



## **MFIS Fact Sheet - Responding to Distress**

*When Prophet Muhammad (peace be upon him) felt distress, he would say: "O Ever-Living, O Eternal Sustainer! By Your Mercy I seek relief!" [Tirmidhi]*

Going through a hardship or learning that someone else is experiencing a difficult time, may be distressful and upsetting. Many people may experience emotions like shock, sorrow, grief, hopelessness, confusion, fear or even anger. For many people, these feelings usually subside over a few days or weeks. For some, the feelings may last longer, be more severe, or may come in waves. Everyone deals with distress and uncertainty differently.

### **Some Common Reactions to Distress:**

- Difficulty sleeping
- Loss of appetite
- Not connecting or talking with others
- Loss of interest in activities
- Unable to concentrate or focus
- Feeling restless, anxious, or irritated
- Unhappy mood
- Low energy or motivation

### **Notice the Connection between Thoughts, Feelings, and Behaviours:**

The Prophet (SAW) described and named his own emotions and reactions. He once said, "The eyes shed their tears, and the heart is saddened..." (Bukhari and Muslim). Acknowledge that you are going through a stressful time and be kind to yourself. Reflect on your thoughts and emotions. Think about what you might need to help you get through the distress.

### **Some Tips to Help You Cope:**

- Continue to draw on your faith. Pray and make Dua (supplication) for Allah (SWT) to help. Remind yourself that Allah (SWT) promises that with hardship comes ease (Quran 94:5-6).
- Connect with your family, friends, and community. While some alone time is healthy, try not to isolate yourself.
- Talk to people you trust and are close to. Reach out for additional support from professionals like a School Counsellor.
- Maintain healthy routines, exercise, eat nutritional foods, and get good sleep.
- Spend time doing activities that interest you. Learn a new skill or find a hobby.
- Listen to something comforting, like Quran.
- Note down or draw your thoughts and feelings in a journal.

### **Helping Others in Distress:**

Sometimes you might feel unsure about how to help others in distress. Here are some things that you can do to help:

- Spend time with them. Just being present can help. Let them know you are available. Check-in regularly.
- Encourage them to talk about their feelings.
- Provide comfort by listening, show that you care and acknowledge what they are going through.
- Be patient and allow some time and space if needed. Ask what kind of support they would like.
- Remember, you can only do so much. Encourage them to speak with School Counsellors or other professionals.

### **MFIS Support:**

- You can talk to Wellbeing, Year Advisors, Teachers, Sheikhs or School Counsellors.
- If you would like to talk to a School Counsellor, they can be reached by emailing:

Greenacre Secondary: [counsellingGS@mfis.nsw.edu.au](mailto:counsellingGS@mfis.nsw.edu.au)

Hoxton Park: [counsellingHP@mfis.nsw.edu.au](mailto:counsellingHP@mfis.nsw.edu.au)

Greenacre Primary: [counsellingGP@mfis.nsw.edu.au](mailto:counsellingGP@mfis.nsw.edu.au)

Beaumont Hills: [counsellingBH@mfis.nsw.edu.au](mailto:counsellingBH@mfis.nsw.edu.au)

### **Further Support:**

You can contact external professionals that are available 24 hours a day.

- Lifeline: **13 11 14** (or text **0477 13 11 14** from 12pm – midnight).
- Kids Helpline: **1800 551 800** or [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- Beyond Blue: **1300 22 46 36** or [www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Or contact these Muslim Crisis Helplines:**

- Hayat Line: **1300 993 398** (9am – 5pm)
- Islamicare Parent & Youth Hotline **1800 960 009** (9am – midnight).

*Prophet Muhammad (peace be upon him) also recommended the following Dua (supplication): "O Allah! There is nothing made easy except what You make easy, and You make the difficult easy by Your wish" [Ibn Hibban]*