



PROPHET MUHAMMAD ﷺ: THE SAVIOUR OF HUMANITY

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Feb 04, 2023
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Mental Health - It's Serious

- Many outstanding global issues (economic, social, civil unrest, corrupted ideologies)
- Mental Health is the #1 leading cause of death in Canada, and #4 in the world
- Taboo topic
- While many people don't believe in it, The Prophet Muhammad ﷺ acknowledges mental health illnesses.



Statistics

- Mental Health is the #1 leading cause of death in Canada, and #4 in the world
- According to World Health Organization (WHO):
“Depression is one of the leading causes of disability. Suicide is the fourth leading cause of death among 15-29 year olds. People with severe mental health conditions die prematurely - as much as two decades early - due to preventable physical conditions.”



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The Prophet ﷺ & Mental Health

- Mental illness is a fact and not a lack of faith
- Prophet Muhamad ﷺ acknowledged and validated mental health issues - not ignore or reject these feelings
- The Sahaba gave those who struggled with mental health illness portions from بيت مال المسلمين
- 2 of the مقاصد الشريعة are dedicated to Hifth Al Nafs & Hifth Al Aql
- The Prophet ﷺ set preliminaries and preparations for everyone coming after



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The Prophet ﷺ & Mental Health

- The Prophet ﷺ is the best of mankind yet he is still a human, so he does go through emotional challenges, like stress and grief
- The economic & social boycott during the early years of Prophethood caused everyone psychological and mental issues like anxiety and stress
- The year of sadness (his wife Khadija & uncle Abu Talib)
- The death of his son, Ibraheem



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Logotherapy & School of Psychoanalysis

- He ﷺ accepted the condition, allowed himself to grieve and moved on with plans to end the suffering.
- Principle of Logotherapy - Viktor Frankl
- Psychoanalysis: using dreams as royal road to the unconsciousness therefore dream interpretation is an important technique in this school
- It was reported that the Prophet ﷺ paid attention to dreams and constantly asked his companions regarding this dreams and provide meanings to them. Ex: Sayidna Umar hearing the Athaan in his dream.



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How the Prophet ﷺ dealt with M.H

- Cognitive Reframing:

Cultivating healthy attitudes and mindset towards the affliction

وَلَنَبْلُونَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ

وَبَشِّرِ الصَّابِرِينَ

Surah Al Baqarah; Verse 155

How the Prophet ﷺ dealt with M.H

- Embracing & Acknowledging your own emotions:

The Prophet ﷺ taught us the importance of validating our emotions as well as balancing the right narratives in our mindsets.

فَقَالَ صَلَّى اللَّهُ عَلَيْهِ...عَنْ أَنْسِ بْنِ مَالِكٍ رَضِيَ اللَّهُ عَنْهُ، قَالَ
إِنَّ الْعَيْنَ تَدْمِعُ، وَالْقَلْبَ يَحْزَنُ، وَلَا نَقُولُ : وَسَلَمَ
إِلَّا مَا يَرْضِي رَبُّنَا، وَإِنَا بِفَرَاقِكَ يَا إِبْرَاهِيمَ لَمْحَزُونُونَ

Sahih Al-Boukhari



How the Prophet ﷺ dealt with M.H

- Regulating your emotions:

The Prophet ﷺ taught the companions and gave them solution to every situation when it comes to regulation emotions, like calming oneself during a fit of anger.

“If any of you becomes angry and he is standing,
let him sit down, so his anger will go away;
if it does not go away, let him lie down.”



How the Prophet ﷺ dealt with M.H

- Dedicate time for self-care:

The Prophet ﷺ taught the companions the importance of self-care through habitual healthy eating and sleeping habits since they contribute greatly one's psychological health.

إِنَّ رَبَّكَ عَلَيْكَ حَقًا، وَإِنَّ لِنَفْسٍ عَلَيْكَ حَقًا،
وَلَا لِهَلْكَ عَلَيْكَ حَقًا، فَأَعْطِ كُلَّ ذِيْ حَقٍّ حَقَّهُ،
فَأَتَى النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ذَكْرَ ذَلِكَ لَهُ فَقَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
«صَدْقَ سَلْمَانَ»

Sahih Al-Al-Boukhari

How the Prophet ﷺ dealt with M.H

- Seek support and cure:

Culture and Society influences people to feel shameful and guilty towards their mental issues. The Prophet ﷺ encouraged us to go and seek support and treatments.

“Yes, O servants of Allah, seek treatment. Verily, Allah did not place a disease but that he also placed its treatment or cure, except for old age.

Sahih Al-Boukhari - Sunan Al Tirmidhi

How the Prophet ﷺ dealt with M.H

- Food Medicine:

Prophet Muhammad ﷺ recommends a type of soup made of barely, milk and honey called Telbena and really helps treat psychological issues and distress.

التَّلْبِينَةُ مَجَمَّةٌ لِفُوَادِ الْمَرِيضِ، تَذَهَّبُ بِعَضِ الْحُزْنِ.

Sahih Al-Boukhari



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How the Prophet ﷺ dealt with M.H

- Prayer & Thikr:

Salah & Adkhar are also factors that help us reduce our anxiety and stress and the point is to find comfort during connection to Allah (SWT)

كان إذا حزبه أمر فرع إلى الصلاة

Sahih Abu Dawud

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُ الْقُلُوبُ

Surah Ra'd; Verse 28



Your Turn

- Prophet Muhammad ﷺ was sent to us as a guide and teach us the holistic wellbeing
- His teachings were very impactful that lead us to become leaders and pioneers in the area of mental health.
- Study our Prophet ﷺ and own up to His teachings
- Dawah!
- Shine the spotlight on the legacy of Islam and our Prophet, Muhammad ﷺ.



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جزاكم الله خيرا

I really hope you benefited from this presentation!

May Allah reward you & preserve us and our loved ones inshAllah



References

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