



By



**MUSLIM MIND
COLLABORATIVE**

STUDENT TOOLKIT

Understanding Mental Health and Wellbeing

Supported by



The
Reflection
project

Introduction

To celebrate Muslim Aid's 40th anniversary, we've partnered with Muslim Mind Collaborative to ensure we support your future with practical ways to ensure your excellent mental health and wellbeing.

Understanding Mental Health and Wellbeing

Mental Health: Refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Wellbeing: Involves creating a supportive environment where children feel safe, respected, and valued.



What is Stress and Anxiety?

Stress: A response to an external trigger, such as a work deadline or a fight with a loved one. Stress is usually short-term and can be a positive motivator. Once the stressor is removed, stress levels usually go down.

Anxiety: A persistent feeling of apprehension or dread that can occur even when there's no obvious threat. Anxiety can linger and bubble to the surface at any time, even when there isn't a clear cause.

How does it feel? Some common symptoms of both stress and anxiety include:

Psychological Symptoms of Anxiety



Physical Symptoms of Anxiety

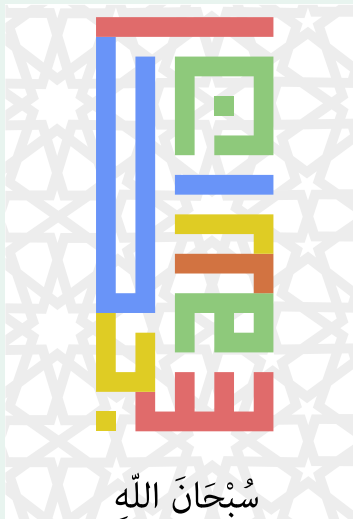
Resource provided by: [inspiredminds](https://inspiredminds.org.uk) inspiredminds.org.uk

What can I do? Faith and Culturally Sensitive Tips

1 Prayer and Spiritual Practices:

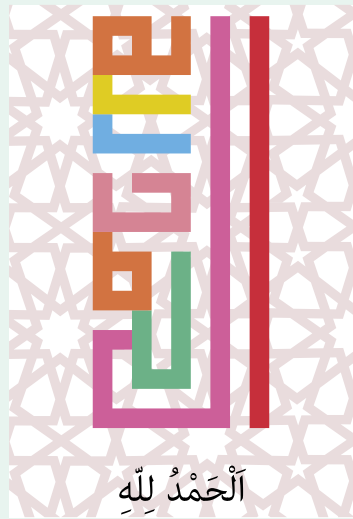
Salah (Daily Prayers): Performing the five daily prayers can help instil a sense of peace and routine.

Dhikr (Remembrance of Allah): Reciting phrases like "SubhanAllah," "Alhamdulillah," and "Allahu Akbar" can provide comfort and reduce anxiety. Dhikr using a tasbeeh can be additionally helpful as it provides a sensory focus which can help disrupt anxious thoughts.



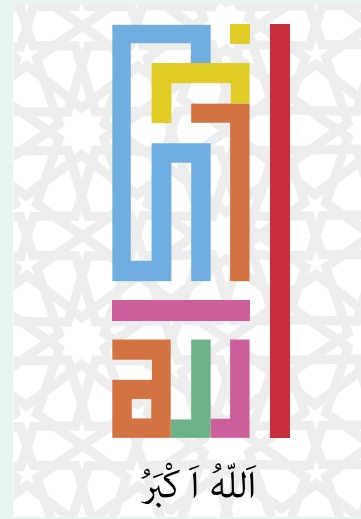
سُبْحَانَ اللَّهِ

Subhan Allah
GLORY BE TO GOD



الْحَمْدُ لِلَّهِ

Alhamdulillah
PRAISE TO GOD



اللَّهُ أَكْبَرُ

Allahu Akbar
ALLAH IS THE GREATEST

Dua (Supplications)

Dua's made from your heart to Allah in your language can soothe your stress and anxiety. Prophet Muhammad ﷺ would make this dua when he was anxious.

Du'a of the Prophet ﷺ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَغَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

Allaahumma 'inee 'aoothu bika minal-hammi walhazan, wal'ajzi walkasal, walbukhli waljubn, wa dhala'id-dayni wa ghalabatir-rijaal

Oh Allah ﷻ, I seek refuge in You from anxiety and sorrow, inability and laziness, miserliness and cowardice, the burden of debts and being overpowered by men.

Hamm (anxiety)
and Hazn (sorrow)

'Ajz (inability) and
Kasl (laziness)

Bukhl (miserliness)
and Jubn (cowardice)

Resource provided by: inspiredminds.org.uk



Qur'an Recitation: Reading or listening to your favourite verses of the Qur'an can be soothing and helps in seeking spiritual comfort. Visualising the words as you recite or listen can provide an additional sensory focus to help interrupt anxious thoughts.

1 Healthy Lifestyle

Balanced Diet: Ensure you eat nutritious foods and stays hydrated.

Exercise: Regular physical activity boosts mental and physical health.

Sleep: Ensure you get enough rest. Try to maintain a good sleep cycle, including a dark, quiet environment, no screens for an hour before sleep, phone out of reach and a regular sleep schedule.



3 Mindfulness and Relaxation

Breathing Exercises: Practice deep breathing techniques to manage stress. These can be combined with dhikr and sensory techniques. There are some examples of deep breathing techniques below:

Deep calm



- Breathe in for **4** seconds
- Hold for **7** seconds
- Breathe out for **8** seconds
- Repeat **4** times

Slow breaths



- Breathe in slowly as you count **1 2 3 4**
- Breathe out slowly as you count **4 3 2 1**
- Repeat **4** times

Square breathing



- Breathe in as you count **1 2 3 4**
- Hold as you count **1 2 3 4**
- Breathe out as you count **1 2 3 4**
- Hold as you count **1 2 3 4**
- Keep your counting even and trace your finger along the edges of a box of tissues or a dice if that helps you to focus
- Repeat **3** times

Journaling: Write about your thoughts and feelings to help manage stress. They could include inspirational quotes and verses of the Qur'an which you find helpful. For example:

“

Allah is sufficient for me. There is no God worthy of worship except Him. In Him I put my trust. And He is the Lord of the Mighty Throne
The Holy Qur'an
Surah At-Tawbah 9:129.

”

Nature Time: Spend time outdoors in natural settings to relax and refresh the mind. While outside, notice the temperature of the air on your skin and the colours and sounds around you, as sensory focus can help interrupt stressful thoughts.



4 Social Support:

Family and Friends: Encourage open communication with trusted family members or friends about feelings.

Community Activities: Engage in community events or volunteer activities to stay connected.

Youth Groups: Join Islamic youth groups or activities to find support and companionship.



5 Seeking Help:

Counsellors and Teachers: You can speak to school counsellors or trusted teachers if you need help.

Mental Health Resources: Utilise resources available in your community that are specifically designed to support mental health.




6 Creative Outlets for Mental Health and Well-being:

Having creative outlets is essential for maintaining mental health and well-being, as they provide a way to express emotions, reduce stress, and foster a sense of accomplishment. Engaging in activities like drawing, colouring, and mindfulness exercises can help you manage your emotions and improve focus.



By incorporating these tips, you can create a balanced approach to handling anxiety and stress in a way that honours your faith and culture.

Download: *In this toolkit, we've included:*

- [Colouring therapy worksheet](#) by Farrah Azam @farrah.azam  inspired by Islamic art and patterns to help you explore your mood and creativity through colour.
- [Creating a vision board](#) is not just about setting goals; it's also about fostering a positive mindset and supporting your overall well-being.

If you need more support...

While everyone experiences stress to some extent, stress can be overwhelming when it is particularly intense or long-lasting, and negatively impact our physical or mental wellbeing. You are not alone and can reach out for further support:



Muslim Youth Helpline: A free, non-judgemental confidential helpline for Muslim youth providing emotional support by phone, live chat, WhatsApp or email. Visit [website](#).



Young Minds: Support and advice created with young Muslims that can really help if Islamophobia is affecting your mental health. Visit [website](#).



The Reflection Project provides safe, professional mental health support to Muslim-heritage children and families, guiding them through the healing process. By collaborating with local communities, consulting with mainstream services, and offering comprehensive training for therapists, they ensure culturally sensitive 1:1 therapy. Their expert therapists create a safe space for children to express their faith identity freely while navigating life's challenges. Visit [website](#).



Inspired Minds: A Muslim mental health charity offering professional, non-judgmental, confidential support. They provide articles, webinars, and more. Visit [website](#).



**Value Every Mind
Workshops**