

You're feeling HAPPY.
It's such a pleasure to see you happy

Allah Says:

“If you express gratitude, I shall certainly give you more, and if you are ungrateful, then My punishment is severe.” (Quran, 14:7)

Prophet Muhammad(SAW) said:

“Nafi’ ibn Abdul Harith reported: The Messenger of Allah, peace and blessings be upon him, said, “It is part of a person’s happiness to have a righteous neighbor, a comfortable mount, and a spacious dwelling.” **Source: Musnad Ahmad 14947**

Dua we've been taught as muslims:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ سَخَطِكَ

O Allah! I seek refuge in You from the decline of Your blessings, the passing of safety, the sudden onset of Your punishment and from all that displeases you.

What to do:

Remember Allah(SWT) and ask for his mercy.

Pray for the hearts that are sad.

Don't let the sadness and grieves occupy your heart

Recommendations:

Book:

The Happiness Project

by Gretchen Rubin

Podcast:

The Science of Happiness,

Hosted by Dacher Keltner,

Movie:

A Beautiful Mind

Psychological Therapies:

- Count your blessings and practice gratitude.
- Take time to engage in random acts of kindness.
- Respond actively and constructively, celebrating when others share good news with you.
- Attend to others mindfully, and practice compassion and empathy.