


A person in a dark jacket and shorts stands on dark, wet rocks at the edge of a beach, looking out at the ocean during a sunset. The sun is low on the horizon, creating a bright orange glow and a long, shimmering reflection on the water. The sky is filled with dark, dramatic clouds, some of which are illuminated from below by the setting sun. The overall mood is contemplative and serene.

# Achieving Work-Life Balance

Anisa Diab, M.S., NCC, DCC  
Counselor & Mental Wellness/Interfaith Speaker

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**What areas do  
you struggle  
with the most?**



# Consequences of Poor Work-Life Balance

- **Fatigue**
- **Poor Health**
- **Lost time with friends/loved ones**
- **Increased expectations**
- **Emotional and Spiritual Burn-out**






# Dimensions of Wellness

- **Occupational**
- **Emotional**
- **Spiritual**
- **Environmental**
- **Financial**
- **Physical**
- **Social**
- **Intellectual**

Divide your time into four parts: an hour for Allah, an hour to work/provide for your family, an hour to socialize with friends (those who who are trustworthy and can keep your secrets) and lastly an hour for yourselves in which you can perform what you desire without falling into haram  
-Imam Musa Al-Kadhim



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Is balance  
*really*  
possible?



# Priority Pyramid

Allah

The Self

Marriage

Children

Extended Family

Work

Community

# Relationship with Allah

- Rate your relationship with Allah swt (1-10 scale)
- Allah as the foundation of all your priorities
- Worship not confined to the prayer mat
- Any halal act becomes a form of worship when you do it with God consciousness



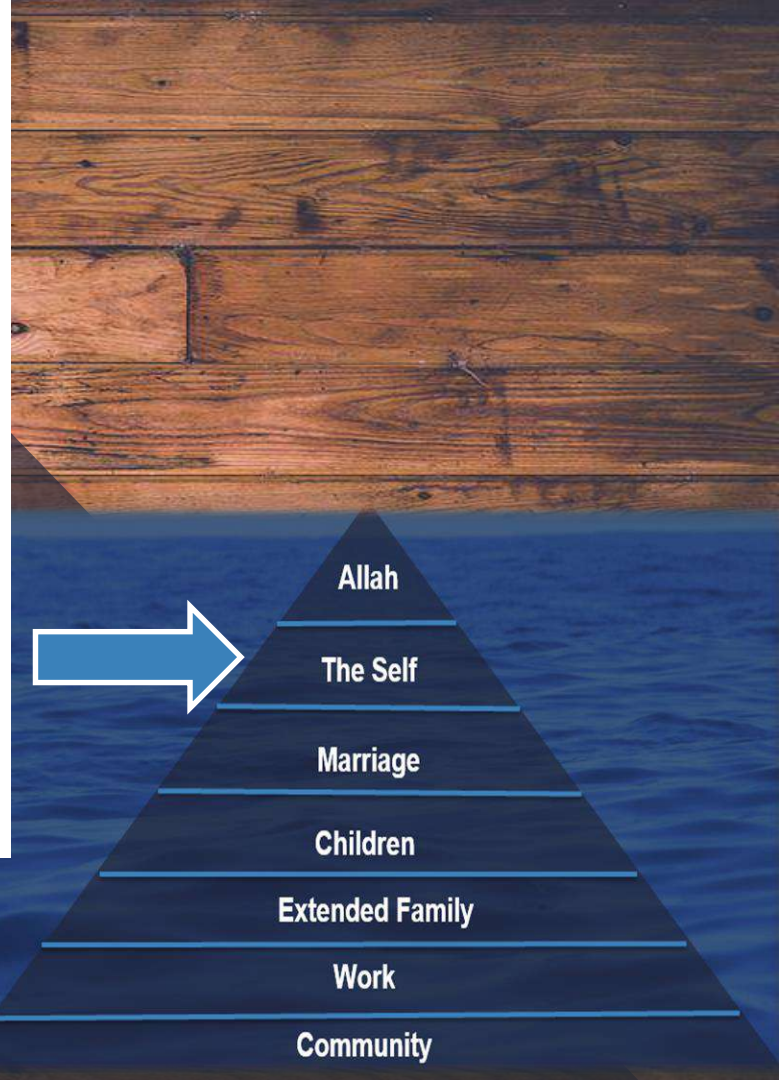
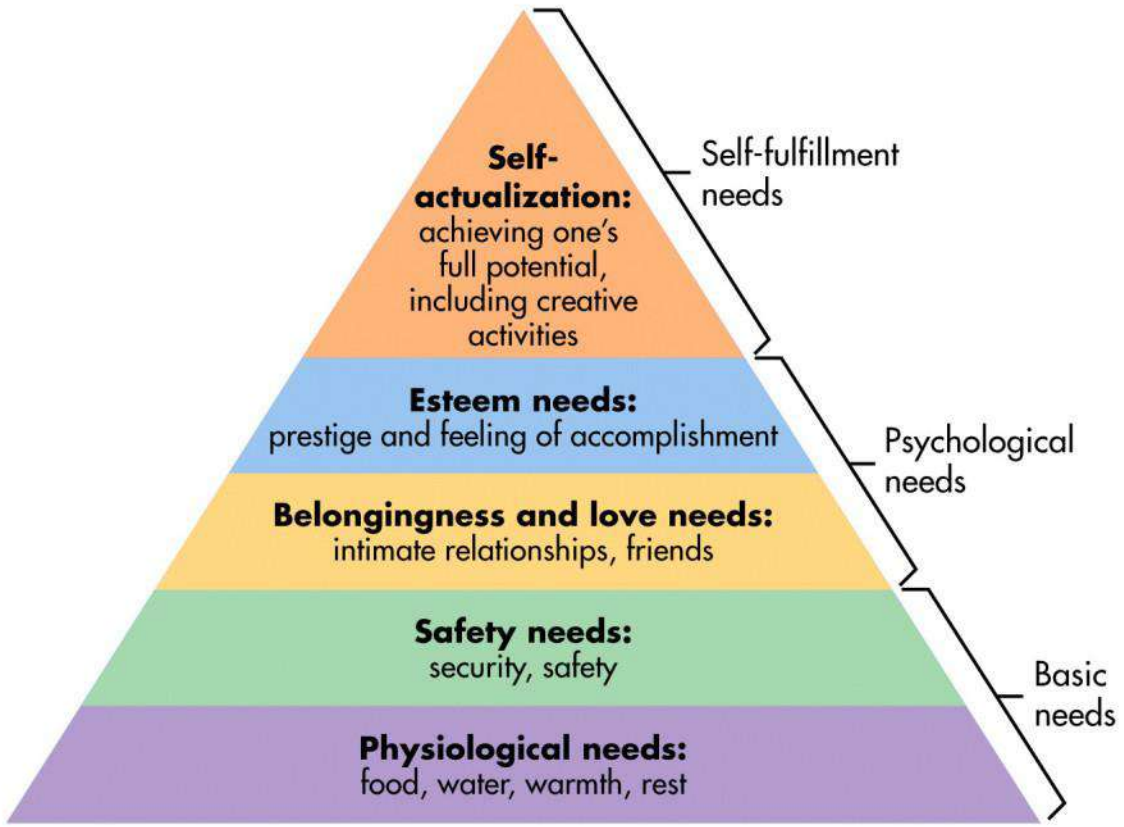


# Relationship with Allah

- **Recognizing Problems and Striving towards change**
- **Self-Reflection and Meditation**
- **Focusing on Wajib when Faith is Low**
- **Fostering Self-Forgiveness**







# Maslow's Hierarchy of Needs



## **FIT YOUR OWN OXYGEN MASK FIRST**

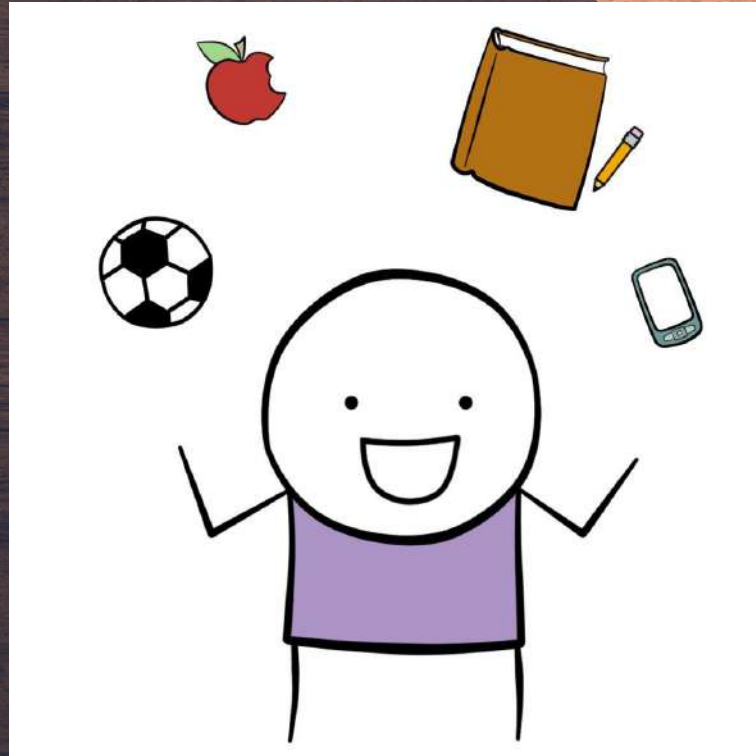
You're no use to anyone if you're running on empty.  
Caring for yourself first is often the  
best thing you can do, in order to help others.  
It isn't selfish, or egocentric.  
Just really good advice.

© JennyFlintoft.com/JensGems





# Juggling it all...



# Put First Things First

Urgent

Not Urgent

Important

## I Urgent/Important

- Crises
- Pressing problems
- Deadline-driven projects, meetings, reports

The quadrant of  
**NECESSITY**

## II Not Urgent/Important

- Prevention
- Preparation
- Planning
- Values clarification
- Relationship- building

The quadrant of **BALANCE**  
and **PRODUCTIVITY**

Not Important

## III Urgent/Not Important

- Needless interruptions
- Unnecessary reports
- Unimportant meetings, phone calls, mail, e-mail
- Other people's minor issues

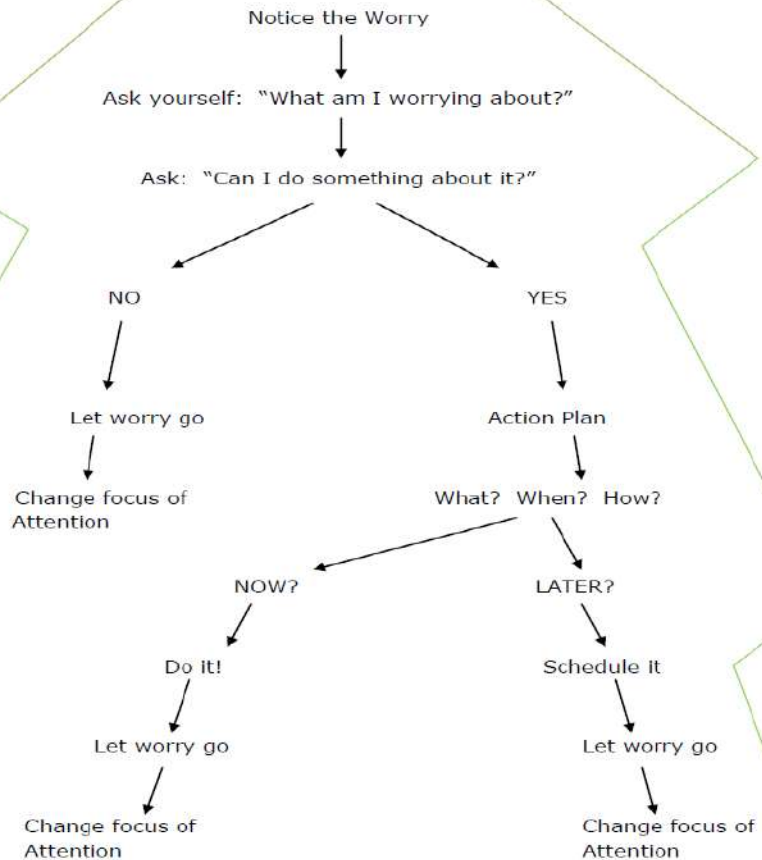
The quadrant of  
**DECEPTION**

## IV Not Urgent/Not Important

- Trivial busywork
  - Irrelevant phone calls, mail, e-mail
  - Time wasters
  - Excessive TV, internet, relaxation
- The quadrant of **WASTE**  
and **EXCESS**



## THE WORRY TREE



# Write it Down!

# January

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2020



# Create a To-Do List Based on Priority Level

- Create a word document. Save it on Desktop or easy to find place.
- Divide the List into the following categories:
  1. Urgent Items (deadline based)
  2. Personal/Family
  3. Ongoing Goals
- Highlight 1-2 areas to focus on



“

The best gift you can give  
your children is a happy  
marriage.



# Healthy Marriages

- Making quality time (dating, connecting, learning about each other)
- Supporting each other's needs and dreams.
- Having realistic expectations
- Maintaining respect (avoiding sarcasm, avoiding foul language, listening).
- Filling the “emotional bank” account of the marriage.





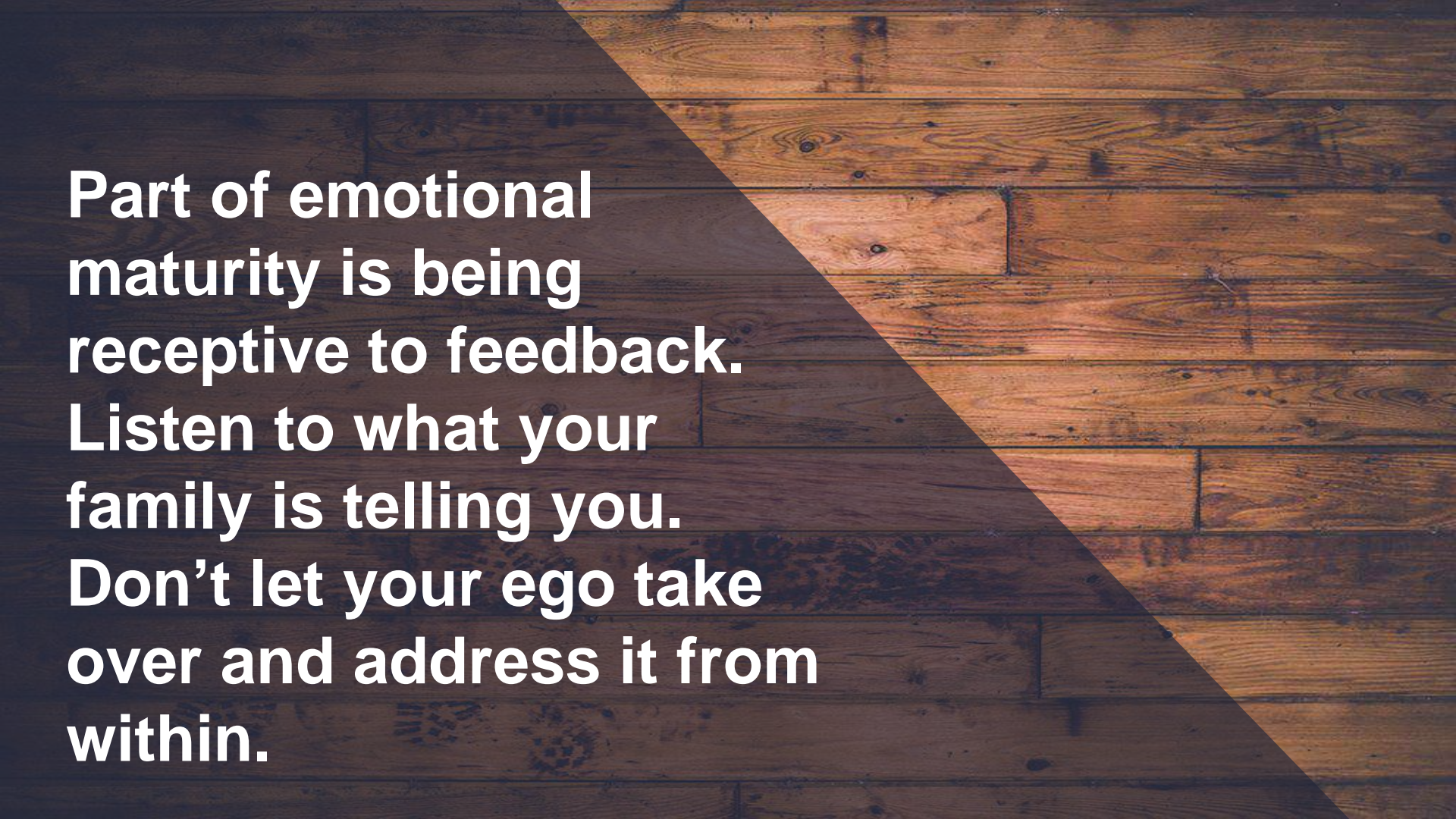
# i-dependency

- Americans spend an average of 1.7 hours a day social networking and check their phones some 46 times a day
- High social media use to depression.
- Social networking increased people's anxiety about how they compare with other people.



(Seidman, 2017; National Institute of Health).





**Part of emotional maturity is being receptive to feedback. Listen to what your family is telling you. Don't let your ego take over and address it from within.**

# Signs you Need Professional Help

**“I’m just staying in this marriage just for the kids.”**

**“I’m going to have another baby to heal our relationship.”**

**“I feel like I’m living with a stranger.”**

**“I’m not happy in this marriage.”**



# Connection

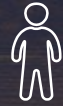


## Young Children

Connection through: Filling the meter/Play

Learning through Play and Parental Attachments

Goal: Seeking to understand the world around them



## Adolescents/Teenagers—

Connect through: Providing Safe

Spaces to Address Concerns

Learning through Experience

Goal: Better navigate peer relationships.



## Young Adults—

Connect through: Fostering Independence

Learning through Taking Risks/Trying New

Things

Goal: Develop Self-Identity and Career





# Physical Health

*“Teach your children swimming, archery, and horseback riding.”*

-Prophet Muhammad  
(saaw)



# The Right of your Mother

“The right of your mother is that you know that she carried you where no one carries anyone, she gave to you of the fruit of her heart that which no one gives to anyone, and she protected you with all her organs. She did not care if she went hungry as long as you ate, if she was thirsty as long as you drank, if she was naked as long as you were clothed, if she was in the sun as long as you were in the shade. She gave up sleep for your sake, she protected you from heat and cold, all in order that you might belong to her. You will not be able to show her gratitude, unless through God’s help and giving success.”

- Imam Zain al Abideen (Risalatul Huquq) Treatise On Rights



# The Right of your Father

“The right of your father is that you know that he is your root. Without him, you would not be. Whenever you see anything in yourself which pleases you, know that your father is the root of its blessing upon you. So praise God and thank Him in that measure. And there is no strength save in God.”

Imam Zain al Abideen (Risalatul Huquq) Treatise On Rights



# In-laws

- You don't marry the family, but it is a package deal.
- Having realistic expectations
- Their opinions are just an opinion
- Boundary-Setting
- Respecting spouse's family = Respecting Spouse





# Healthy Work Habits

- Take your lunch breaks, vacation and sick days
- Leave Work at Work
- Take mental health days





# Dealing with Toxic People

“ When dealing with difficult people, it is important to challenge any beliefs you have that are pressuring you to take actions that may be counterproductive. Sometimes, people feel that failing to respond in kind to aggression leads it to get worse, or that failing to respond is a sign of weakness and is demeaning. I would argue that strength is demonstrated by feeling that the attack is so meaningless that one does not need to respond. It may also mean having the patience to select the time, place and method of response that is optimal.”

Dr. Roy Lubit: [Coping with Toxic Managers, Subordinates, and other difficult people](#)



# Healthy Habits for Studying

- Caffeinated Beverages
- Say no to Energy Drinks
- Having a regular sleep schedule
- All-nighters won't help
- Artificial light
- What do I do if I'm lying in bed and can't fall asleep?





# The Multi-Tasking Myth

- Only works for mindless activities
- Multitasking is simply Switch-Tasking at a cost
- Switch tasking decreases productivity and increases stress
- Remove distractions such as notifications and pings from phone



# Community Activism

- **Volunteering**
- **Identifying ways to provide services based on your skill-set**
- **Involving family in your activism**





## Signs you Need to Take a Step Back

**“I’m promoting ahlulbayt at the masjid, but neglecting the people of my house.”**

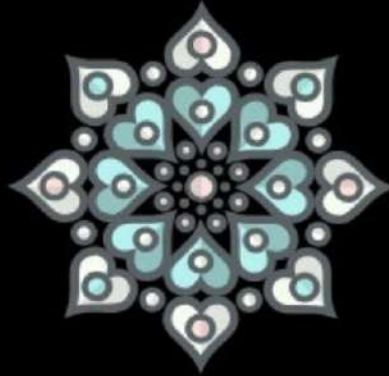
**“I’m being asked to take on too much, but I feel guilty saying no.”**

**“ What will the community say? What will people think?”**

**What is your  
burn-out plan?**







Schedule a free consult  
today!

# ANISA DIAB.COM

MUSLIM MENTAL WELLNESS

Contact Information: [anisa.diab@gmail.com](mailto:anisa.diab@gmail.com)

Website: [www.anisadiab.com](http://www.anisadiab.com)

Facebook: Anisa Diab—Muslim Mental Wellness