

## Fighting Depression

﴿لَعَلَّكَ بِاِحْسَانِ نَفْسِكَ اَلَّا يَكُوْنُوْا مُؤْمِنِيْنَ﴾

وَقَالَ نَبِيُّ الرَّحْمَةِ ﷺ:

﴿اِنَّ الْعَيْنَ تَدْمَعُ، وَالْقَلْبَ يَحْزَنُ، وَلَا نَقُوْلُ اِلَّا مَا يَرْضَى رَبُّنَا﴾

### Dear Brothers and Sisters!

Health is undoubtedly one of the greatest blessings bestowed upon us by Allah (swt), after Imaan. Rasulallah (saw) has said, **“There are two blessings that many people are deceived into losing: health and free time.”**<sup>1</sup> When we are in good health for a long time, we may be neglectful about how great a blessing health is. But when we fall ill, we remember its value again. Diseases that we should consider as tests of Allah (swt) can be physical as well as psychological such as social phobia, panic disorder and depression. The pandemic process has been determining our daily lives for about a year and a half with the curfews and restrictions it has brought. This situation has caused depression to become more common. Muslims are also included in these statistics.

### Dear Brothers and Sisters!

Believers who have faith can also get depressed from time to time. They may be deeply saddened by the events they experience, problems and troubles, and heavy burdens that they cannot handle. When the polytheists [Mushrik] were stubborn and mocked the Qur'an, Allah (swt) revealed the following verse: **“We certainly know that your heart is truly distressed by what they say.”**<sup>2</sup> Allah (swt) addressed the Messenger of Allah ﷺ, who was sad because he was thinking of the polytheists in the hereafter: **“Perhaps, [O Muhammad], you would kill yourself with grief that they will not be believers!”**<sup>3</sup> He also uttered these famous words while grieving for his son, who passed away when he was just 18 months old: **“The eyes are shedding tears and the heart is grieved, and we will not say except what pleases our Lord, O Ibrahim ! Indeed, we are grieved by your separation.”**<sup>4</sup> Therefore, everyone can fall into this situation, and no one has the right to condemn it.

### Dear Jama'ah!

Having feelings and thoughts such as not being able to enjoy life, having difficulty in doing daily tasks and making everything seem to be meaningless, is normal if it is in the short term. If this doesn't go away after a while, but rather goes to the extent where you have the urge to hurt yourself, we probably need professional help. There is absolutely nothing to be ashamed of in this. Just as we consult a doctor when there is a pain in our body that does not go away, it is inevitable for us to seek professional help in our mental problems. In some cases, it is even necessary. At the same time, after fulfilling our religious obligations, keeping our spirituality high by reading the Qur'an extra, making dhikr and praying will improve our mood.

Every person goes through various tests in their lives. To list just a few examples, these are grieving, affliction, being in a constantly stressful environment, excessive pressure, violence, scolding, serious illnesses, our diet, sleep patterns, and similar situations that can lead to depression. Even the simplest things that a depressed person does routinely before in his daily life can be very heavy and difficult. In addition, the depressed person avoids talking to others and may not want to answer phone calls and messages even when called. On this occasion, sometimes even the closest people may not understand what the person is going through and the reasons for their behaviour. They may even be angry with them for not telling about their condition.

### Dear Jama'ah!

Every person has two very simple needs. These are the desire to be understood and valued. Let's take a closer look at the people around us. Let's listen to the members of our family wholeheartedly or express that we want to listen. Let's show some warmth. If anyone is withdrawn, angry, tense or silent, let's not leave them alone. Let's not just say that we are with them, let's even prove it to them. Our organisation can support anyone who is in need of moral support in this regard.

May Allah (swt) protect us from all calamities and ensure quick recovery for those who are facing depression. Ameen.



<sup>1</sup> Buhârî, Rikâk, 1

<sup>2</sup> Surah Al-Hijr, 15:97

<sup>3</sup> Surah Ash-Shu'ara, 26:3

<sup>4</sup> Buhârî, Cenâiz, 43, H.No: 1303