FOR STRESS MANAGEMENT

**DO**

- Listen: Before offering advice, without judging.
- Empathize to build trust.
- Meet people where they are.
- Distinguish between giving fatwa vs counseling.
- Remind emotional state does not always indicate spiritual state.
- Encourage people about hereafter dimension (ultimate reward, ultimate justice).

**DO**

- Teach people how to make du’a for themselves.
- Encourage people and offer hope for healing without false promises.
- Remind people that du’a made for the deceased will be received by the deceased.
- Communication between the living and the dead does not end with death.
- Remind people of the reunion in the hereafter (Akhirah reunion).
- Encourage people to transform grief into something positive.
- Give charity or volunteer for a cause that was important to the deceased.

**DON’T**

- Judge people’s spiritual state based on their emotional state.
- They may feel fear or sadness while having strong connection to God.
- Tell people that more faith will resolve depression.
- Expect people to be in the place we want them to be.
- Tell people not to cry.
- Give medical advice if you are not a doctor.

**TOOLS FOR MANAGING STRESS**

- Interpret events positively.
  - Perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not.” (2:216)
- Feel the presence of God in your life. He is always with you.
- Put your trust in God.
- Remind yourself that this life is not the only life. Look through the akhirah lens to understand pain and suffering.

**TOOLS FOR MANAGING STRESS**

- Think well of yourself. Do not think of yourself as a failure.
- Remember God will give you strength when you ask Him for it.
- Remember that God is aware of our emotional state, as He was aware of the Prophet Muhammad’s sadness.
- Make slow, intentional ablution (wudu), then prayer.

**TOOLS/CONCEPTS TO ADDRESS FEAR**

- Patience (does not mean accepting oppression, rather it means to resist it).
- Focusing on the hereafter and the ultimate reward or justice facilitates patience.
- Being optimistic (does not mean no planning).
- Trusting in God (does not mean being reckless).
- Making du’a (share du’a of Prophets Nuh, Yunus, Moses, Muhammad).

*STAY SAFE. BE WELL.*

For more information & resources, visit [www.peacefulfamilies.org](http://www.peacefulfamilies.org)