

The background of the entire page is decorated with a border of various autumn leaves in shades of orange, brown, and pink. The leaves are scattered around the edges, creating a seasonal frame.

# **PROTECTING YOUR MENTAL HEALTH AND WELL BEING AT UNIVERSITY**



**AND WITH THE BELIEVERS, AND BROUGHT  
THEIR HEARTS TOGETHER. EVEN IF YOU  
HAD GIVEN AWAY EVERYTHING IN THE  
EARTH YOU COULD NOT HAVE DONE THIS,  
BUT GOD BROUGHT THEM TOGETHER: GOD  
IS MIGHTY AND WISE**

**SURAH AL-ANFAL - VERSE 63**

Sa'd ibn Abi Waqqas (may Allah be pleased with him) said: I said: "O Messenger of Allah, which of the people are most sorely tested?" He said: "The Prophets, then the next best and the next best. A man will be tested in accordance with his level of religious commitment. If his religious commitment is strong, he will be tested more severely, and if his religious commitment is weak, he will be tested in accordance with his religious commitment. Calamity will keep befalling a person until he walks on the earth with no sin on him."

Sahih at-Tirmidhi

# DEALING

# WITH

# STRESS

As you progress through the year, with coursework, deadlines, and revision, your task list can become quite extensive, and it's natural for this to become a stressful period.

“...and no amount of worrying can change the future. Go easy on yourself, for the outcome of all affairs is determined by God's decree.” - Umar Ibn Khattab

## **Minimising worry:**

Stress at times is mainly caused by worry, and a lack of contentment. Remember, worry can not solve your problems, rather it is just a greater burden.

## **Enjoying your free time:**

It's important to strike a balance with everything you do. Along with all the stresses that come along with university work, it's important to take advantage of free time and social opportunities. Your ISoc and SU will have many social activities based on your cultural/sporting interests to help break up your studies. Sometimes a smile can be a blessing, and it can help you put your worries and concerns to rest, even if only for a while.

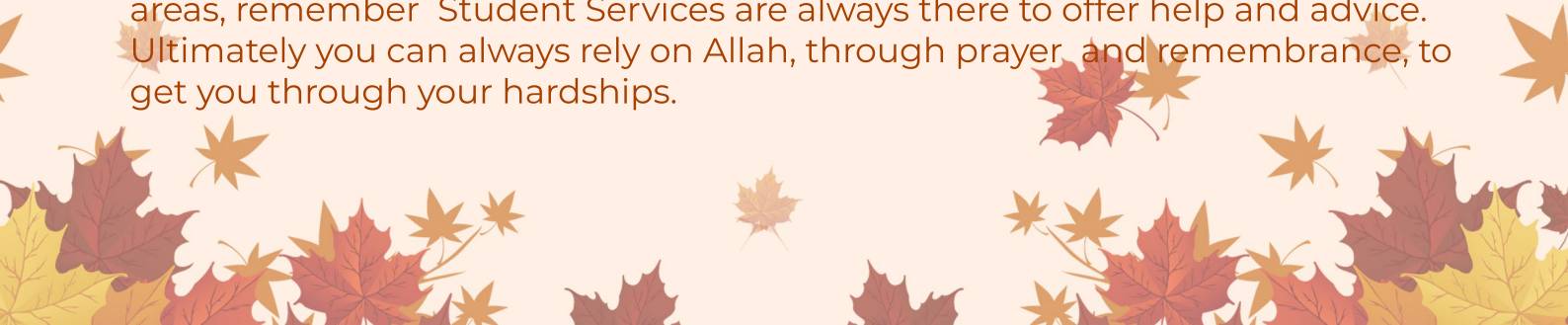
## **Eat, sleep, exercise, repeat.**

Nutrition, sleep, and exercise are all crucial when it comes to maintaining a healthy mind, body, and soul. Be mindful of these three aspects, in moderation, and you'll certainly be on your way to a stress free way of life.

Make sure you don't fall into comfort eating, it'll just make you more tired. A good night's sleep goes a long way to helping you stay focused through the day. Take advantage of the morning prayer, and start the day early, it's a blessed time after all. Getting into an exercise routine is very helpful too, and there will be many facilities and opportunities on campus to do this.

## **You're not in this alone:**

When times get hard, remember you're not alone. It can help greatly to rely on your friends, family, and teachers for support. If you need help in other areas, remember Student Services are always there to offer help and advice. Ultimately you can always rely on Allah, through prayer and remembrance, to get you through your hardships.



# BE

# COOL...

*...the Prophet replied,  
“Yes, there is a reward for  
serving any living being.”*

As Muslims on campus, we are in an ideal position to represent the true, merciful, and kind nature of our faith to our fellow students. We should take this opportunity to serve and assist the people around us.

## **Small Deeds**

One of the ways we can bring benefit to people is through small, everyday actions which are often overlooked. This includes doing favours for friends, helping someone with their shopping, even smiling and trying to cheer someone up. These actions require little effort, except a selfless attitude, and they can have a domino effect on the community. Be the change!

We all know of the story narrated by The Prophet (peace be upon him), regarding the person who brought water to a thirsty dog. When the people asked if there is a reward in serving the animal, the Prophet replied: “Yes, there is a reward for serving any living being.”

## **Have Hope**

*“We have not sent down to you the Qur’an that you be distressed”  
Surah Taha - Verse 2*

In the verse mentioned above, Allah is clarifying for the Prophet (peace be upon him), that he only sends knowledge and revelation to those he loves, because He wants for them goodness in abundance.

There are moments in our lives, moments filled with anger, or filled with sadness. Sometimes these moments can become entirely overwhelming, and drive us to our breaking point. We almost forget what it feels like to be happy, to smile, and to hope for everything to be all right.

No doubt life will get you down. There will be those days where you do not have any reason to get up. These days of lost hope, are the days when we should turn to Allah. Many times we think that only when we’ve purified ourselves, can we turn to Allah. The truth is quite the opposite, and it is precisely when you’re at your lowest point that you should turn to Allah. If we know Allah, then we should also come to understand that no situation is hopeless, nor is it permanent.

Even if you feel the world has abandoned you, and you feel that no one knows your heartache, know that Allah cares, and He hears you. Know that in time, He will make easy your situation, and provide you with a way out.





# THE IMPORTANCE OF FAMILY



*The Prophet (peace be upon him) said: Whoever would like provision to be increased and his life to be extended, should uphold the ties of kinship - Bukhari*

With all the new and exciting changes that are taking place in university life, it's all too easy to forget about your parents and family. Make a promise to yourself to give them the time and love they deserve.

*The Prophet (peace be upon him) emphasised family values as he knew how a strong family brings happiness and stability to all.*

Every family is different and has its own culture, be mindful of this as culture is important in the lives of many of our parents.

Reflect on your own situation, would your parents prefer you to call everyday, or would they just as much appreciate emails or letters?

Consider your siblings, are there any ways you can include them into your new life at university? It might be difficult to accept a Facebook request from a sibling, but maybe you can show them around your new city and introduce them to your new friends.

Whatever you decide to do, try to keep it regular, and try to find out what your family would like to receive, as opposed to what you'd like to give. This can take a lot of patience, especially when you feel that your parents are not being empathetic or supporting your choices as a young adult.

However investing in these relationships now will serve you for the rest of your life, and provide you with priceless memories.

University is a big step in your life, a time for growth, maturity, and new beginnings. It might be that you don't have a strong relationship with your family, but try and



# IMPORTANCE OF HEALTHY EATING IN ISLAM

Once we start University, it may be the first time for some of us to cook for ourselves. Islam is a way of life, and we have an abundance of guidance from the sunnah of the Prophet (saw) in terms of healthy eating and wellness. We know that our body is an Amaanah and we have a duty to preserve our own health. Good health is a blessing from Allah (swt) which we must be thankful for and we need to take proactive measures to ensure we are preserving this health. We are gaining Ajr (reward) as well as increased health benefits. The Prophet ﷺ said;

*'There are two gifts which many men are unmindful about – good health & leisure.' - Bukhari*

## Lemon and Honey

*'And your Lord inspired to the bee, "Take for yourself among the mountains, houses, and among the trees and [in] that which they construct. Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colours, in which there is healing for people. Indeed, in that is a sign for a people who give thought.'* - Surah An-Nahl - Verse 68-79

## The Prophet Muhammad ﷺ said:

"Honey is a remedy for every illness and the Quran is a remedy for all illness of the mind, therefore I recommend to you both remedies, the Quran and honey."

### Health benefits of Lemon:

- Aids digestion
- Detoxifies body
- Source of Vitamin C
- Aiding in weight loss
- Reduces risk of stroke and blood pressure
- Reduces skin wrinkling

### Health benefits of Honey:

- Regulates blood sugar
- Treats cough
- Reduces muscle fatigue
- Boosts energy levels
- Tackles insomnia

## Lemon / Honey drink:

For best results, drink on an empty stomach in the morning e.g. Fajr

- Glass of room temperature water + 1-2 teaspoons of apple cider vinegar + 1 teaspoon of honey
- Glass of room temperature water + fresh lemon juice (½ - 1 small lemon) + 1 teaspoon of honey

# FRUITS



*"It is He who sends down water from the sky. With it We produce the shoots of each plant, then bring greenery from it, and from that We bring out grains, one riding on the other in close-packed rows. From the date palm come clusters of low-hanging dates, and there are gardens of vines, olives, and pomegranates, alike yet different. Watch their fruits as they grow and ripen!" Surah Al-An'am - Verse 99*

*"He sends down water from the sky. From it you drink, and from it come the shrubs among which you graze your herds. By it He makes crops grow for you, as well as olives and dates and grapes and fruit of every kind. There is certainly a Sign in that for people who reflect." Surah An-Nahl - Verse 10 - 11*

We all know the importance of fruits, hearing the phrase '5 a day'; some benefits include:

- Reduce risk of stroke, heart disease, kidney stones and Type-2 Diabetes
- Instant energy suppliers
- Keep skin supple and hydrated
- Aid in digestion
- Prevent and treat constipation
- Aid in weight loss
- Make hair healthy, soft and strong



NHS advice on fruit & Veg portioning: what constitutes as 1 of the 5 a day?

- 80 g of fresh, canned or frozen fruit/veg
- 30g of dried fruit
- 150ml glass of fruit juice/smoothie (try not to have more than 1 portion of these daily as can be sugary/damage teeth)
- One apple, banana, pear (and similar-sized fruits) is 1 portion each

*TIP: add a portion of vegetables with dinner or fresh fruit with plain yoghurt to reach 5 a day*





# MILK AND BARLEY

*“There is instruction for you in cattle. From the contents of their bellies, between that which is to be eliminated (from the animal's body) and (its) blood, We give you pure milk to drink, easy for drinkers to swallow” Surat An-Nahl - verse 66*

*Aisha(ra) said: “When a member of the family of the Messenger of Allah (SAW) would fall sick, he would order that barley soup is made and then the ill person would be commanded to have some of it. He used to say, ‘It strengthens the heart of the sad person and relieves the heart of the ill person, just as one of you would wash the dirt off her face with water’” - Ibn Majah*

## **Health benefits of Milk:**

Source of Calcium: Healthy bones and teeth

Vitamin D: Maintenance of bones

Phosphorus: Strong bones & energy source



## **Health benefits of Barley:**

Weight loss

Control of blood sugar levels

Antioxidant

Improves digestion

Source of fiber

Rich in vitamins and minerals

## **Milk/Barley (Breakfast)**

Barley porridge (cooked in milk) with additional dried fruit

TIP: choose semi-skimmed, 1% fat or skimmed milk





# GUIDANCE FROM THE SUNNAH – HEALTHY EATING

**Eating in moderation:** “The son of Adam never fills a vessel worse than his stomach. The son of Adam only needs a few bites that would sustain him, but if he insists, one third should be reserved for his food, another third for his drink and the last for breathing.”

**Make dua’ for good health:** “Ask Allah for certainty and good health, for indeed, no one will have a better possession after certainty of Faith than good health”  
“Ask Allah for forgiveness, well-being and health. Indeed no one acquires a better possession after certainty of faith than good health”

“A Bedouin man came to the Messenger of Allah ﷺ and said to him, ‘What should I ask for after I finish the five prayers? The prophet ﷺ said. ‘Ask Allah for good health’. The man repeated the question, and the Prophet ﷺ said to him after the third time, ‘Ask Allah for well-being in this and the Next Life.’”

**Eating a balanced diet.** The Prophet ﷺ did not restrict himself from eating one type of food e.g: meat, fruits & dates.

Abstaining from mixing certain foods. The Prophet ﷺ never mixed fish and milk, milk and sour foods, two hot dishes, or two cold dishes, two sticky dishes, two heavy dishes, two liquid foods or two types of foods that produced the same condition. He ﷺ used to balance the foods that he ate, for example neutralizing the ‘hotness’ of ripe dates with watermelon.

**Temperatures of food.** The Prophet ﷺ neither ate a food when it was rather hot, nor old food that was re-heated the next day. When eating hot food, RasoolUllah (saw) would neutralise with cold foods.

Ensure that food is beneficial and helpful to nature, light on the stomach/not heavy & easily digestible. The Prophet ﷺ used to like eating the arm and upper parts of the sheep. This satisfies the three rules as the lightest part of the sheep’s meat is the neck, arm and thigh.

**Using three fingers when eating.** Adopting this method is the best way to eat, with the perfect amount of food being ingested in each mouthful. Eating with one/two fingers won’t satisfy the appetite as there would be insufficient amount of foods. Whereas eating with five fingers sends more food to the stomach than it can handle with each bite, necessitating over-activity of the digestive organs.

**Don’t eat just before sleeping.** Abu Nu’aym mentions that the Prophet ﷺ used to discourage sleeping just after eating food as it hardens the heart. Doctors have also advised to walk even just a few steps after dinner before sleeping. Praying after eating dinner helps the food reside at the bottom of the stomach before sleeping, to facilitate for easy digestion.

# WATER AND THE SUNNAH



The Prophet (saw) guided his Ummah to drink while sitting down. Drinking whilst standing up can lead to many ailments, it doesn't quench the thirst and means that water will not settle in the stomach: which is vital for transfer to the liver and rest of the body.

Drinking water in three separate breaths. The Messenger of Allah ﷺ used to say (following drinking water in three separate breaths): 'This method quenches the thirst better and is more palatable and sanitary'. This has many benefits: there is no fear of choking when one takes a breath when drinking.

Mentioning Allah's name when drinking. Imam Ahmad said: 'When the food has four qualities it will have become perfect' when Allah's name is mentioned before having it, when Allah is thanked after finishing with it, when there are many hands to eat from it, and when it is from legal, pure sources.'



# EXERCISE AND WELLNESS

## The Prophet's guidance concerning sleep:

- The Prophet ﷺ used to sleep in the early part of the night and would wake up in the beginning of the latter part, performing wudhu to pray
- This meant that he ﷺ acquired a fair share of sleep, rest and physical activity, as well as striving towards pleasing Allah (swt)
- The Prophet ﷺ did not oversleep or deprive his body of sleep
- The Prophet ﷺ also used to lean on the right side while sleeping, this allows for food to sit in the stomach comfortably as the stomach leans to the left side

## The Prophet's guidance on physical activity:

We have a lot of guidance from the sunnah in relation to exercise and wellbeing. Sports such as horse riding, archery, swimming and wrestling are all recommended.



# RECIPE WEBSITES

<https://www.bbcgoodfood.com>

<https://www.allrecipes.com>

<http://allrecipes.co.uk>

<https://www.bonappetit.com/recipes>

<https://www.afeliaskitchen.com/>

Link to sign-up for sunnah diet daily checklist:

[https://app.getresponse.com/site2/the\\_muslim\\_youth\\_program-me?u=hxozW&webforms\\_id=BiQRF](https://app.getresponse.com/site2/the_muslim_youth_program-me?u=hxozW&webforms_id=BiQRF)

All nutrition information taken from the book Healing with the Medicine of the Prophet ﷺ by Imam Ibn Qayyim Al-Jauziyah

# HOW TO MAXIMISE PRODUCTIVITY & STUDY EFFECTIVELY:

University is a time of change, you'll be making friends, perhaps you might be getting used to a different city, having new experiences and ultimately you'll be trying to find where you fit in. However, It is so important to be able to manage your time effectively and maintain the balance between studying and free time.

Narrated Ibn Abbas

The Prophet ﷺ advised to: *"Take benefit of five before five: Your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before you are preoccupied, and your life before your death"*

We won't ever have as much free time as we do right now, make the most of this huge blessing and utilise every single moment because you will be held to account by how you've used your time

## 1. Renew your intentions

Before doing anything, it's essential to renew your intentions - ensure that what you're doing is for the sake of Allah and your akhirah.

Intentions give us a purpose and can increase our motivation

Narrated 'Umar bin Al-Khattab:

I heard Allah's Messenger ﷺ saying, *"The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended"*

## 2. Have a clean workspace

A messy workspace = a messy headspace

Keep your workspace clean and remove all distractions beforehand so that you'll be able to concentrate on the work at hand

## 3. Make a schedule/ to do list

Plan your day! Try planning your day around salah times, by doing this it'll ensure you're praying on time and your day will be filled with barakah

Not everyone likes sticking to a schedule so try having a checklist and get things ticked off.

Focus on one thing at a time, multitasking whilst studying is not effective at all Don't overwhelm yourself with too many things to do either, be realistic with how you're planning your day

Set goals for yourself or try using SMART targets and monitor your progress as the weeks go by







#### 4. Renew your intentions

Have a clean workspace

Make a schedule/ to do list

Identify the ways you work best

This often comes through a process of trial and error

It can be useful to switch up your learning environment rather than sitting in the same setting all the time

Find out what type of learner you are: Visual, Auditory, Kinaesthetic, Reading/Writing or a combination of the 4

Work out the study methods that suit you whether it's flashcards, mnemonics, videos, mind maps

Bear in mind that what works best for you in one subject area might not work well in another area

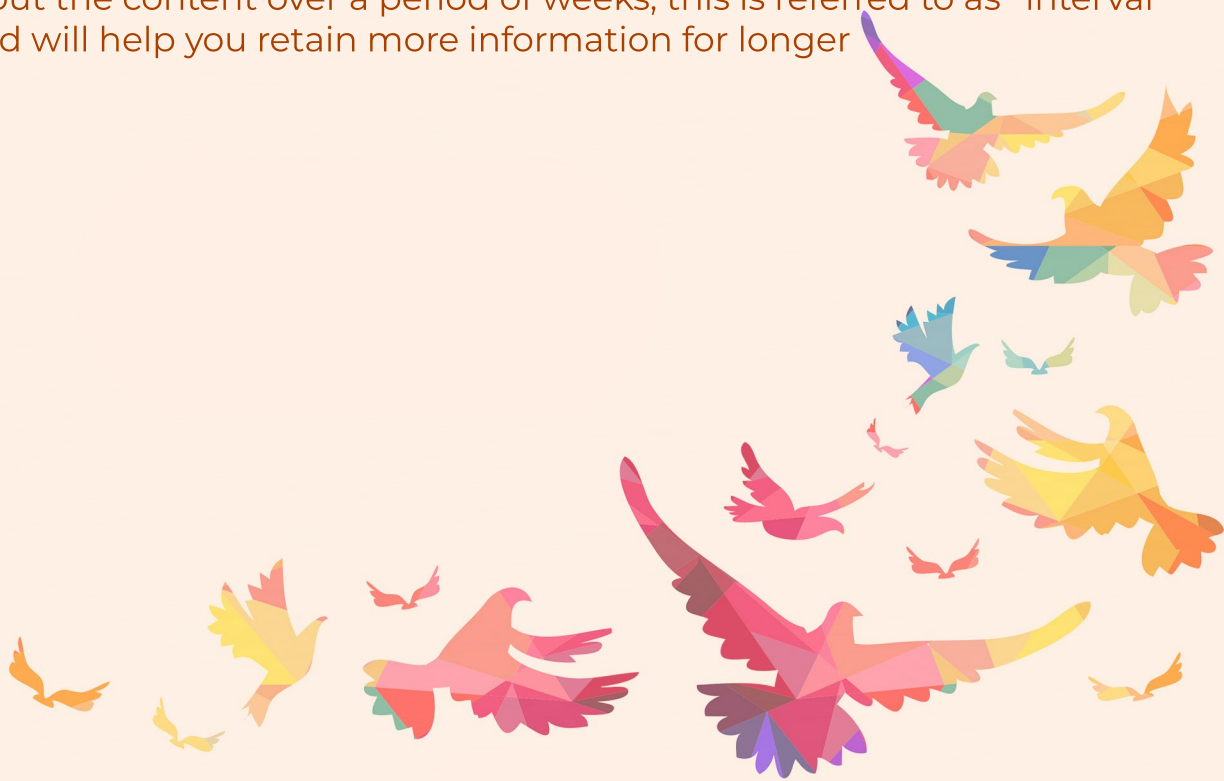
#### 5. Actually study

Don't be one of those people that goes to the library, pulls out a fresh pack of highlighters and pens, sits on their phone for a few hours and then leaves

Try to study actively rather than passively, test yourself on what you've learned, make your own diagrams/ flowcharts.

Your method of studying shouldn't solely be reading and highlighting information

Try spacing out the content over a period of weeks, this is referred to as "interval studying" and will help you retain more information for longer





## 6. Have breaks

Studying for hours on end is not productive at all and it's best to break up your time into manageable chunks and space out the content you're trying to learn. This helps prevent burnout and give you time to recharge so your focus and attention is improved.

During your break take a walk, stretch, talk to someone or have a healthy snack

## 7. Sleeping schedule

Try to have a consistent sleeping schedule and aim to get those 8 hours in every night

This gives your brain time to process all the information learned during the day. You'll wake up feeling refreshed and recharged

## 8. Self-care

Look after yourself! Eating well, doing exercise, and drinking enough water will have a positive impact on your studying as well as your mental and physical health

Give yourself time off from studying, socialise with friends, join societies and have fun!

## 9. Don't neglect your ibaadah (worship)

Make sure you're praying your salah, try scheduling in time for the morning and evening adhkar and reading Qur'an

Maintain your relationship with Allah



# DUA KIT

We have included some verses, and supplications which can be applied in various times of need. We hope you find them useful.

## **You've sinned?**

Say, "O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah . Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful." Surah Az-Zumar - Verse 53

## **You're seeking peace?**

By which Allah guides those who pursue His pleasure to the ways of peace and brings them out from darkenesses into the light, by His permission, and guides them to a straight path. Surah Al-Ma'idah - Verse 16

## **You need reassurance?**

[O Muhammad], inform My servants that it is I who am the Forgiving, the Merciful. Surah Al-Hijr - Verse 49

## **You feel like you've lost?**

O my sons, go and find out about Yusuf and his brother and despair not of relief from Allah. Indeed, no one despairs of relief from Allah except the disbelieving people." Surah Yusuf - Verse 87

## **You're tired of hardships?**

For indeed, with hardship [will be] ease. Surah Al-Sharh - Verse 05

## **You feel as if you're not appreciated?**

[And it will be said], "Indeed, this is for you a reward, and your effort has been appreciated. Surah Al-Insan- Verse 22

## **Times of difficulty and stress:**

[Allahumma la sahl illama ja'altahu sahla wa anta taj'alu al hazna ethaa shi'ta sahala]

Oh Allah! Nothing is easy except what you have made easy.  
If you wish, you can make the difficult easy.



# DUA KIT



We have included some verses, and supplications which can be applied in various times of need. We hope you find them useful.

## You're studying?

[Allahumma infa'ni bima 'allamtani wa 'allimni ma yanfa'uni]

Oh Allah! Make useful for me what You taught me and teach me knowledge that will be useful to me.

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي يَفْقَهُوا قَوْلِي

“O my Sustainer! Open up my heart and make my task easy for me, and loosen the knot from my tongue so that they might fully understand my speech.”

Surah Taha - verse 25-28

رَبِّ زِدْنِي عِلْمًا

“My Lord Increase me, and increase me in knowledge.”

Surah Taha - verse 114

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ وَاجْعَلْ لِّي لِسَانَ صِدْقٍ فِي الْآخِرِينَ وَاجْعَلْنِي مِّنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

“My Lord, grant me wisdom, join me with the righteous; give me a good name among later generations; make me one of those given the Garden of Bliss.”

Surah Ash-Shu'ara - verses 83-85

اللَّهُمَّ لَا سَهْلًا إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

“O Allah, nothing is easy except what You make easy. And if You wish, You make the difficult easy.”

## Hisnul-Muslim

اللَّهُمَّ رَحْمَتُكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

“O Allah, I hope for Your mercy, so give me not over to myself even for as little as wink of an eye, and set right all my affairs, there is no God but You”

Sunan Abu Dawood





# HOW'S YOUR MENTAL HEALTH

## **Inspired Minds:**

A mental health charity with many services, including face to face and skype counselling

[www.inspiredminds.org.uk](http://www.inspiredminds.org.uk)

## **Islamic Counselling:**

Offers counselling from an islamic perspective, considering the nature of human beings (fitra)

[www.islamiccounsellingn.ifo](http://www.islamiccounsellingn.ifo)

## **Muslim Youth Helpline:**

Free, anonymous, non judgemental, faith-sensitive helpline

[www.myh.org.uk](http://www.myh.org.uk) | 0808 808 2008

## **Muslim Women's helpline:**

A women's organisation dealing with sexual abuse, rape and violence

## **MCAPN:**

Helps you find a councillor/ therapist with a Islamic perspective

[www.mcapn.co.uk](http://www.mcapn.co.uk)

## **NHS / GP:**

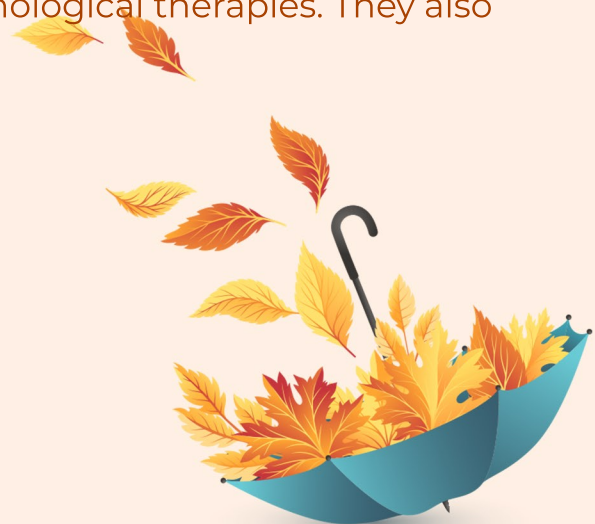
The NHS provides free healthcare to all, including mental health services during both emergencies and long term through your GP

HS helpline - 111

## **IHSAN:**

Provides religiously and culturally sensitive psychological therapies. They also work with other services and GPs

\* All helplines and services are confidential





# IMMIGRATION

## **UK council for international student affairs**

UKCISA offers lots of advice and support to international students regarding immigration

[www.iasservices.org.uk](http://www.iasservices.org.uk) | +442077889214

## **Immigration advice service**

IASServices promises a stress-free immigration process, and can provide advice over the phone or Skype

[www.ukcisa.org.uk](http://www.ukcisa.org.uk) | 0333 414 9244

## **Your students' union**

Your SU is a separate organisation to your university and are a charity that works for you. They give objective, impartial advice and support with university-related problems



@FOSISchannel  
[www.fosis.org.uk](http://www.fosis.org.uk)

