Him. Upon Him, I have relied, and He is the Lord of the Great Throne) (Quran 9:129).



# Practices to Manage Anxiety in Islam

## Sadaqah Jariyah

***The Prophet (PBUH) said 'whoever does not thank the people has not thanked Allah' [Sunan Abi Dawud]***

**Sadaqah Jariyah** is the act of giving long-term charity, such as donating a water well to a community that lacks access to clean water which will support them for months and years to come

- sharing knowledge
- participate in building a mosque
- participate in building a water well
- planting a tree

Even smiling at others is a form of charity in Islam. 'A smile is a charity' [At-Tirmidhi]



# Practices to Manage Anxiety in Islam

## Learning

***'Rabbi zidni ilma' (O my Lord increase me in knowledge) – QURAN 20:114***

Learning is highly valued in the Quran. The first word revealed to the Prophet (PBUH) was "Iqra", meaning read.

You can:

Memorize verses of the Quran

Learn about islam

Read a few pages of a new book

Watch an educational video

Listen to a podcast

Research shows that reading and learning new things:

- Reduces stress by up to 68%
- Improves mood and alleviates depression
- Enhances emotional intelligence and empathy
- Boosts cognitive health and reduces the risk of dementia
- Promotes mindfulness and focus
- Boosts self-esteem and feelings of accomplishment



the  
minded

# Practices to Manage Anxiety in Islam

## Tawwakul

Tawakkul is full reliance on Allah and faith in his plan.

Anxiety often stems from the human desire to control outcomes, especially in uncertain situations. When we realize that ultimate control belongs only to Allah (SWT), the burden of outcomes is lifted from our shoulders.

Quran 3:159: "And when you have decided, then rely upon Allah. Indeed, Allah loves those who rely upon Him."

This verse encourages making a decision and taking action, but then placing full reliance on Allah for the results. This balance of effort and reliance is key.

"And whoever relies upon Allah – then He is sufficient for him" (Quran 65:3).





## Dua for Anxiety and Distress:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ  
وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Transliteration: Allahumma innee a'uzubika  
min alhammi wal huzni wal ajzi wal kasli wal  
bukhli wal jubni wa dala'id dayni wa  
galabatir rijaal.

Translation: O Allah, I take refuge in you from  
anxiety and sorrow, weakness and laziness,  
miserliness and cowardice, the burden of  
debts and from being overpowered by men.  
[Hadith | Sahih Al-Bukhari]





## Dua for Stress:

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Transliteration: Hasbunallahu wa ni'mal wakeel.

Translation: Allah is sufficient for us, and he is the best disposer of affairs.

[Qur'an | Surah Ale-Imran | 3:173]





## Dua for Guilt:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Transliteration: La ilaha illa anta  
subhanaka inni kuntu mina-z-zalimin

Translation: There is no god worthy of  
worship except you. You are free from  
imperfection. Indeed, I have been of the  
wrongdoers.

[Qur'an | 21:87]







**Recite the du'a as follows:**

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

Transliteration: Rabbi inni zalamtu nafsi fa-ghfirli. Rabbi inni zalamtu nafsi fa-ghfirli.

Translation: My Lord, I have certainly wronged myself, so forgive me

[Qur'an | 28:16]





## Dua for Depression:

اللهم اخرجني من الظلمات إلى النور

Transliteration: Allahumma Akhrijnee min adhulumaati ilaa annur.

Translation: Oh Allah take me out of darkness and into the light.

[Practiced Du'a]





## Dua for when facing a difficult task:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Transliteration: La hawla wa la quwwata illa billah.

Translation: There is no power or strength except with Allah.

[Hadith | Ibn Majah]

Anas bin Malik said when the Prophet (PBUH) would be afflicted with a stressful trial, he would say: "O Ever-Living, O Self-Subsisting Sustainer of all, I seek help through Your mercy!"

[Hadith | Tirmidhi]



**Recite the du'a as follows:**

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Transliteration: Yaa Hayyu yaa Qayyum,  
bi-rahmatika astaghith.

Translation: O Ever-Living, O Self-  
Subsisting Sustainer of all, I seek help  
through Your mercy.



## **Certain Surahs for anxiety:**

**Surah Al-Duha** (93): Revealed to comfort the Prophet (peace be upon him) during a period of distress, it reminds us of Allah's care.

**Surah Al-Inshirah** (94): Focuses on relief after hardship.

**Ayat Al-Kursi** (Quran 2:255): Provides protection and reassurance.

# About Us

**the minded** is an online mental health platform aiming to redefine the mental health space to be more culturally relevant, and faith-based. Dedicated to providing culturally sensitive resources to different groups of people.

---

**visit:** [www.theminded.org](http://www.theminded.org)

**instagram:** [themindedofficial](https://www.instagram.com/themindedofficial)

---

## **sources:**

[https://www.researchgate.net/publication/366533209\\_Tazkiyat\\_al-Nafs\\_as\\_a\\_Solution\\_for\\_Reaching\\_Humans\\_Peace\\_of\\_Heart\\_in\\_the\\_Modern\\_Age](https://www.researchgate.net/publication/366533209_Tazkiyat_al-Nafs_as_a_Solution_for_Reaching_Humans_Peace_of_Heart_in_the_Modern_Age)

<https://link.springer.com/article/10.1007/s10943-018-0595-1>

<https://link.springer.com/article/10.1007/s10943-018-0651-x>

<https://www.clinmedjournals.org/articles/ijda/international-journal-of-depression-and-anxiety-ijda-4-027.php?jid=ijda>

<https://www.taylorfrancis.com/books/mono/10.4324/9780429354762/islamic-psychology-hussein-rassool>

<https://blogs.ncl.ac.uk/medlit/2023/01/19/reading-reduces-stress-fact/>