

SPIRITUAL COUNSELING 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
- Remember emotional state does not always indicate spiritual state
- Remind 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 (Aakhirah 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.