

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، أَحْمَدُهُ سُبْحَانَهُ حَمْدًا طَيِّبًا مَبَارَكًا فِيهِ كَمَا يَحِبُّ
وَيَرْضَى، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ
وَصَحْبِهِ أَجْمَعِينَ، وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah the Lord of the worlds, I praise His glorious status and majesty as is befitting to Him. I bear witness there is no deity except Allah, He is alone having no partners. And I bear witness that Muhammad is His servant and Messenger. May the peace and blessings of Allah be upon him, his family, his companions, and all those who live like them till the Day of Resurrection.

Reducing Stress

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

“And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient “ (2:155)

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا

“And whoever turns away from My remembrance, indeed he will have a depressed (stressed) life,” (20:124)

A little stress is good, too much and continuous is detrimental

77% people experience physical symptoms caused by stress; headache, acne, chest pain, high blood pressure, fatigue, depression, anxiety etc...

1. Regular Exercise: reduces stress levels, fatigue, improves concentration levels and ability to fight diseases.

The Prophet Muhammad ﷺ was reported to walk in a fast pace, **(AKA Power Walk)**

“When he walked, he lifted his leg with vigour. He did not drag his feet.. it seemed as if he was descending from a high place.” (Tirmidhi)

“I did not see anyone walk faster than him, as if the earth folded for him” (Tirmidhi)

Reducing Stress

2. Eat Right: Certain types of food and drink can increase stress levels, such as fast foods, butter (Ghee), cheese, meat, shellfish, sugar, tea, coffee, and soft drinks

كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ – وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

“Eat from the good things which We have provided for you and be grateful to Allah (2:172)- “Eat and drink, but be not excessive. Indeed, He likes not those who commit excess.” (7:31)

Reduce tea/coffee contain certain neuro-stimulators like caffeine and theo-bromine, which are proven to increase stress levels

3. Sleep Well: Sleep is a vital part of our life, Allah ﷻ has created the night for rest and rejuvenation. When you are tired and not well-rested, your stress hormones increase. The Prophet ﷺ advised us to sleep right after Isha

4. Laugh/Smile: Reduces stress hormones and detoxes the body. Smiling is sunnah, and a charity for yourself. **تَبَسُّمُكَ فِي وَجْهِ أَخِيكَ لَكَ صَدَقَةٌ (Tirmidhi)**

5. Socialise With Family and Friends:

مَنْ أَحَبَّ أَنْ يُبْسَطَ لَهُ فِي رِزْقِهِ، وَيُنْسَأَ لَهُ فِي أَثَرِهِ، فَلْيَصِلْ رَحِمَهُ

"Whoever loves that he be granted more wealth and that his lease of life be prolonged then he should keep good relations with his kith and kin." **(Bukhari)**

Reducing Stress

7. Take Advantage of Your Free Time: In our busy life, we need some time to enjoy ourselves. Do your chores, serve your community, or simply relax and listen to Qur'an, a lecture or read a book

وَاذْكُرُوا اللَّهَ كَثِيرًا لَّعَلَّكُمْ تُفْلِحُونَ

“And remember Allah often that you may succeed.” (62:10)

” يَا حَنْظَلَةُ سَاعَةٌ وَسَاعَةٌ – O Hanzalah, there is a time for this and a time for that.”(Ibn Maja)

8. Be Content With What You Have: Most of us are not satisfied with what we have. You might be stressed about not getting that promotion, or unsatisfied with your job/salary, or tensed with your children etc. Remember that there are people dealing with harder situations than yourself; some are homeless, jobless, or without children.

Stress cannot solve your problems, but it only causes more, especially to your health and social life. So, be happy with what you have, be patient, try to do your best and ask Allah ﷻ for guidance.

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

“So remember Me; I will remember you. And be grateful to Me and do not deny Me.” (2:152)