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DEALING WITH EMOTIONAL DISTRESS

FROM THE SCOPE OF THE SEERAH

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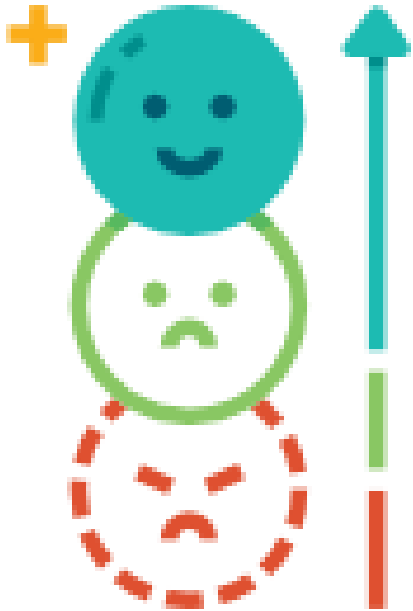
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Red & White Club, University of Calgary





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“Don’t be Sad, surely Allah is with us” (Quran 9:40)

- **Direct order from Allah SWT**
 - Falling too deep into sadness could thus be a form of disobedience to Allah
 - Sadness = Hopelessness or attachment to the dunya
- **In the past decade alone, rates of depression**
 - In girls: + 12%, In boys: + 7% (relatively drastic)
 - + 25% overall due to COVID
 - 1/5 Americans suffer from some form of depression
- **“A strong believer is better and is more lovable to Allah than a weak believer”** Sahih Muslim 2664 : Book 46, Hadith 52
 - Physical strength? Mental Strength? Emotional Strength?...
- **STOICISM** - ultimate form of emotional acceptance of Allah’s Qadar



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Times of DISTRESS in the Prophet ﷺ's Life

- Receiving revelation in Cave Hira
- Battle of Uhud - losses and betrayal
- Incidents in Taif

- Losing father before birth, mother at a young age and 6/7 children
- Boycott in Mecca
- Preaching in secret and preaching in public
- Year of sorrow
- The list goes on...

- **AREA OF FOCUS: Coping mechanisms to react to perceived undesirable circumstances from the Prophet ﷺ!**



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How the Prophet ﷺ's Dealt with Trauma/Hardship: 1 - Receiving Revelation in Cave Hira

- When Angel Jibreel appeared and spoke to him ﷺ, he ﷺ became petrified!
- He ﷺ went running to Khadija (RA) and said: “Cover me, Wrap me”
- Khadija’s response: “By Allah, No! Allah will never disgrace you!”
 - Before the Prophet ﷺ became a prophet

Lessons:

- If with others, be alone.
- If alone, confide in trusted people.
 - Coincides with secular sources





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How the Prophet ﷺ's Dealt with Trauma/Hardship: 2 - Battle of Uhud - losses and betrayal

- Perfect plan was set by our beloved Prophet ﷺ, sahabah disobeyed and consequences were detrimental!
- Surat Al-Imran verse 159 revealed shortly after the battle upon post-battle meeting
 - “Had you been rough, hardhearted, they would surely have scattered away from you”

Lessons:

- When you are in a position of power/leadership, and your followers disobey you
- Have rahma in your heart, speak softly to them





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How the Prophet ﷺ's Dealt with Trauma/Hardship: 3 - Incidents in Taif

- When Aisha RA asked the Prophet ﷺ if there was a day more difficult than Uhud...

Lessons from his ﷺ Response:

- Severity of emotional distress > physical distress
 - Hadith about the greatest warrior
- Physical disconnection
- Answer was dignified, not sympathetic. SHE ASKED HIM!
- **Most importantly: Duaa - confiding in Allah SWT**





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RECAP LESSONS + significance of order

1 - Cave Hira

If alone, confide in trustworthy

If with others, be alone

2 - Uhud

Rahma on the tongue

Rahma in the heart (stoicism)

3 - Taif

Emotional distress > physical distress

Coping by physically disconnecting

Have dignity, not self-pity (stoicism!)

BOTTOM LINE: TURN TO ALLAH!

Final Reminders

- **We are HUMAN!**
 - In the “Year of Sorrow”, the Prophet ﷺ lost both his uncle and wife within a 40-day span. A number of the Companions narrated, “After the death of Khadijah RA, we did not see the Prophet smile for months on end.”
- Every hardship is a test from Allah SWT
- “If Allah wills good for someone, He afflicts him with trials.”
Ṣaḥīḥ al-Bukhārī 5321
- “Indeed after every hardship comes ease” (Quran 94:5/6)
 - After year of sorrow, Prophet Muhammed ﷺ received the gift of Al-Kawthar and Al-Israa w Al-Miraaj
 - Solidifying the the ultimate and eternal end goal of akhirah > dunya



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Resources

https://www.oxfordlearnersdictionaries.com/definition/american_english/stoicism

<https://www.imamghazali.org/blog/how-the-prophet-dealt-with-trauma-and-hardship>

<https://quran.com/en/ash-sharh>

<https://www.abuaminaelias.com/dailyhadithonline/2011/02/23/allah-intends-good-afflicts-trials/>

Photos:

[Jabal al-Noor | Hajj and Umrah Planner](#)

[The Cave of Hira In Jabal Al Noor: History And Importance](#)

[Diagram of the Battle of Uhud, of where the archers were located | Battle of uhud, Vintage world maps, Earth](#)



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Jazakum Allahu Khairan Katheeran!

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