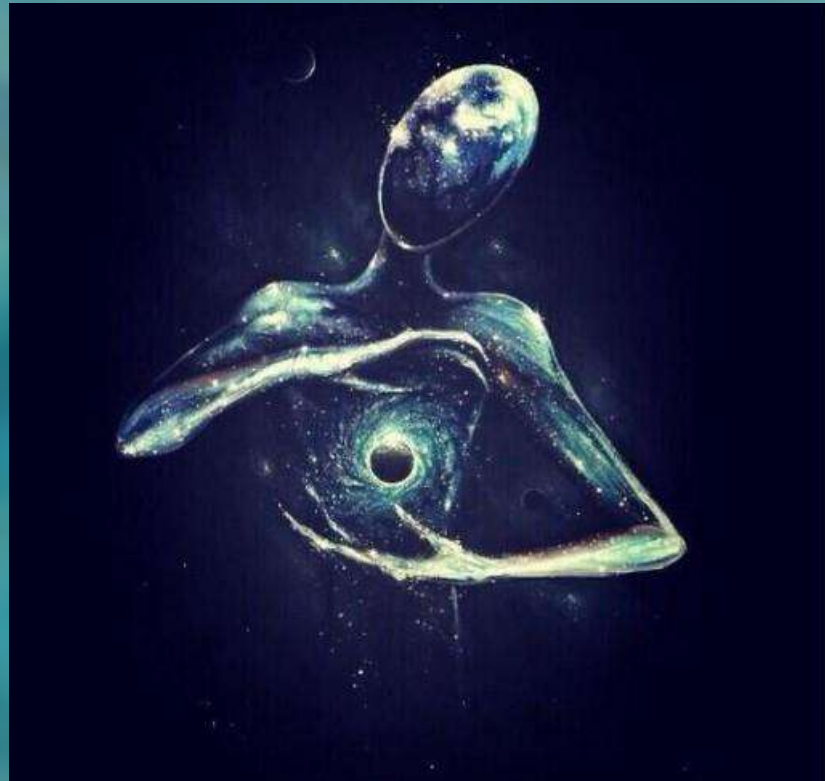


Overcoming Obstacles Using Islamic Psychology



Anisa Diab, M.S., NCC, DCC
Counselor, Speaker

“Your remedy is within you, but you do not sense it.
Your sickness is from you, but you do not perceive it.
You presume you are a small entity,
But within you is enfolded the entire universe.
You are indeed the evident book, by whose alphabet the
hidden becomes the manifest.
Therefore, you have no needs beyond yourself.
What you seek is within you, if only you reflect.”

-Imam Ali



What Causes Mental Illness?

Biological
Factors

Environmental
Stressors

Stressful
Life Events

Substance
Abuse

(The Jed Foundation, 2011)

What is Stress?

- **Stress is your body's reaction to the demands of the world.**
- **Stressors are events or conditions in your surroundings that may trigger stress.**
- **Everyone has different stressors.**

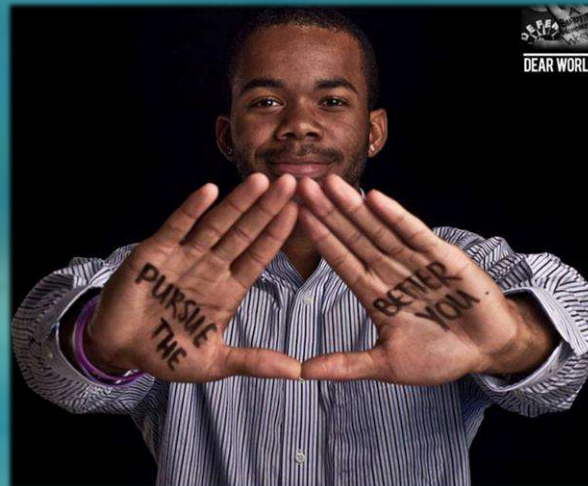
When is anxiety a problem?

- It interferes with the person's work or relationships
- Frequently co-occurs with depression
- Maladaptive coping such as substance use.
- Avoidance of situations
- Obsessive or compulsive behavior
- Panic Attacks
- Self injurious behavior

(National Institute for Mental Health, 2011)

Reflection:

1. What triggers your stress?
2. How do you react when you're stressed?
Physically? Emotionally? Verbally?
3. What do you do to cope with stress? Would you change anything?



What is mindfulness?

Mindfulness:

“Taking a balanced approach to negative emotions so that the feelings are neither suppressed nor exaggerated. We cannot ignore our pain and feel compassion for it at the same time. Mindfulness requires that we not “over identify” with thoughts and feelings, so that we are caught up and swept away by negativity.”

--Dr. Kristin Neff, [Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind](#)



Ψ

**A big part
of emotional
intelligence
is being able to
feel an emotion
without having
to act on it.**

THEPSYCHMIND.COM

**Does mindfulness have a
place in Islam?**

Mindful Muslims



Simple Meditation

Instructions

1. Close your eyes and sit in a comfortable position (sitting with feet flat on ground, lying in bed, or legs crossed on the floor).
2. Take a deep breath in and count until 5 (or until your lungs are completely full with air). Release air fully through nose or mouth.
3. Acknowledge thoughts by identifying them and allowing them to pass (You will never think of nothing).
4. Practice consistently at least 7 minutes a day.

Guided Imagery Exercise



What did you notice?



The Biology of Stress

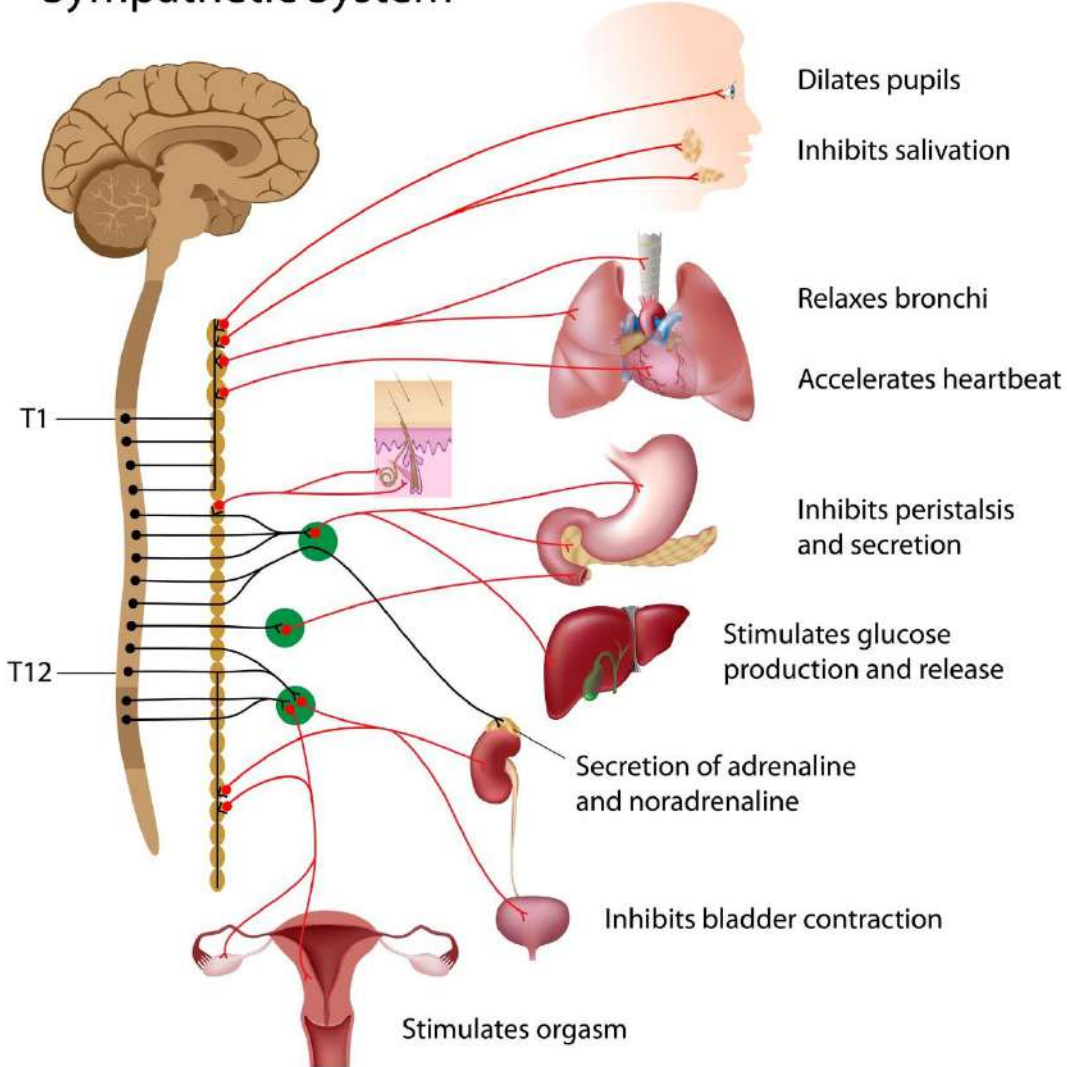
| NERVOUS SYSTEMS | |
|--|--|
| Sympathetic Nervous System | Parasympathetic Nervous System |
| <i>prepares the body for intense physical activity</i> | <i>relaxes the body and inhibits or slows many high energy functions</i> |
| fight or flight | rest and digest |

“I think breath is the only function through which you can influence the involuntary nervous system.”

*-Dr. Andrew Weil,
Physician and Founder for Integrative Medicine at University of
Arizona*

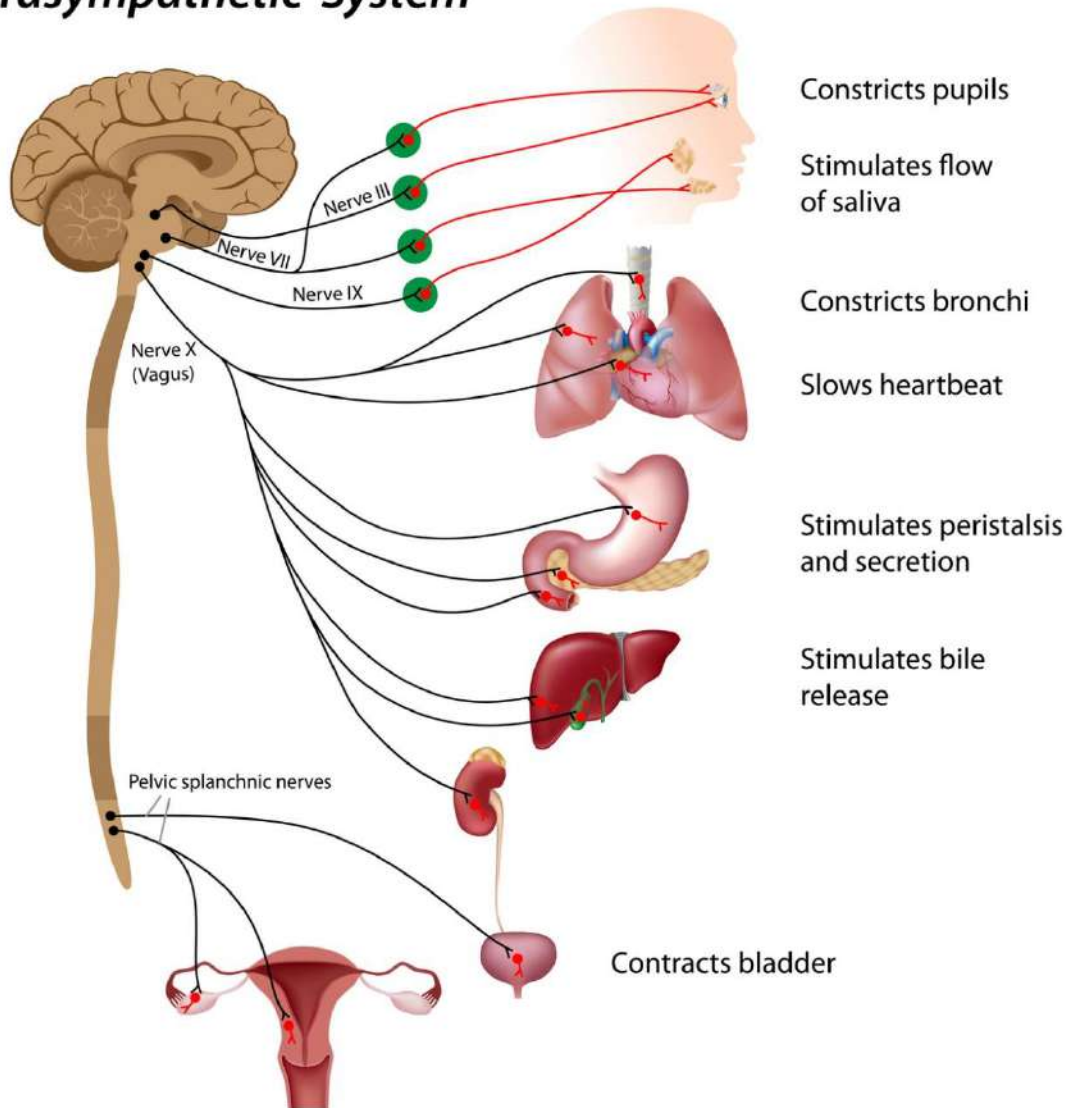
Fight or Flight

Sympathetic System



Rest and Digest

Parasympathetic System



Positive Coping Strategies

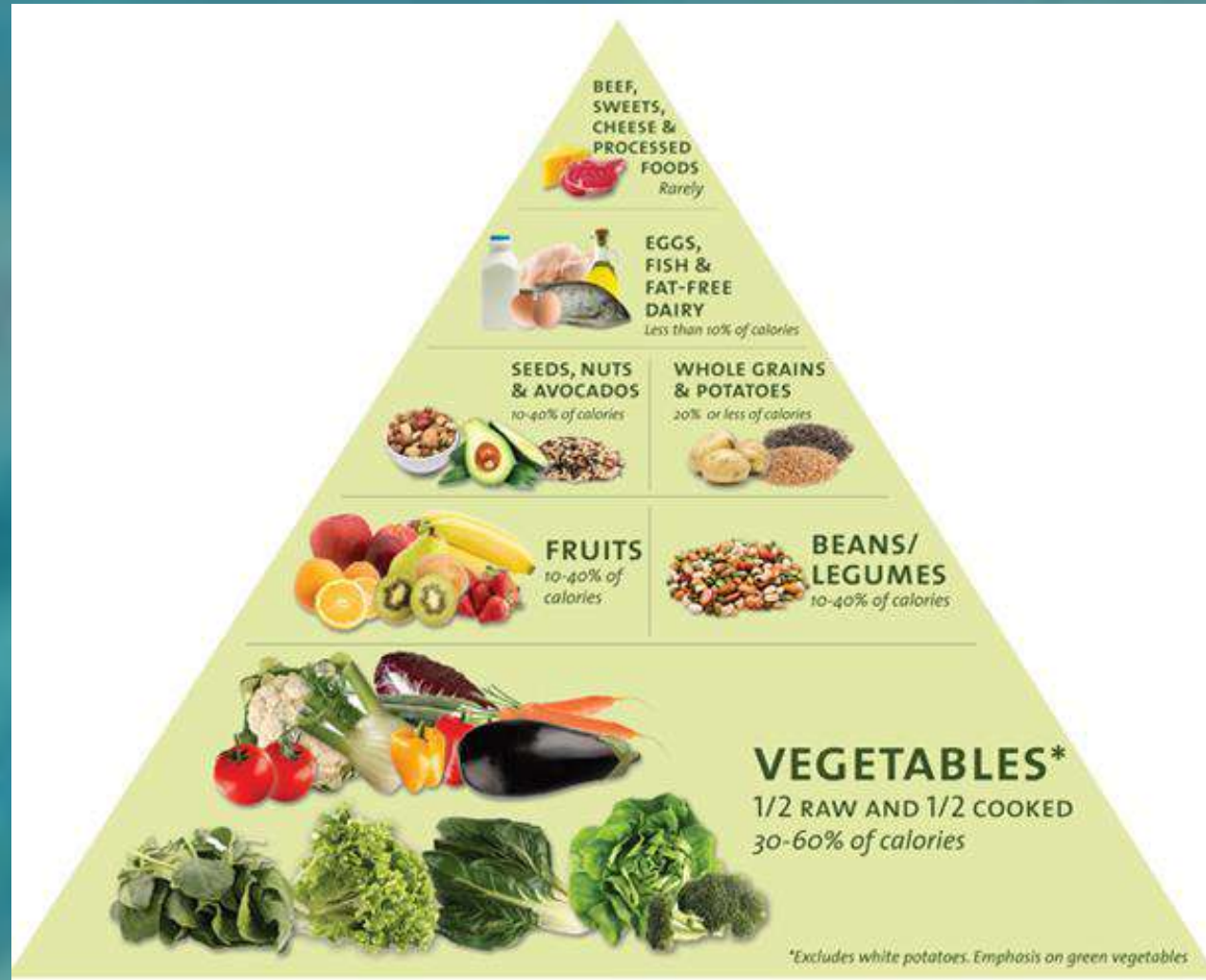
- Meditation**—reduction in stress, depression, anxiety, pain, insomnia
- Yoga**—reduction in sx of clinical depression, increase in fluid intelligence with age
- Exercise**—at least half an hour such as brisk walking, can help improve mood, protect against heart disease and cancer, and boost self-esteem.
- Religion/Spirituality**-built-in community support and prayer reduces risk of cardiovascular disease, High blood pressure and other chronic diseases.

(Lazar, 2011; APA, 2013; NPR, 2015; TIME, 2017)

Nutrition

*Eat G-BOMBS

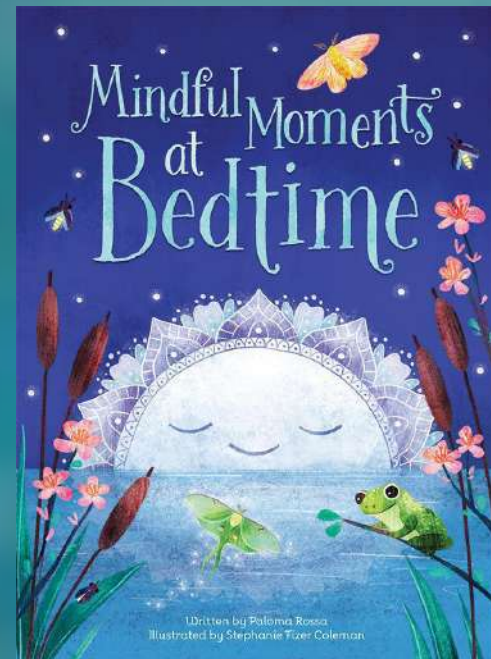
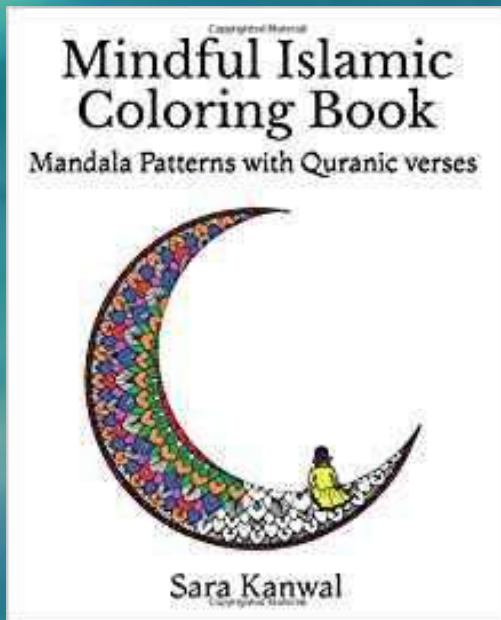
- Greens
- Berries
- Onions
- Mushrooms
- Beans
- Seeds



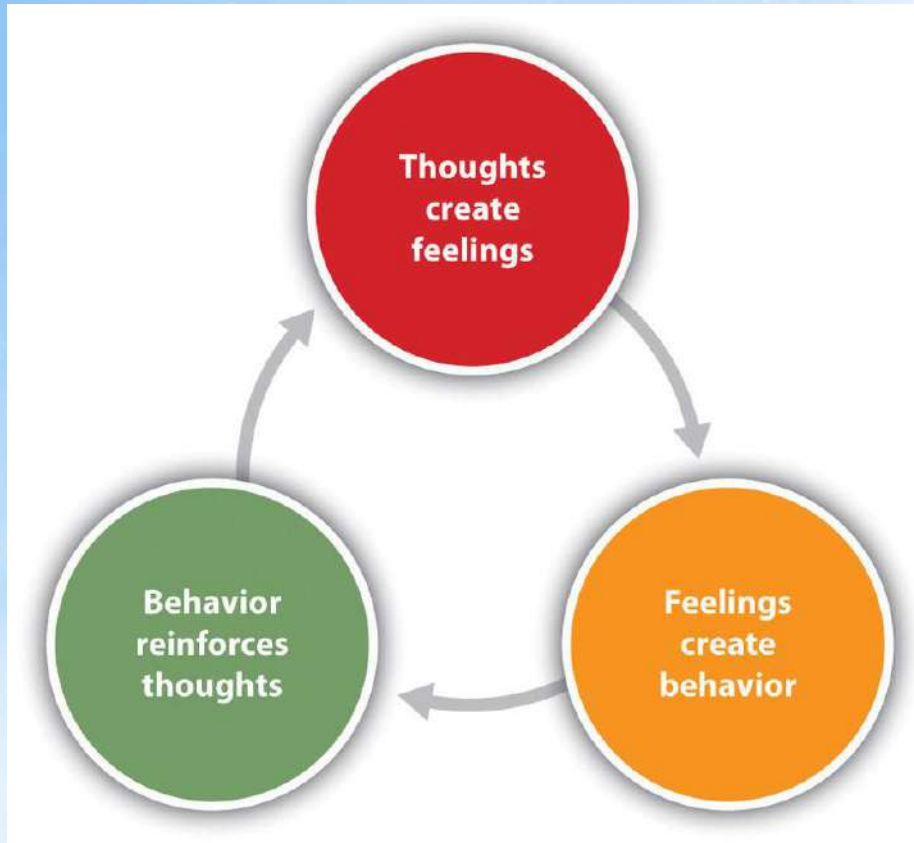
Copyright © 2010 Joel Fuhrman M.D.

(Joel Fuhrman, MD Food Pyramid)

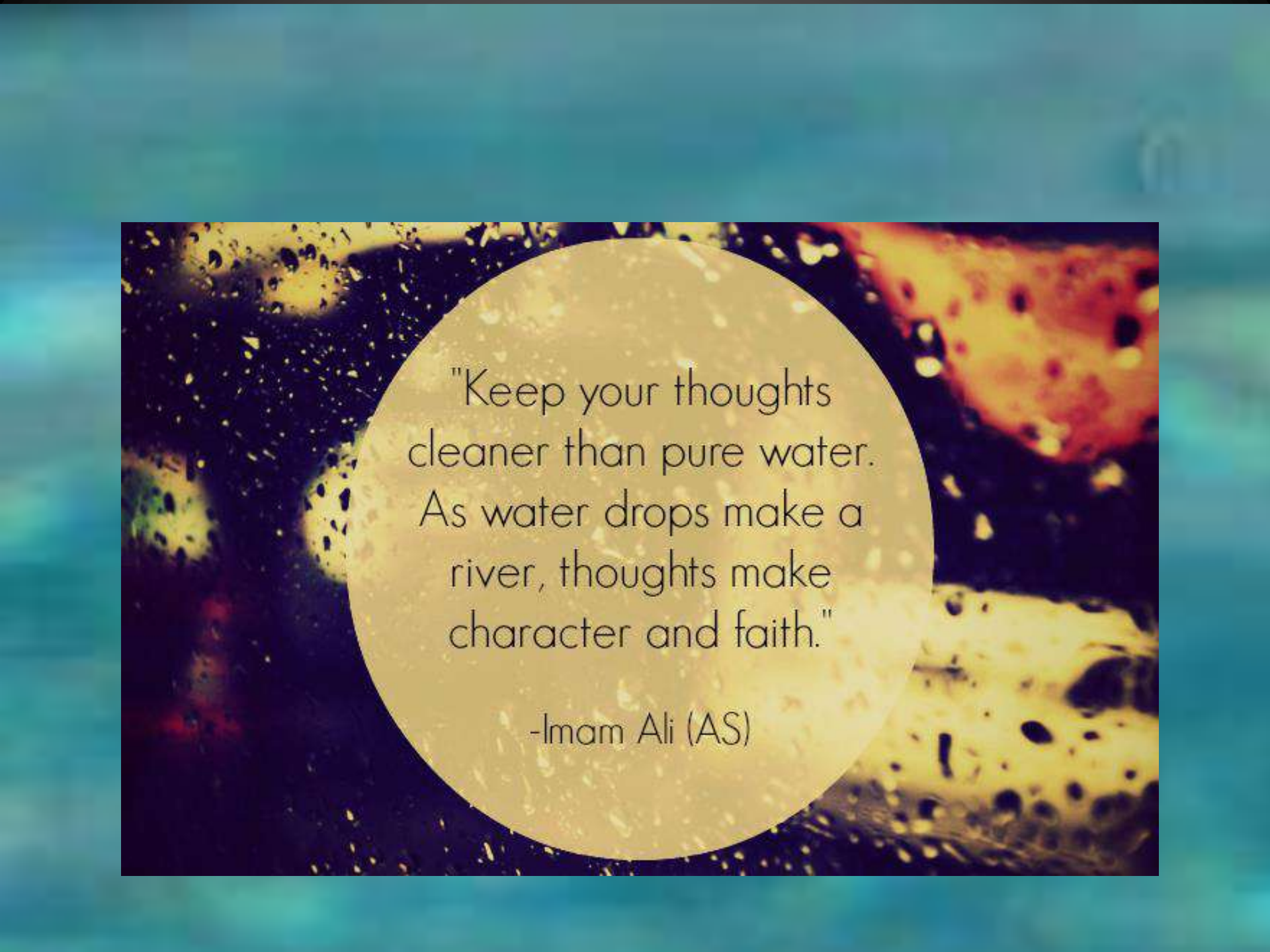
Mindfulness for Kids



The Cognitive Behavioral Model



**Why do people lack
confidence in themselves?**



"Keep your thoughts
cleaner than pure water.
As water drops make a
river, thoughts make
character and faith."

-Imam Ali (AS)

Negative Self-Talk

- My friends and family don't care about me.
- I'm so stupid.
- I'm a failure in life.
- I'm like this because of my parents.
- Nobody would care if I wasn't around anymore
- I'm unworthy of being loved.

A close-up, artistic photograph of a human eye, focusing on the iris and pupil. The eye is looking slightly to the right. The image is overlaid with white text. The background of the entire slide is a blurred teal and blue gradient.

The blind is not
someone who has lost
his eyesight, but the
one who has lost his
insight.

The Holy Prophet (pbuh)

**YOUR MIND IS A GARDEN,
YOUR THOUGHTS ARE THE SEEDS.
YOU CAN GROW FLOWERS OR
YOU CAN GROW WEEDS.**



UPLIFT

A vintage television set is centered in the image. The screen is black and displays the text "Change Your Channel" in a bold, white, sans-serif font. The television has a silver or chrome frame and a control panel on the right side with several knobs and a speaker grille. The background is a light blue gradient with a faint, misty landscape of mountains and water.

**Change
Your
Channel**

Positive Affirmations

I am doing my best.
I know Allah is with
me.

I make wise decisions
based on what I know.
I am healthy and have
all that I need.

I am safe.



Getting Un-Stuck:

- Am I seeing this issue as black and white without any gray areas?
- Am I trying to read this person's mind?
- Am I overgeneralizing this issue?
- Am I catastrophizing this problem?
- Is this fact or opinion?
- What advice would I give to someone else in this situation?

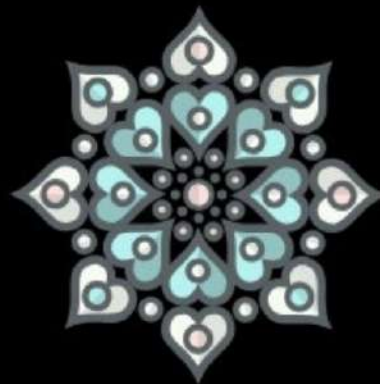
What's in Your Mental Health First Aid Kit?



A serene sunset scene over a body of water. The sky is a mix of soft pinks, oranges, and blues, with wispy clouds. The water reflects the colors of the sky. In the foreground, there is a grassy area with some water splashes, creating a bokeh effect with warm, glowing spots.

"Verily, in the remembrance of Allah do
hearts find rest"

Quran, 13: 28



Schedule a free consult
today!

ANISA DIAB.COM

MUSLIM MENTAL WELLNESS

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Facebook: Anisa Diab—Muslim Mental Wellness

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