



# DEALING WITH EMOTIONAL DISTRESS

## FROM THE SCOPE OF THE SEERAH

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# “Don’t be Sad, surely Allah is with us” (Quran 9:40)

- Direct order from Allah SWT
  - Falling too deep into sadness could thus be a form of disobedience to Allah
  - Sadness = Hopelessness or attachment to the dunya
- In the past decade alone, rates of depression
  - In girls: + 12%, In boys: + 7% (relatively drastic)
  - + 25% overall due to COVID
  - 1/5 Americans suffer from some form of depression
- “A strong believer is better and is more lovable to Allah than a weak believer” Sahih Muslim 2664 : Book 46, Hadith 52
  - Physical strength? Mental Strength? Emotional Strength?...
- **STOICISM** - ultimate form of emotional acceptance of Allah’s Qadar



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# Times of DISTRESS in the Prophet ﷺ's Life

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- Receiving revelation in Cave Hira
- Battle of Uhud - losses and betrayal
- Incidents in Taif
- Losing father before birth, mother at a young age and 6/7 children
- Boycott in Mecca
- Preaching in secret and preaching in public
- Year of sorrow
- The list goes on...
- **AREA OF FOCUS: Coping mechanisms to react to perceived undesirable circumstances from the Prophet ﷺ !**

# How the Prophet ﷺ's Dealt with Trauma/Hardship:

## 1 - Receiving Revelation in Cave Hira

- When Angel Jibreel appeared and spoke to him ﷺ, he ﷺ became petrified!
- He ﷺ went running to Khadija (RA) and said: “Cover me, Wrap me”
- Khadija’s response: “By Allah, No! Allah will never disgrace you!”
  - Before the Prophet ﷺ became a prophet

### Lessons:

- If with others, be alone.
- If alone, confide in trusted people.
  - Coincides with secular sources





# How the Prophet ﷺ's Dealt with Trauma/Hardship:

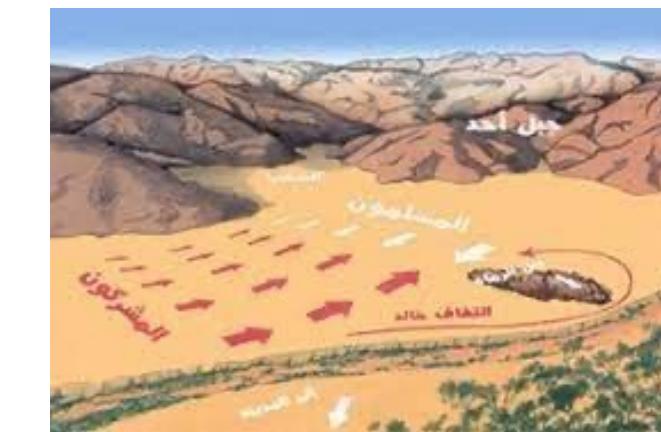
## 2 - Battle of Uhud - losses and betrayal

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- Perfect plan was set by our beloved Prophet ﷺ, sahabah disobeyed and consequences were detrimental!
- Surat Al-Imran verse 159 revealed shortly after the battle upon post-battle meeting
  - “Had you been rough, hardhearted, they would surely have scattered away from you”

### Lessons:

- When you are in a position of power/leadership, and your followers disobey you
- Have rahma in your heart, speak softly to them





# How the Prophet ﷺ's Dealt with Trauma/Hardship:

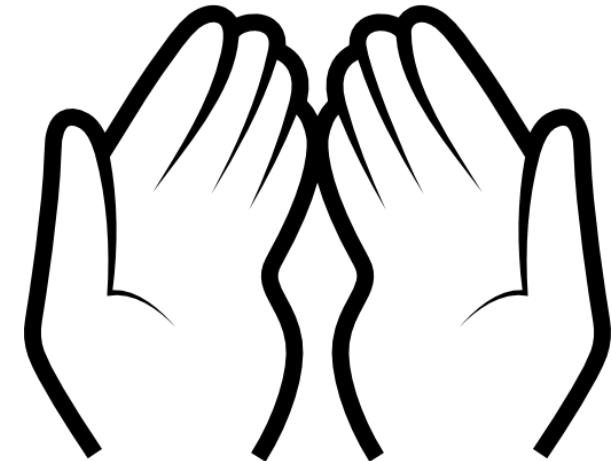
## 3 - Incidents in Taif

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- When Aisha RA asked the Prophet ﷺ if there was a day more difficult than Uhud...

### Lessons from his ﷺ Response:

- Severity of emotional distress > physical distress
  - Hadith about the greatest warrior
- Physical disconnection
- Answer was dignified, not sympathetic. SHE ASKED HIM!
- Most importantly: Duaa - confiding in Allah SWT**



# RECAP LESSONS + significance of order

## 1 - Cave Hira

If alone, confide in trustworthy

If with others, be alone

## 2 - Uhud

Rahma on the tongue

Rahma in the heart (stoicism)

## 3 - Taif

Emotional distress > physical distress

Coping by physically disconnecting

Have dignity, not self-pity (stoicism!)

**BOTTOM LINE: TURN TO ALLAH!**



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# Final Reminders

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- **We are HUMAN!**
  - In the “Year of Sorrow”, the Prophet ﷺ lost both his uncle and wife within a 40-day span. A number of the Companions narrated, “After the death of Khadijah RA, we did not see the Prophet smile for months on end.”
- **Every hardship is a test from Allah SWT**
- **“If Allah wills good for someone, He afflicts him with trials.”**  
Ṣaḥīḥ al-Bukhārī 5321
- **“Indeed after every hardship comes ease” (Quran 94:5/6)**
  - After year of sorrow, Prophet Muhammed ﷺ received the gift of Al-Kawthar and Al-Israa w Al-Miraaj
  - Solidifying the the ultimate and eternal end goal of akhirah > dunya



# Resources

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[https://www.oxfordlearnersdictionaries.com/definition/american\\_english/stoicism](https://www.oxfordlearnersdictionaries.com/definition/american_english/stoicism)

<https://www.imamghazali.org/blog/how-the-prophet-dealt-with-trauma-and-hardship>

<https://quran.com/en/ash-sharh>

<https://www.abuaminaelias.com/dailyhadithonline/2011/02/23/allah-intends-good-afflicts-trials/>

Photos:

[Jabal al-Noor | Hajj and Umrah Planner](#)

[The Cave of Hira In Jabal Al Noor: History And Importance](#)

[Diagram of the Battle of Uhud, of where the archers were located | Battle of uhud, Vintage world maps, Earth](#)



Jazakum Allahu  
Khairan Katheeran!

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