

**You are about to  
enter the best  
chapter of your life.**



*Dr. Mona Sabry*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In The Name of Allah, The Most Merciful, Most Gracious

All Praise is to Allaah, we praise Him, seek His help and His forgiveness. We seek refuge with Allaah from the evils of our souls and evils of our deeds. One whom Allaah guides none can lead him astray, and one whom He misguides, none can guide him. I bear witness that there is no god but Allaah, and I bear witness that Muhammad ﷺ is His Servant and His Messenger.

The reward of this book is dedicated to the spirits of

my beloved parents and husband.

I call on Allah, The Most Merciful to shower their

spirits with His Mercy and Forgiveness

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(Yes for happiness.com)

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In The Name of Allah, The Most Merciful, Most Gracious

## Introduction

Millions and millions of people all over the world are

suffering of anxiety and depression, major illnesses,

which have great negative effect on all aspects of the life

of the depressed person.

The Holy Quran and The Sunnah of prophet Mohamed

(S.A.W) are teaching us the right ways to treat anxiety and

depression.

## Chapter 1.

### Islamic treatment of anxiety and depression

#### Sadness - anxiety - and depression?

At the beginning, we all agree that: tension, frustration, anxiety, sorrow and sadness affect a major population of the world.

There are some facts which we need to remember to help us to understand the causes of depression and anxiety. These facts are :-

Money can buy bed, but not sleep.

Money can buy a house, but not a home.

Money can buy food, but not appetite.

Money can buy clothes, but not personality.

Money can buy medicine, but not cure.

Money can buy marriage, but not Love.

Money can buy companions, but not friends.

Money can buy books, but not wisdom.

And Money can buy anything, but not happiness.

As we agree with the above facts, we will realize the reality behind the fact that millions of people are suffering from anxiety and depression -

What is sadness?

Sadness is an emotional pain associated with the feeling of depression, grief and sorrow. It is a normal human emotion that most of the human-beings experience in different phases of their lives

What is anxiety?

Anxiety is a natural human response to stress.

It is a feeling of unease, worry, sadness and apprehension.

Fast heart rate, rapid breathing, sweating and feeling tired may occur.

What is depression?

Depression is a serious disorder that affects body,

mood and thoughts. It causes negative thoughts, poor self esteem, feeling of excessive guilt, lack of interest in activities, lack of focus, inability to take a decision, isolation from family and friends, excessive or lack of sleep and failure in all aspects of life.

## Changes in the feelings:-

The depressed person feels sad, but for no reason at all. He no longer enjoys activities. He always feels tired, worried, upset and lonely. He feels unable to control his temper. He feels no interest in life i.e. feelings of hopelessness and helplessness.

## Changes in behaviour:-

Changes in behaviour during depression are reflection of the negative emotions being experienced.

Some people don't feel comfortable with the social gatherings, so social withdrawal is very common.

Dramatic change in appetite is common i.e. either eating too much or too little. Excessive crying because of the feeling of helplessness.

The depressed person complains about everything and acts out of his anger with temper outbursts.

The depressed people may neglect their personal

appearance, even neglecting basic hygiene.

Some people even have trouble getting out of bed, others during depression, may not be able to sleep.

These changes are the proof that depression is a whole body illness, which we need to be aware of, so that we can avoid it.

## Symptoms of depression

These symptoms can be summarised in the

following statements:-

- 1- "I feel sad all the time, and just don't feel like myself."
- 2- "I don't enjoy being with my friends or doing any of the things, which I usually love to do."
- 3- "I have been having a lot of trouble sleeping."
- 4- "Sometimes I feel upset and extremely lonely."
- 5- "I am really not interested in eating."
- 6- "I feel like I don't have any energy."
- 7- "Even after a long day, I still feel restless."
- 8- "I am confused, I can't make any decision."
- 9- "I have continuous headache, no treatment is effective, inspite of the fact that all my check up examinations are normal."

## Symptoms of depression :-

In general, symptoms of depression =

[ Total disturbance of body, soul and mind ]

### A. body (physical)

1. Sleeping disorders.
2. Disturbance of eating habits.
3. Fatigue.
4. Aches and pain

### B. Soul (emotional)

1. Continuous sadness.
2. Feeling of guilt.
3. Feeling of hopelessness.
4. Loss of interest in everything.

### C. Mind (mental)

1. Restlessness.
2. Thoughts of death.
3. Lack of concentration.
4. Trouble making decisions.

## Chapter 2

### Islamic treatment of anxiety and depression

#### Causes of depression and anxiety

Main causes of anxiety and depression are :-

1- Traumatic life experiences either in the family or in the work e.g. death of a loved one (parent - husband kid), divorce, sick child - loss of the job, big accidents and so on.

2- Certain diseases e.g. cancer, diabetes and heart diseases.

3- Hormonal changes: post partum, premenstrual syndrome and during the transition into the menopause.

4- Genetic factors.

The reference for the above causes is (Institution of mental health). According to it, the treatment of depression and anxiety mainly is anti-depressant drugs, which are so many, but all have 2 common characters :-

1- Tendency for addiction.

2- Side effects e.g. insomnia - fatigue and drowsiness.

## Depression from Islamic perspective :-

Grief is a natural feeling caused by the problems of life, but when grief increases and overwhelms a person, it becomes what is known as depression.

This is the highest level of grief. It results in a person totally controlled by his inner misery which causes him to the loss of feeling of happiness.

This is usually accompanied by symptoms which are reflecting the feeling of distress of the inner self e.g headache, sadness, inability to talk or take a decision, disorders of sleep and eating i.e whole body and spirit illness.

Causes of depression and anxiety as mentioned in the Holy Quran and Hadiths of Prophet Mohamed (S. A. W)

1- Ignorance of the nature of the worldly life:-

In the Quran, Allah the All-Mighty clarified that the worldly life is a test for mankind. In that test, people will suffer from trials, calamities and hardships, as part of the worldly life test.

This fact is mentioned in:

Surat 2 - V(214).

Surat 29 - V(2-3-4).

Surat 76 - V(2)

Surat 90 - V(4).

These verses of the Quran are clarifying a very important fact:

" Man's life is a process of continuous hardship that never ends. The struggle in life takes different forms, one struggle for the sake of his desires and the other struggles for the sake of his religion.

2- Sins cause anxiety and depression.

Prophet Mohamed (S. A. W) said: "If a slave sins increase, and he does not have enough good deeds which would wipe his sins out, then Allah will afflict him with grief and sorrow in order to wipe them out.

Rule: every muslim must realize the nature of the suffering process, which he must be exposed in the worldly life.

The goal of suffering in the worldly life is :-

1. For every human being to realize that life is not fun, instead it is a test. Early exposure to suffering, make him more strong and able to tolerate hardships more easily.

2. Every one in the worldly life is accountable for his actions. This is an act of justice.

For the believers, they must realize that:

Belief is not a word we say, it is:

- a) a reality that imposes duties.
- b) a trust that carries responsibilities.
- c) a struggle that demands patience.

In Conclusion :

It is the lack of the knowledge of the above facts, that may cause muslims to feel upset and anxious when exposed to trials.

3- If the heart is heedless of the remembrance of Allah, this causes feelings of worry, sadness and anxiety, which lead to depression.

This fact is proved in Surat 20-124.

4- Being anxious and concerned about the future

This is the reflection of lack of belief in Divine Decree and predestination. People worry about what the future holds for them, as they fear being incapable of dealing with its problems.

5- Satan (Shaitan) plays an important role in causing anxiety and depression.

Satan whispers to mankind all the time, with the feelings of fear and worry about everything in their lives, so gradually, their hearts became occupied by anxiety and depression.

6- Debts cause grief and anxiety and can lead to depression.

Prophet Mohamed (S.A.W) said: I went one day to the mosque and found one of my companions sitting alone, so the prophet (S.A.W) asked him about him sitting in the mosque, he said to him:-

Do I see you sitting in the mosque, when it is not the prayer time? He replied "It is due to anxiety and grief which resulted from debt that I owe." So the prophet (S.A.W) said "I shall teach you words, which will take away your grief, and by which Allah will help you repay your debt, if you were to say them. The man replied "yes, O messenger of Allah. Prophet Mohamed said: Every morning and evening say: O Allah, I seek refuge in you from anxiety and grief, weakness, Laziness, miserliness and cowardliness, the burden of debt and from being overpowered by men."

After few days, the man commented that: I did this and Allah relieves my sorrow and anxiety and helped me repay my debt.

## The Islamic line of treatment of depression and anxiety:

- 1- Sincere belief in the "Oneness of Allah."
- 2- Sincere belief in "Allah's Decree".
- 3- Understanding the reality of the worldly life.
- 4- Making the hereafter one's main concern.
- 5- Patience is the cure for every trial.
- 6- Remembrance of Allah.
- 7- Trust in Allah (Tawakkul).
- 8- Make hope your way.
- 9- Avoid Shaitan whisppers.

## Chapter 3

### Islamic treatment of depression and anxiety

#### 1. The true belief in the "Oneness of Allah".

The belief in the Oneness of Allah means

The following:

1. The belief that Allah is the Creator of every thing in the heavens and the earth
2. The belief that Allah is the Owner of everything in the heavens and the earth.
3. The belief that Allah is The All-knower of everything in the heavens and the earth.
4. The belief that Allah is the Controller, Planner and He is the One to decide for everything in the heavens and the earth.

According to the above facts :-

1. Allah is the Only Power and Will,
2. Allah is the source of all the mercy in life

This clear belief in the "Oneness of Allah", links the heart of the believer with his Lord with the feelings of hope, trust tranquility and the reassurance that Allah is always taking care of him. He will always be satisfied that Allah will make for him an outlet from every hardship and trial and that Allah will make things easy for him. These feelings are the source of cure, healing and protection of the spirit at the time of hardships.

Allah said in (Surat 10- V58):

(58) In the bounty of Allah and in His Mercy, there is let them rejoice, that is better than what they collect."

2. Belief in the "Oneness of Allah" guides the believer to live the rules of the Holy Quran as the way of life, which means to do the

righteous deeds that reform their hearts and manners,  
and change their status in this world and the next,  
3- To receive the blessings and joy with acceptance  
and thanks.

Prophet Mohamed (S.A.W) said :-

How marvellous is the affair of the believer,  
everything that happens to him is good, and  
this does not apply to anyone except the  
believer. If something good befalls him,  
he gives thanks for it, and that is good for  
him. If something bad befalls him, he bears  
it with patience and that is good for  
him.

In conclusion: It is the true belief in the  
Oneness of Allah, that supports the believer with  
hope, power and patience.

A strong bond with Allah, and the feeling of trust in Allah, make life to be blessed by good health, a peaceful living, Love and compassion.

The belief in "the Oneness of Allah" is the way for the believer to do good deeds with the intention to have the Paradise as his final destination.

The belief in "the Oneness of Allah" is the foundation of Love and Fear of Allah. These feelings are the way of obedience of Allah and the way to have all the help and support from Allah.

It is the spirit of the true believer in "Allah's Oneness" that is sure that Allah will always save it and support it at difficult times. These feelings will protect it from the feelings of anxiety and depression.

## Inspiring story

A lecturer offered his students cups to drink water. He noticed that all the nice looking expensive cups were taken up, leaving the cheap ones. What all we wanted was water, not the cup, but we unconsciously went for the better cups. Just like in life, if life is water, then the job, money and prestige are the cups. They are just tools to hold, maintain life, but the quality of life doesn't change.

Conclusion: If we only focus on the cup, we won't have time to enjoy, taste or appreciate the water in it.

(A lesson for those who reflect)

## Chapter 4

### Islamic treatment of anxiety and depression.

Rules of the belief in Allah's Decree: -

1- Allah said in (Surat 57-V:22-23)

"No misfortune can happen on earth or in yourselves,  
but is recorded in a decree before we bring it into existence,  
this is really easy for Allah, that you may not grieve for  
what escapes you, nor rejoice in what has come to you".

Prophet Mohamed (S.A.W) said: Allah ordained the  
measures of everything, fifty thousand years before He  
created the heavens and the earth.

We must believe that: what has met us, would never has  
missed us, and what has missed us, would never met us.

2- Life is run by word "be".

Surat 36 - V82 :-

(82)" When He intends something to happen, He only says  
to it "Be" and it is."

This verse means that everything in the universe

i.e anything in the heavens or anything on the earth.

It is all the same, requiring no more than a simple  
word "Be" from Allah, and it is.

Once Allah intends something, it exists whatever it  
may be.

3. None can interfere with Allah's Decree :-

Surat 71 - V4.

(4) "Verily, the term of Allah when it comes, cannot be delayed, if you but now."

The meaning is : If Allah commands something to happen, it cannot be prevented.

Prophet Mohamed said :-

"Be mindful of Allah, you will find Him in front of you.  
Get to know Allah in prosperity, and He will know you in adversity. Know that what has passed you by, was not going to be fall you, and that what has befallen you, was not going to pass you by"

Allah said about the greatness of His Will :-

Surat 54 - V50.

(50) "And Our Commandment is but one has the blinking of an eye."

This verse means that : When Allah wills a thing to happen, He commands it once without the need to repeat it. Whatever Allah commands

comes to existence faster than the blinking of an eye, without any delay, not even for an instance.

4 - Allah said in Surat 2 - V286 .

(286) "Allah burdens not a person beyond his scope".

It is within the frame of Allah's Mercy that Allah is Fully-aware of the abilities and limitations of His slave, so He will not overburden him or subject him to a hardship or trial beyond his scope.

Prophet Mohamed (S.A.W) said :-

"How wonderful is the case of the believer, there is goodness for him in everything, and this is not the case with anyone except for a believer. If prosperity attends him, he expresses gratitude to Allah - and that is good for him, and if adversity befalls him, he endures it patiently, and this is also good for him.

So as true believers in Allah's Decree, we must be content that Allah will not charge us with more than we can bear.

Allah provides and deprives for a wise reason, and this is the only thing that will make a person feel at ease during times of hardships. This also applies during times of prosperity, as Allah informs us in the Quran about Sulaymaan, peace be upon him, with that which translates as "This is from the favour of my Lord to test me whether I will be grateful or ungrateful. And whoever is grateful, his gratitude is only for the [benefit of] himself. And whoever is ungrateful - then indeed, my Lord is free of need and Generous". An-Naml(40)

This is also evident in the saying of the Prophet (S.A.W) when his son Ibrahim died "The eyes cry tears, and the heart becomes sad but we will not say anything but what is pleasing to our Lord. We are saddened by your departure, O Ibrahim."

5. Allah said in Surat 94 - V5,6.

"Verily with difficulty, there is relief. Verily with difficulty, there is relief."

This verse is a message of relief and hope for the believer, as it means that: hardship never comes absolute without ease accompanying it, so always at the time of hardship, try to keep your spirit up and look for ease as Allah promised in this verse.

6. Allah said in Surat 65 - V7

"Allah grants after hardship, ease"

This verse means that:

1. after hardship, there will be easy time.

times of ease are near.

2 - Tough times only mean that

3 - Nothing remains the same

4 Nothing remains forever.

5 The morning lights after

the stillness of darkness

7- Allah said in Surat 2- V216.

" It may be that you hate a thing, while it is good for you, and it may be that you like a thing, while it is bad for you. Allah knows while you don't know."

This verse is clarifying that: man cannot pretend to know where his good lies, but Allah The All-Knower, knows for certain. A fact that man must accept and act upon by accepting Allah's Decree whether he like it or not, as he doesn't know.

8- Trials expiate sins :-

Prophet Mohamed ( S.A.W) said the following Hadith

a) Never a believer is stricken with a discomfort, an illness, a grief or mental worry even the pricking of a thorn, except that some of his sins are expiated for him

b) The believer man or woman will continue to be afflicted by hardships in themselves, their families and their wealth, until they meet Allah absolutely with no sins

c- The amount of reward is proportional to the amount of hardship.

d) If Allah wills good for His slave, He tries him in this world, but if He wills to delay His punishment for a slave until the day of judgement, so He will not punish him for his sins in this world

The message of all the above Hadiths is that: the one who is distressed because of his life's hardships, should know that whatever spiritual or physical pain afflicts him, is not wasted, but serve as a purpose increasing his good deeds and expiating his sins.

## Belief in Allah's Decree

The declaration of every believer with regard to Allah's Decree is mentioned in Surat 9-V51.

(51)" Say : nothing shall ever happen to us except what Allah has ordained for us. He is our Lord and in Allah, let the believers put their trust.

This is the command of Allah to prophet Mohamed (s. A. W) and his followers, to say and declare that : all affairs are up to Allah only.

This is a declaration of the belief in the Oneness of Allah, His Decree and His Will.

## Chapter 5

### Islamic treatment of depression and anxiety

#### Understanding the reality of the worldly life.

We agree that we need to understand the reality of the worldly life so that we can live a life full of peace and tranquillity.

We will learn inshaAllah in this chapter the verses of the Holy Quran which clarify the reality of the worldly life and how to live it protecting ourselves from worry, despair and depression.

#### Verses of the Quran which explain the nature of the worldly life.

- 1- Worldly life is very short :- Surat 23 - V 112 - 114.
- 2- Worldly life is a test, where hardship and trials are part of it : Surat 29 - V 1-3.
- 3- Worldly life is a deceiving enjoyment :- Surat 57 - V 20.
- 4- Remembrance of Allah is the source of peace in the worldly life : S 13 - V 28

5- Allah is the Only Controller and Planner  
of the wordly life : S 33 - V 36 .

6- The wordly life is a farm for the hereafter:-

Surat 23 - V 1 → 4 .

The winners in the wordly life are those who will have a heavy scale of their good deeds on the day of judgement, through sincere belief in Allah, and obedience of His Commands. So we need a plan to be from those winners, who live the wordly life in peace, and will have the paradise as final destination.

(A) Making the hereafter the main concern

Prophet Mohamed said : "Whoever has the hereafter as his

main concern, Allah will fill his heart with the feelings of richness and independence, he will be focused and content, and this world will come to him inspite of it. Who ever has this world as his main concern, Allah will cause him to feel constant fear of poverty. He will be distracted and unfocused and he will have nothing of this world except that was predestined for him.

(B) focusing on what matters today

This is the attitude of prophet Mohamed (S.A.W),  
to seek refuge with Allah from worry and sadness: How?

1. To forget completely about the things that caused  
you sadness regarding the past.

2. Not to worry about things related to the future.

3. Just to focus on the present time.

This attitude will help you not to waste your time and  
energy, instead to focus on doing the best today.

Prophet Mohamed (S.A.W) said: The strong  
believer is better and more beloved by Allah than the  
weak one. Pay attention to that which could benefit you,  
seek the help of Allah and do not feel incapacitated.  
If any thing befalls you, and don't say "If only I  
had done such and such, a thing would have happened,  
instead, you can say "It is the Will of Allah, and  
what He wills, He does, for saying "If only"... opens  
the way of Satan."

This Hadith indicates that: one should try to eliminate the causes of stress and to bring causes of mental peace, through forgetting about negative things in the Past which he cannot change, also by realizing that the future is unknown, as it is only up to Allah's Will. So all what the believer can do is to focus to try all the means, which are available in the present time and then to leave everything to Allah i.e. to have full trust in Allah.

The believer should know that: If he distracts his mind from the worry related to future events, and leave the future to Allah to take care of it, then he will feel that the feelings of anxiety and worry will disappear, replaced by the feelings of reassurance, relaxation and hope.

c- life is too short : your time is very precious :-

The believer must be aware that the worldly life is too short, as death can arrive at any moment. Accordingly, he must be aware that his time is very precious to be wasted in sad feelings: worry, sadness, despair and depression. These sad feelings are preventing him from fulfilling his responsibilities towards Allah, his family and himself, fulfilling these responsibilities with sincerity are considered as good deeds which are the source of peaceful, successful worldly life and are the way to eternal happiness in the Paradise.

In Surat (23- V 101 → 103): Allah is sending these verses as a great reminder to every muslim to get the benefit of their time, to become close to Allah, through obedience of his commands so that they will have the Paradise as their eternal destination.

## D. Appreciate Allah's Blessings:-

Allah said in Surat (14) - V(34) .

Indeed, Allah's blessings are too many to be counted by any person or by all human beings. Allah's Favours and blessings are not only numerous, but are also unlimited: the sun, the moon, the day, the night the rain and all the provisions. Your healthy body, mind and spirit are all of Allah's Blessings.

If the believer to compare the unlimited blessings of Allah, with any hardship or disaster that has befallen him, he will realize that : these hardships and disasters are nothing, if compared with Allah's Blessings.

Let's follow this great advice of prophet Mohamed (S.A.W), he said: "Look at those who are below you, not at those who are above you, so that you will not think little of the blessings, which Allah has bestowed upon you".

We need to realize that: the more you remember and appreciate Allah's Blessings, the more you Love your Lord and be content with His Decree. You will always call on Allah to bless these blessings. You will never feel sad, worried or depressed as your heart is fully confident that Allah is favouring him with great blessings.

Ⓔ keep yourself busy with useful work .

1- This will distract your mind from the matters that has been causing you to feel anxious.

2- By time, you will gradually get away from the depressed mode.

3- By doing so, you are escaping the negative feelings of hardships, and becoming more strong.

4- You will feel the success of doing a useful work, this feeling of success is a great medicine for self-worry and despair.

## Chapter 6-

### Islamic treatment of anxiety and depression

#### ' Remembrance of Allah "

Remembrance of Allah has the best effect in calming the soul, relieving stress and protection against anxiety and depression.

Verses of the Holy Quran related to "remembrance

of Allah" :

Surat 9 - V 18.

Surat 3 - V 191 .

Surat 7 - V 205 .

Surat 31 - V 27-28

Surat 24 - V 37-38.

Surat 29 - V 45.

Surat 33 - V 41, 42 .

Surat 63 - V 9 .

Surat 73 - V 8 .

Surat 87 - V 14, 15 .

## Ahadith of prophet Mohamed (S.A.W)

1- "Allah said in Hadith Qudsi : I am with my servant when he remembers me. If he remembers ME in himself, then I remember him to Myself. And if he remembers Me in a gathering, then I remember him in a gathering which is much better (that of angels)."

2- "The one who remembers his Lord and the one who doesn't, are like alive and dead. Remembrance of Allah is the soul of the muslim life".

3- "There is a shine for everything, and the shine (polish) for the hearts is remembrance of Allah!"

4- "The devil sits focusing on a person's heart, when he remembers Allah, the devil gets lost, but when he forgets remembrance of Allah, the devil puts evil in his heart."

5- "The prophet (S.A.W) was asked: who shall be the best people in the sight of Allah on the day of judgement?  
He (S.A.W) said: Those who remember Allah a lot."

6- "Don't talk too much other than Allah's Remembrance as this hardens one's heart,

Proofs of the Holy Quran regarding the importance of  
"remembrance of Allah" regarding prevention of the  
feelings of sadness, anxiety and depression.

In Surat 20 - V (125 - 126), we learn the following :-

- 1- Those who follow Divine Guidance, they became immune  
regarding suffering misery and depression. They are the  
ones who perform prayers, follow the rules of the Holy  
Quran and Sunna of prophet Mohamed (s.A.W). They  
always remember Allah, doing Duaa and Zikr.
- 2- For those who sever their link with Allah, they  
will deprivate themselves from Allah's Mercy and so  
their hearts will be occupied by worry, fear, doubt  
and confusion.

• The second punishment for those who forget  
and neglect "remembrance of Allah, is mentioned in  
surat 43 - V 36 - 37:

(36-37) "And whosoever turns away blindly from remembrance  
of Allah, We (Allah) appoint for him a Shaitan to be  
his companion. And verily these devils will hinder him  
from the path of Allah."

Important rule:

Remembrance of Allah is a protection against sins  
and Shaitan, i.e. protection against the two sources  
of worry, guilt, anxiety, sadness and depression.

## Forms of remembrance of Allah (dhikr)

### ① Recitation of the Holy Quran:

- Prophet Mohamed (S.A.W) said: "the superiority of the Word of Allah (Holy Quran), over the word of human, is the same as the superiority of Allah over His creatures.
- Prophet Mohamed (S.A.W) said: O people read the Holy Quran, on the day of judgement, The Holy Quran will intercede for those who used to read it.
- The Holy Quran is the cure of fear, anxiety, worry and depression as its verses strengthen the spirit through giving it the feelings of peace, tranquility and hope.
- The Holy Quran is the source of Learning about our Lord Names, Attributes... these informations are the source of the feelings of power and hope.

### ② Other forms of dhikr:-

- There is no God but Allah: La ilaha illa - Allah.
- All Praise is for Allah: Alhamdu lillah.
- Allah is The greatest: Allahu - Akbar.
- How perfect is Allah: Subhaan - Allah.
- I seek Allah's Forgiveness: Astaghfiru Allah.

## Forms of remembrance of Allah:

### 3- The power of prayer (AL-Salat)

Prayer is the direct link between Allah and his slave.

It is the mean by which the believer renews his energy, power and strength to face the hardships and trials of the wordly life, keeping himself away from fear or worry.

Prayer is the bond with Allah, that can save the

believer when he faces a task that seems beyond his limited resources, when he finds temptations very hard to resist, when corruption and evil are very powerful, and when he feels unable to cope with his life circumstances.

Prayer is the cave of Allah's Mercy, which the believer

always escape to, in order to escape the pressures of the wordly life, and at the same time to receive the dose of Allah's Mercy which will support him against the feelings of sadness, worry, anxiety and depression.

• Prayer provides the believer with the light, as it is the link with Allah, The Source of all light:- Surat 24 - V35.

This light is internal, inside the spirit to provide it with reassurance, calmness, wisdom and clarity of ideas and concepts. This light is also external to provide the believer with clarity and reality of life circumstances, so he can feel strong and confident.

• Prayer generates spiritual power inside the inner self of the believer, such power enables him to remain steadfast at times of hardship, having full trust in Allah, The Most Powerful.

• Prayer supports the believer to strive against all kinds of evil, sins and temptations, so it protects him from worry, doubt, sadness and depression.

. Prayer as a good deed is a wiping out of the sins :-

Prophet Mohamed (S.A.W) said:

" The five prayers and Friday prayer until the next Friday are expiation for what (sins) are between them".

## Summary of the prayer (Salat) :-

1. The takbeer (saying Allahu-Akbar), a declaration by the believer that

any person, power, problem or hardship as all, are under the control of The Greatest.

Muslims say (Allahu Akbar) 94 times in the obligatory prayers every day and night.

2. The opening supplication

"O Allah make my sins distant from me as you have made the east far from the west"

3. Recitation of the Holy Quran (Surat - AL-Fatihah)

. Bism Allah (In the Name of Allah), the first

verse of the Quran and the first verse of Surat AL-Fatihah,

(So we learn that all our deeds and

sayings must start by the Name of Allah

(bism Allah)

4. Calling on Allah (Duaa).

Conclusion :

Prayer is a great mercy from Allah to his sincere  
believers as it is the source of inner peace, security  
and tranquility. It protects the spirits against the  
negative feelings of despair, worry, sadness and  
anxiety. We must appreciate it and do it  
with full sincerity.

## chapter 7

### Islamic treatment of anxiety and depression

#### Supplication to Allah (The Duaa)

Supplication to Allah (Duaa) is a great mercy as it is the

practice of the belief in Allah's Oneness, as calling on

Allah (Duaa) affirms the following facts:-

1- Allah is The Only Power and Will, accordingly

He is the only One who can solve our problems.

2- Mankind are powerless, they can't do anything except by Allah's Will.

3- calling on Allah (Duaa) is the source  
of hope for our spirits, which protects these spirits  
from the feelings of despair, worry, anxiety, fear  
and depression.

According to Islamic terminology:

Duaa is a request from a servant to his Lord.

Supplication dictates that: there must be a supplicant (the servant) and Allah (The owner of the heavens and the earth), The One who can answer the calls of His servants.

In his supplication, the believer begs Allah for things that he feels as good for him.

Conclusion: Duaa is a mercy from Allah as it offers a certainty of hope of the future, it unburdens our spirits from the feelings of sadness and despair, it offers an important tool, which can change fate, which no other action ever can and it is also a living expression of the meaning of submission to Allah's Will.

- Supplication is the most noble of deeds before Allah:.

Prophet Mohamed (S.A.W) said:.

" There is nothing more noble before Allah than supplication".

The reason for this noble status of supplication is that: Allah created us to worship Him, and supplication is the mind of worship.

- Supplication is beloved by Allah:.

Prophet Mohamed said:

" Ask Allah of His Bounty, as truly Allah loves to be asked".

- Supplication is a proof of sincerity:.

In Surat(7) - V29, Allah said:

(29)" And supplicate to Him (Allah), making your religion sincerely to Him (Allah)".

• Supplication is the character of the pious who fears Allah.

It is the characteristic of the Prophets, who fears Allah and call on him in Surat 21-190, and in Surat 59-10, they call on Him to help them in the difficult times.

• Supplication is the refuge of the oppressed person.

It is the supplication of the oppressed person, that Allah. The ALL-Powerful swore to answer it by His Majesty. So the oppressed person must feel comfort that Allah will defend him against the oppressor.

Supplication (Duaa) protects us against helplessness

Prophet Mohamed (S.A.W) said:-

"The most helpless of the people is the one who is unable to ask Allah in supplication."

Supplication is a means of warding off afflictions before it falls.

Prophet Mohamed (S.A.W) said:

"Nothing reverts Divine Decree except supplication."

This hadith is an indication that:

Allah prevents, by virtue of supplication, what he had decreed to befall the servant. We believe that

supplication is by Allah's Decree, therefore, He may decree that something would befall his

servant (has he not offered supplication), so

when he (the servant) offers supplication it is warding off for him. This is only for

supplication.

Supplication brings relief from afflictions:

Prophet Mohamed (S.A.W) said: Whoever among you  
has the door of supplication open to him, then he has  
gates of mercy open to him, as supplication benefits  
with respect to what has fallen and to what has  
not fallen. Therefore, whisppers of Allah, engage  
in supplication.

We should make every effort to engage in  
supplication as often as we can, for indeed  
our supplications are answered and our needs  
are fulfilled by the Mercy of Allah.

The fact that the gates of Mercy are  
openened to the supplicant is proved by the  
fact that: our supplications are  
answered.

Prophet Mohamed (S.A.W) said:

"Caution will not save you from what Allah

has decreed. Supplication benefits with respect to what has befallen and what has not fallen.

Indeed, supplication will encounter the impending affliction, and the two will contend with one another, until the day of judgement."

The reward of supplication is guaranteed:

Prophet Mohamed (S.A.W) said :-

"There is never a muslim who raises his face  
to Allah and asks something of Him, except  
that: Allah gives him what he asks for,  
either immediately in this world or by  
reserving it for him in the Hereafter.

In another narration, Prophet Mohamed said:

"There is no muslim, who calls upon Allah, without  
sin or cutting family ties, but that Allah will  
give him one of three answers: He will immediatly  
fulfill his supplication, He will store it for him  
in the Hereafter, or He will divert an evil from  
him similar to it."

• Supplication is an act of obedience to Allah's commands.

Allah said in Surat(40) - V60 :-

" And your Lord said, supplicate to me and I will answer you "

∴ By offering supplication, you are actually carrying out Allah's commands.

Allah said in Surat(2) - V186.

(186)" When My servants ask you concerning Me (Allah), I am indeed close to them (by knowledge), I respond to the invocations of the supplicant, when he calls on Me (without any mediator or intercessor), so let them obey Me, and believe in Me, so that they may be aright"

This verse fills the believer heart with the feeling that Allah is very close to him. As Allah said "I am near", Allah's closeness is not only to listen, but also for the immediate response, as He said "

"I answer the prayer of the supplicant when he calls on Me".

This atmosphere of compassion, fills the hearts with the feelings of reassurance, hope and confidence, also Allah directs the believers to believe in Him and to respond to Him, in the hope that: This will guide them to wisdom.

O Allah, our Lord, we are calling on You, with all sincerity to shower us in this life with Your blessings, to guide us to the Right Path, and to make us from the dwellers of the Paradise in the eternal life.

## Chapter 8

### Islamic treatment of anxiety and depression

#### Make hope your way (road).

#### Make hope your way

Q Can hope becomes a way of life?

Q Can it be the first place to which you return when challenge presents itself?

A Yes we believe it can.

It may take time for that to happen.

It may take a lot of effort, but gradually you will start to see life through a particular lens - the lens of hope.

You will feel an increasing confidence in your ability to turn to hope, when hardships threaten your days.

You will allow hope more and more into aspects of your life.

You will come to make hope your way.

When you make hope your way, you will find yourself frequently thinking of how things might turn out well. Even as you face new and uncertain

circumstances, you will find yourself asking questions

like these: a) In my situation, what would a hopeful person do?

b) Given what I am facing, what is the best thing that might happen?

c) If the short term future isn't going to be to my liking, what about the long term?

As you learn to live life in this way,  
you are helping hope to become a habit.

As you acquire and use this hope  
strategy, it will work for you, and you will learn to trust your hope in Allah more and more.

Gradually, you will trust yourself more and more.

As your attitude of hope grows stronger, it becomes your nature to return to this attitude when hardships sometimes move you away from it.

This is the way (road) of hope, which  
will at its end, makes hope your home.

Although, you may not always see the way ahead clearly, you must continuously remind yourself that hope in Allah is real and it is not far away. When you speak your voice, you will feel the tender of hope.

When you reach out, it will be with the  
touch of hope.

When you act correctly, it will be with  
the spirit of hope in Allah, The Lord, The Most Merciful, all praise is to Him.

## Chapter 9

### Islamic treatment of anxiety and depression.

#### Path of Patience. (Sabr)

- Sabr (patience) holds a central position as a spiritual virtue, as it is viewed as a multifactor concept that encompasses endurance, perseverance and steadfastness in the face of adversity.

Patience in the face of adversity is seen as a means of emotional resilience, as it contributes to emotional stability and the ability to navigate life's challenges without succumbing to negative feelings e.g sadness, despair and depression.

Patience is a positive coping mechanism, which involves self-control and discipline over one's reactions.

In (Surat 2 - V: 155 - 156) - Allah conveys that:  
those who endure trials with patience are promised blessings and closeness of Allah.

Patience is viewed as a source of psychological healing for the spirits at the time of hardships.

In conclusion: Sabr (patience) is a transformative force that not only fosters spiritual growth but also contributes to emotional resilience, positive coping, self-discipline, and healing.

In the Holy Quran, Allah mentioned that the true believers, who are patient at the time of adversity, will receive unlimited reward. This is a sign clarifying that patience is very precious in the sight of Allah.

## chapter 10

### Islamic treatment of anxiety and depression.

#### Trust in Allah (Tawakkul)

The importance of Tawakkul (trust in Allah) during hardship is immense, providing inner peace, strengthening faith, and fostering resilience by fostering the belief that Allah has a Divine Plan and He is "The Provider". This trust is not passive but involves accepting Allah's Will, patiently enduring challenges, and taking proactive steps while recognizing that ultimate control is up to Allah's Will.

#### Benefits of tawakkul in hardship

##### 1. Inner peace and tranquility.

Tawakkul alleviates anxiety and stress by bringing a sense of calm and surrender to Allah's plan, even when faced with uncertainty.

## 2- Strengthened Faith and resilience :-

Tawakkul reinforces a believer's faith by acknowledging Allah's Wisdom, allowing them to face challenges with confidence and inner fortitude.

## 3- Contentment and acceptance :-

Trusting Allah's Will will lead to contentment with His Decree, knowing that He has appointed a proper proportion for all things and will guide and protect in difficult times.

## 4- Motivation for action and patience :-

Tawakkul encourages both patience and taking practical steps towards a solution, with the understanding that the ultimate outcome is only in Allah's Hands.

## The core concept

- A required act of worship: tawakkul is not optional, but a requirement of Faith, deeply intertwined with the straight path.
- A means to Allah's Pleasure: placing trust in Allah in all circumstances is considered an act of worship, that earns the Pleasure and Reward of Allah.
- Allah's Promise of ease :- The Quran and Sunnah emphasize that after hardship comes ease, reinforcing the importance of unwavering trust in Allah's Promise.

## Chapter 11

Satan is the source of all troubles in our life

Satan is trying to depress you.

Satan (Iblis) requested his Lord to give him respite until the Day of Resurrection, so that he can focus on his efforts in leading Adam and his offspring astray, as Satan thought that Adam was the reason for his expulsion from the paradise and Allah's displeasure with him.

Accordingly, Satan became the everlasting enemy of man, whispering to him to disobey Allah's Commands and never to thank Allah for His Blessings.

It is the mercy of Allah to warn mankind regarding Satan battle with man. This warning was clarified in many verses of the Holy Quran, where Allah informed that the battle with Satan is a major one because it is against desires, evil and corruption, which are the causes of anxiety, sadness and depression.

This battle with Satan takes place within man's conscious.

Prophet Mohamed (S.A.W) said.

" Satan has an effect on the son of Adam, and the angle has also an effect, as for the effect of Satan, it is by his promise of an evil. As for the effect of the angle, it is by his promise of a good one, believing in the truth.

So mankind must be aware of Satan whispers

Allah said in Surat 2 - V(208) :-

(208) "O, you who believe, enter perfectly in Islam, and follow not the footsteps of Satan. Verily he (Satan) is to you a plain enemy.

## Forms of Satan's whispers

### How Satan is controlling man's heart?

To know the above fact, we need to know that the heart of man has 2 gates: outer (external) and inner ones.

Regarding the outer gates of man's heart, these are the five senses: hearing, tasting, touching, vision and smiling. When any of these senses are affected by an external stimulation, they will send the message to the heart, which in turn will show its response (feeling) towards that external stimulation, e.g. 1- when you see a big dog running towards you (vision), so immediately you will feel fear inside your heart. 2- when you see a beautiful baby, you will feel happy.

The meaning is that: these senses are the outer (external) gates for man's heart.

Regarding the inner gates of man's heart, these are the whims and ideas, which we feel internally (in our heart and mind). These ideas are the motivators of man's will.

Inside man's conscious there is a battle going on in every second between the angle who is calling for good, promising the good and paradise, and Satan who is calling for evil, promising evil, loss and Hell-fire. So it is the duty of the true believer who is looking for good and the paradise to follow the angle, who is calling for obedience of Allah, and the true believer must reject completely Satan, who is calling for disobedience of Allah.

Conclusion:

The whisper of Satan is a call for evil which can lead to sins which are the cause of anxiety, worry and despair.

Whispers of Satan has many forms, these whispers are the ways to control man's heart, so we need to know them from the verses of the Quran so that we can avoid them completely.

At the beginning, we need to realize that sins are the cause of sadness, fear and anxiety :-

Prophet Mohamed (S.A.W) said :-

"If a slave sins increase, and he does not have enough good deeds, which would wipe them out, then Allah will afflict him with grief and sorrow in order to wipe them out."

This is Satan plan to command man to do sins, which cause him to be afflicted with sorrow and sadness, so he will become sad - lary - upset hopeless and this leads to depression. This is Satan plan to revenge from man and destroy him, so it is the duty of every believer to know the different forms of Satan ideas and whispers to protect himself.

How Satan controls man's heart and guides him to make sins :-

1. False promises :-

Satan promises his followers unrealistic things which will never happen. He works on their imagination and desires.

Allah said in Surat 4- V(120) :-

(120) "He (Satan) makes promises to them which arouse in them false desires, and Satan promises are nothing but deceptions."

An example of the false promises of Satan is mentioned in Surat 2- V(268)

(268) "Satan threatens you with poverty and orders you to do evil deeds and sins, whereas Allah promises you forgiveness from Himself and bounty, and Allah is sufficient for His creatures needs. All-Knower."

This is the false promises of the main enemy: Satan, - which aims at deviating the believers from doing good deeds, e.g: Satan threatens them with poverty to prevent them from spending for Allah's sake and from paying Zakat, which is one of the pillars of Islam.

## 2- Deception and decoration :-

The Holy Quran describes Satan ability to decorate his evil commands; in order to divert people from their spiritual path by making important spiritual matters unimportant or unrealistic, and making worldly desires very important.

In Surat 29 - V(38) Allah said :-

(29) " These two communities had minds and could see the Right Path., but Satan tempted them away, making their deeds seem fair to them, so they were turned away from guidance".

- In Surat (16) - V63 .. Allah mentioned about the deception of Satan, who presents falsehood as truth causing confusion.

In summery: any act of deception or form of decoration, that leads a believer away from the truth, modesty, and the remembrance of Allah, is considered to be among the ways and temptations of Satan.

3- Satan attempts to persuade people to accept superstition by exploiting human weaknesses like fear, curiosity and a need for significance.

By luring them with promises of power, control, or mystery and twisting the truth to create doubt and confusion, he aims to distract them from their faith and enslaves them to his deceptive influence.

All the above: confusion, deception and doubt are sources of despair, worry and anxiety.

#### 4- Causing Forgetfulness

This is Shaitan (Satan), who is trying to cause sorrow and anxiety to mankind through making them to forget important events in their lives e.g a student who has an examination at 9 A.M, so Satan will make him to forget the exact time, so he went at 10 a.m. You can imagine the despair and sadness of the student as he failed the examination. A big mistake which destroyed his success and may cause him to have depression.

Always the Shaitan is trying to make us to forget about the remembrance of Allah, so always feel worry and sad.

## Treatment of Satan whispers

### 1- Seeking refuge in Allah

Reciting the supplication ta'awwudh ("I seek refuge in Allah from Satan, the accursed")

Engage in dhikr (remembrance of Allah) and seek His Guidance to overcome the whispers

### 2- Ignoring the whispers

Don't allow the whispers to influence your thoughts or actions

Continue with your acts of worship without hesitation & doubt

Warn if Satan whispers that you are showing off with these acts of worship.

### 3- Acquire knowledge of Islamic teachings as this will help you to counteract the whispers.

### 4- Trust to Allah in supplication: Ask Allah to protect you from the whispers of Satan.

### 5. Be diligent in your affairs, and avoid idleness which can make you more susceptible to whispers.

### 6: Have good friends, whom will help you to be away from the bad deeds and Satan

## Conclusion

### The signs of happiness

There was a young couple who lived very happy life together, The only thing that they worried about was: whether their happiness would last forever.

One day, they heard that a wise man had come to the town, so they decided to visit him and tell him about their source of worry. The wise old man told them: travel around the world and seek a couple, who are perfectly happy. When you find such a couple, ask them for a piece of cloth from the man's shirt and keep that piece of cloth with you, and you will always remain happy. The young couple began their journey.

In one place, they heard that the governor and his wife were the happiest people, so they went to their palace and asked them about their great happiness. The governor said that he and his wife are happy in every way except one thing, they don't have children. So the young couple continued their journey. They arrived in one city, where they heard that the happiest couple lived in, so they visited them, and asked them about their great happiness. The couple replied that they are really happy in every way except that they have too many children, which make their life a bit uncomfortable.

They continued their journey, and visited many countries, cities and villages, asking the same question, but they did not find what they were looking for.

One day, the couple came across a shepherd who was grazing his sheep, when his wife and child came along. The shepherd greeted his wife, she laid the mat, and they started to eat contentedly.

The young couple, asked them "are you the happiest couple?"

The shepherd and his wife replied that, they are content with their life in all the ways. Immediately the

young couple realized that these are the happiest couple, and asked them for a piece of the shepherd's shirt, so that their happiness too would last throughout.

The shepherd said "If I give you a piece of cloth from my shirt, then I will be left without any clothes, since I own only one shirt.

The young couple returned to the old wise man and related all that had taken place. He asked them: what did you learn from your journey, so they replied that: they learned that: there is no perfect happiness in this world, but if you are thankful and content with whatever favors you have, then this is the real happiness.

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Finished, Praise be to Allah.

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