

You're feeling SAD.
We're saddened to see you sad

Allah Says:

And let not their speech grieve you. Indeed, honor [due to power] belongs to Allah entirely. He is the Hearing, the Knowing.” (Quran 10:65)

Prophet Muhammad(SAW) said:

Narrated 'Aisha:"the wife of the Prophet) Allah's Apostle said, "No calamity befalls a Muslim but that Allah expiates some of his sins because of it, even though it were the prick he receives from a thorn." **Source: Volume 7, Book 70, Number 544:**

Dua we've been taught as muslims:

اللهم فارج الهم، كاشف الغم، مذهب الحزن، اكشف اللهم عني همّي وغمّي ، وأذهب عني حزني
Oh Allah, Reliever of anxiety, Remover of distress, Dispeller of grief! Remove my anxiety, distress, and dispel from me my sadness.

What to do:

Remember Allah(SWT) and ask for his mercy.

Pray for your sad heart.

Read out Surah Wad-Duha with translation.

Recommendations:

Book:

First, We Make the Beast Beautiful
by Sarah Wilson

Podcast:

Feeling Good Podcast
by Dr. David Burns

Movie:

The pursuit of Happiness

Psychological Therapies:

- Talk therapies
- Clear your thinking
- Talk with a loved one
- Do some physical exercise,
- Try breathing exercises
- Listen to positive music.