

Stress Management is prostration for the believer

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This is a prostration that you value

He gives salvation to a man by a thousand prostrations

(Allama Iqbal)

(It means that there is so much power within one prostration that the person ends all worries)

Stress is related to the events and situations happening around us, when there is a change in our life, we often suffer from mental and physical stress. What is called pressure or stress, our emotions are closely related to our health. This nervous pressure is a part of our life. In life, good and bad situations happen to every human being and mental problems are imposed by humans on themselves, but Islam allows us to do so. It teaches to be patient and grateful for the circumstances and gives the good news of God's rewards for patience. Islam strictly prohibits not being patient with mental problems and keeping them on the mind and always being worried.

The changes in the human body caused by stress sometimes have to pay a heavy price and we suffer from various diseases, but it should be kept in mind that stress, stress, and excessive production of hormones as well as Just as dangerous is having too little because both cases have negative health effects. When there is pressure on the brain, different factors start working inside the body. Positive and negative emotions are related to the prefrontal cortex, a part of the brain behind the forehead equal to the palm of the hand. How do you see and observe day to day events in a negative way or in a positive way?

Mental stress is just the name of a psychological condition, but a large part of the world's population suffers from this problem. According to the report of the World Health Organization, "40 million people in the world are suffering from this stress, with negative thoughts and negative

mood. Resistance is disease with illness and positive attitude. Stress or mental stress symptoms such as fast heartbeat, irritability and anger, headache, muscle spasms, acne on the face or body, no or too much appetite, fatigue, lethargy and sleep problems. , profuse sweating, gastrointestinal problems like constipation, heart rate increases, mental stress weakens the nervous system and leads to nervous weakness. B.P. Being affected etc. According to modern medical research, mental stress is the result of a person 's own personality. If you want to get rid of stress, the first thing you need to do is change yourself. Unless you manage yourself, your stress will not decrease. Severe mental stress or pressure affects the structure of the brain and mental stress and psychological stress lead to blockage of blood flow which later leads to heart diseases. The more you manage yourself, the less your stress will be.

Effective ways to reduce stress Pray, exercise, breathe deeply, eat well, stay calm in a fast-paced life, find time for hobbies, talk openly about your problems, eliminate stress triggers, associate with positive people, be happy Make time for activities, create a plan of action to improve your surroundings, watch limited news on TV and social media, determine your priorities. The most valuable thing a person has is faith and trust, faith in Allah. Surrender this life to Allah only then the tension will be reduced. A lively heart is the energy of life, it energizes both the human body and soul.

The Holy Qur'an has mentioned many facts about the structure and perfection of man and his personality. The Holy Quran has also mentioned the purification and civilization of man and the treatment of spiritual and moral diseases. In the same way, many information about human nature and behavior are mentioned in the hadiths of the Prophet. You can protect yourself from anxiety to a great extent by seeking guidance from Islam's injunctions and mental health.

Following the rituals and teachings of Islam is to mental health what X-rays are to physical health. In other words, worship and good deeds are the food of our soul, just as people do not exercise and do not think about food and suffer from diabetes, blood pressure. It does not affect health. Prayer is the basic worship of Islam, due to its regular observance, man gets peace. Prayer is a means of seeking guidance from Allah Almighty and getting relief from difficulties, and this dhikr reduces stress. Prayer brings life into order.

Dua: Muslims seek help, guidance and encouragement from Allah Almighty through dua to overcome sadness, stress, despair and anxiety in the face of difficulties. Sharing the state of your heart with Allah Almighty gives a lot of encouragement and positive reinforcement, reciting and understanding the Holy Qur'an leads to spiritual and emotional development of a person. From the verses we learn about wisdom, faith and the mercy and love of Allah Almighty, which leads to peace in the heart and strong passion.

May Allah have mercy on you, so don't rely on my soul, for there is no god but you Do not entrust and fix all my affairs, except you There is no god."

Gratitude: Islam also draws one's attention to the countless blessings that each person finds in this world, thus it is easier to cover one's problems by focusing on gratitude and witnessing the progress of a full life. happens. Patience is an important part of Islam through which Muslims learn, the wisdom of Allah Subhan Taala in the problems and difficulties of life. With this thought, a person can reduce his sadness and anxiety to a great extent.

Self-esteem: Islam places great emphasis on taking care of one's body and mind because health is a blessing from Allah. These positive factors reduce stress and increase relaxation.

Keeping positive thinking: Islam instructs all human beings to have positive thinking and hope for Allah's mercy. Due to this positive trend, it becomes easier to avoid negative thoughts and control stress, depression and anxiety. Here it is quite important that although it is easy to maintain good mental health according to the teachings of Islam, the need for psychologists is also included, especially when the nature of the disease is severe. It does not prohibit to approach for solving the problem but advises to consult experts. The best method is psychological exercises and treatment in the light of Islamic teachings provides better results.

The Prophet (peace and blessings of Allah be upon him) said: He who takes only one (i.e. sorrow and worry of the Hereafter), Allah will suffice him for the sorrow and worry of this world, and whoever has many sorrows and worries of this world, Allah will not worry about him. Even if he perishes in the valleys of the world (i.e. misguidance and difficulties).

The distance is long but the destination is certain

The test is hard, but He is also merciful