

The Power of Gratitude in treating Stress, anxiety, and depression

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The Thankful way to happiness



What is Stress?
Why do we get stressed?



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What is Stress

- Imagine you went to the back yard to get Fresh air and you saw a wild animal (Bear)
- Adrenaline
- Can't think straight
- Only instinct and second natures



First Priority for Our Brain is to survive and prepare for worst case

- Food, craving to hunt, store in fat
- Stress: Adrenaline, less sleep, worry
- Sleep: Less deep sleep to be prepared for dangerous
- We need to train our mind that we are not in dangerous



HALF
FULL



HALF
EMPTY

Our Brains
always look at
the half empty

Example of water

- Oh my god I have a half empty cup – I am worried
- Good! I have water
- Thank God that I have enough water to help me to fill the other half



Example of **Hard task at work**

- Oh my god I am doomed. This is hard. I will get fired – I am worried
- **Your survival Mind (I am not safe)**
- Good! At least I am still getting paid (Passive)
- Thank God that I have my work and the means to solve the problem. I will learn a lot from it and improve. Then search for a solution



How to Train Your Mind?

1. Through Gratitude

The Power of Gratitude

The thankful way to a happier, healthier you

By [Lois Blyth](#)

Can being more grateful change your life? Ongoing research suggests that it does. Practicing gratitude has a positive impact on the brain and changes the way we feel about the world—and each other. It transforms our lives from the inside out—and The Power of Gratitude explains how.

Gratitude extends far beyond the ritual of sharing gifts or saying thank you. It is a form of recognition—a way of appreciating the kindness, beauty, and wonder that life has to offer. Gratitude connects us to one another and to the world we live in. It increases our wish to nurture, help, and protect one another—and increases our sense of belonging.



In positive psychology research, **gratitude** is strongly and consistently associated with **greater happiness**. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



In positive psychology, gratitude is the human way of acknowledging the good things of life. Psychologists have defined gratitude as a positive emotional response that we perceive on giving or receiving a benefit from someone (Emmons & McCullough, 2004).



The state of Gratitude (Madarij)

- Shakoor (Even in time of hardship) It is all good
- Shaker (Patient in hardship and thankful in ease)
- No matter how bad it is, it could be worse (Omar)

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۗ أَلَا بِذِكْرِ اللَّهِ
تَطْمَئِنُّ الْقُلُوبُ

"Those who believe, and whose hearts find tranquility in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find tranquility. (Raad - 28)

لئن شكرتم لأزيدنكم

If you are grateful,
I would certainly give to you more
(Ibrahim: 7)

Always Looking positive

Ibn al-Qayyim reported: Shaykh Ibn Taymiyyah, may Allah have mercy on him, said to me once, “What can my enemies do to me? My paradise and my garden are in my heart wherever I go and they are never separated from me. If I am imprisoned, then it is seclusion for worship. If I am killed, then it is martyrdom. If they expel me from my land, then it is tourism.”

Source: al-Wābil al-Şayyib 1/48

عن ابن القيم قَالَ وَقَالَ لِي شَيْخُ الْإِسْلَامِ ابْنُ تَيْمِيَّةَ رَحِمَهُ اللهُ مَرَّةً مَا يَصْنَعُ أَعْدَائِي بِي أَنَا جَنَّتِي وَبُسْتَانِي فِي
صَدْرِي أَيْنَ رُحْتَ فَهِيَ مَعِي لَا تُفَارِقُنِي أَنَا حَبْسِي خُلُوءٌ وَقَتْلِي شَهَادَةٌ
وَإِخْرَاجِي مِنْ بَلَدِي سِيَاحَةٌ
1/48 الوابل الصيب من الكلم الطيب

Showing Gratitude

وكان يقول في محبسه في القلعة:

لو بذلت لهم ملء هذه القلعة ذهباً ما عدل عندي شكر هذه النعمة، أو قال: ما جزيتهم على ما تسببوا لي فيه من الخير ونحو هذا.

He said when he was a prisoner in the castle: "If I gave them gold to fill this castle, will not be enough to thank them on the good they gave to me. ???



Mohammad Saleh

- Cleansing sins
- Had time to comfort his family financially after
- His work was going fine and it became easy
- He had lots of good friends



قال رسول الله صلى الله عليه وسلم "عجبا لأمر المؤمن إن أمره كله له خير، وليس ذلك لأحد إلا للمؤمن : إن أصابته سراء شكر فكان خيراً له، وإن أصابته ضراء صبر فكان خيراً له" ((رواه مسلم)).

The Messenger of Allah (ﷺ) said, "How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If prosperity attends him, **he expresses gratitude** to Allah and that is good for him; and if adversity befalls him, he endures it patiently and that is better for him".

[Muslim].

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ : (مَنْ أَصْبَحَ مِنْكُمْ آمِنًا فِي سِرِّبِهِ ، مُعَافَى فِي جَسَدِهِ ، عِنْدَهُ قُوَّةٌ يَوْمِهِ ، فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا)

Messenger of Allah (ﷺ) said, "Whosoever begins the day feeling family security and good health; and possessing provision for his day is as though he possessed the whole world."

1. Egypt during the revolution
2. Syria and Palestine

اللهم إني أصبحت منك في نعمة وعافية وستر فأتّم
نعمتك عليّ وعافيتك وسترك في الدنيا والآخرة

O Allah, I begin a new day with your great blessing of bounties, well-being, and concealment, from you so perfect Your bounties, well-being and concealment for me in this world and the Hereafter.

Feel the tranquility around you and realize that you are safe
(remember the three things: Safety, Health, and enough food for the day)



Whenever the Prophet intended to go to bed, he would recite: "Bismika Allahumma amutu wa ahya (**With Your name, O Allah, I die and I live**)." And when he woke up from his sleep, he would say: "Al-hamdu lil-lahil-ladhi ahyana ba'da ma amatana; wa ilaihi an-nushur (**All the Praises are for Allah Who has made us alive after He made us die (sleep) and unto Him is the Resurrection**)." You have got another chance

كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا أَرَادَ أَنْ يَنَامَ قَالَ " **بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا** ". وَإِذَا اسْتَيْقَظَ مِنْ مَنَامِهِ قَالَ " **الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ** ".

Feel the mattress below you and realize that you are safe
(remember the three things: Safety, Health, and enough food for the day)

اللَّهُمَّ مَا أَصْبَحَ (أَمْسَى) بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَالْحَمْدُ وَاللُّك الشُّكْرُ

The Prophet (SallaAllahu 'alayhi wasallam) said that whoever says this supplication in the morning or evening, then he has fulfilled the gratitude that is due upon him for that morning or evening

O Allah, whatever blessing has been received by me or anyone of Your creation, it is from You alone, You have no partner. All praise is for You alone and all thanks is to You alone.

رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " مَنْ أَكَلَ طَعَامًا ثُمَّ قَالَ الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا الطَّعَامَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ وَمَا تَأَخَّرَ وَمَنْ لَبَسَ ثَوْبًا فَقَالَ الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ وَمَا تَأَخَّرَ " .

Narrated Mu'adh ibn Anas:

The Prophet (ﷺ) said: If anyone eats food and then says: "**Praise be to Allah Who has fed me with this food and provided me with it through no might and power on my part,**" **he will be forgiven his former and later sins.** If anyone puts on a garment and says: "Praise be to Allah Who has clothed me with this and provided me with it through no might and power on my part," he will be forgiven his former and later sins.

عن أبي هريرة رضي الله عنه عن رسول الله - صلى الله عليه وسلم: «مَنْ سَبَّحَ اللَّهَ فِي دُبُرِ كُلِّ صَلَاةٍ ثَلَاثًا وَثَلَاثِينَ، وَحَمِدَ اللَّهَ ثَلَاثًا وَثَلَاثِينَ، وَكَبَّرَ اللَّهَ ثَلَاثًا وَثَلَاثِينَ، فَتِلْكَ تِسْعَةٌ وَتِسْعُونَ، وَقَالَ تَمَامَ الْمِائَةِ: لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ غُفِرَتْ خَطَايَاهُ وَإِنْ كَانَتْ مِثْلَ زَبَدِ الْبَحْرِ.»

"Whoever **glorifies Allah** (by saying Subhan-Allah) after every Salat (prayer) thirty-three times, and **praises Allah** (by saying Alhamdu-lillah) thirty-three times, and **exalts Allah** (by saying Allahu Akbar) thirty-three times, those are ninety-nine in all, and says to complete a hundred: La ilaha ill-Allahu, wahdahu la sharika lahu, lahul-mulku wa lahulhamdu, wa Huwa 'ala kulli shai'in Qadir (There is nothing which deserves to be worshipped except Allah Alone Who has no partner; to Him belongs the kingdom, to Him praise is due, and He has power over everything), his sins will be forgiven, even if they are as abundant as the foam of the sea." [Reported by Muslim].



Gratitude to People

عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: لَا يَشْكُرُ اللَّهُ مَنْ لَا يَشْكُرُ النَّاسَ.
صحيح (الألباني) Sahih (Al-Albani)

Abu Hurayra reported that the Prophet, may Allah bless him and grant him peace, said,

“Allah does not thank the person who does not thank people.”

Gratitude to People

عن أبي سعيد قال قال رسول الله صلى الله عليه وسلم: **من لم يشكر الناس لم يشكر الله**.
رواه الترمذي وصححه الألباني

the Prophet, may Allah bless him and grant him peace, said,

“who does not thank people, Did not
thank Allah.”

Relations

- Always start with thanking Allah that you have a relation (Wife, Husband, Parents, Friend ...)
- Start by remembering the good in them
- **Show gratitude to them for the good they showed.**
- Find an excuse to them
- Working in fixing the relation



Wife

وعن أبي هريرة رضي الله عنه قال : قال رسول الله صلى الله عليه وسلم : " لا يفرك مؤمن مؤمنة إن كره منها خلقا رضي منها آخر " أو قال : " غيره " ((رواه مسلم)).

Messenger of Allah (ﷺ) said, "A believer must not hate (his wife) believing woman; if he dislikes one of her characteristics he will be pleased with another".

[Muslim].

Friend

التمس لأخيك سبعين عذرا فإن لم
تجد له عذرا فقل له عذرا

Messenger of Allah (ﷺ) said, "Find 70 excuse to you brother and if you can't find say he must have an excuse".

Community

- I am grateful to the community
- Blessing: It is a great blessing to have community gatherings and a community center like ICOB
- Pandemic: We felt the pain during the isolation
- I am always grateful for people taking the responsibility to keep it up
- This is not a one person effort, the more we help with small contribution the easier it gets for everyone
- Short in Cache – It is a way to show the gratitude
- **Sunday, Dec 12, 2021, at 5 PM**

With hardship, Always start by thanking Allah

- If you have a problem at work, start by thanking Allah that you work, safe, have the time to work to pass this
- Have problem with your parents or spouse, thank Allah that he gifted you with company, remember the good in them, and work to fix the relation



Try to be grateful all the time (Time of ease)

- Make it a habit to always remember the blessing you are in and thank Allah
- Waking, say Alahamdulelah you can walk straight
- Walking up: Say Alahamdulelah you were able to sleep
- Safe ...



References

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