





STUDENT WELLBEING GUIDE

myh muslim
YOUTH
helpline




WELCOME


TO UNIVERSITY




Congratulations on your recent exam achievements! We hope that your time at university is fulfilling and fun!



University can place students under a unique set of circumstances that can affect our mental wellbeing.



Things like living away from home for the first time, coping with exams and deadlines, the pressure to succeed, uncertainty about employment prospects and financial hardship can all accumulate to affect your mental health in one way or another



It's normal to feel down, anxious or stressed from time to time, but if these feelings affect your daily activities, including your studies, or don't go away after a couple of weeks, it's important to ask for help.



MYH

WHO ARE WE?

MYH is a national award winning **charity** that provides **free** and **confidential**, faith and culturally sensitive **support services** for vulnerable young people in the UK

Our core service is a **free and confidential** helpline, available nationally via the telephone, email and webchat .

We listen to **support and empower** our callers regardless of their ethnic or religious background through any difficulties they face **without judgement**.

need support?



CALL

0808 808 2008



EMAIL

help@myh.org.uk



CHAT

myh.org.uk/live-chat

want to support?

1

volunteer

we would love to have you join us!
check out www.myh.org.uk/get-involved

2

collab

partner up with us – let's organise an event
or workshop together! whether you want to
fundraise or raise awareness :)

3

donate

this is not necessary – but if you feel like you
would like to, please visit
www.myh.org.uk/donate

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WHY IS MENTAL WELLBEING **SO IMPORTANT?**

Mental wellbeing is important at every stage of life. It affects:

how we think

how we feel

how we behave

how we make decisions

how we build relationships with others

It gives you strength and support to achieve your potential

It's essential in learning, growing and discovering **who you are**

It also enables higher productivity, better performance,
consistent attendance and fewer accidents

self care steps

SLEEP



good quality sleep helps your brain function properly keep your phone on silent and set a good night time routine that helps you wind down

STEP 01

EXERCISE



being regularly active boosts your mood and mental well-being it wards off anxiety and depression and releases endorphins

STEP 02

HYGIENE



being clean boosts your mood and promotes a healthy self-image (and prevents infections) Even if you don't have any lectures or anywhere to be, take a shower and feel refreshed!

STEP 03

ME TIME

take time out for yourself! put on a face mask, watch Netflix, listen to a podcast or reflect on the Qur'an having a detox from your phone and social media is crucial



STEP 07



HYDRATE

drinking water has many benefits which can affect our daily life - better mood, less headaches, more energy, healthy skin, better digestion, higher metabolism and a healthy heart

MINDFULNESS



this practise helps you to stay present each day. it can help you prevent negative thoughts or worries about the future it also relieves stress and improves the quality of your sleep

STEP 04

SOCIALISE



socialising can improve emotional and physical health find opportunities to socialise (and remember this can be with one friend)

STEP 06

ANXIETY

This is a feeling of worry, nervousness, or unease about something with an uncertain outcome. Even the most confident people will have experienced anxiety on some level. Its important to note that anxiety disorders are very common, and are a lot more than 'feeling worried'. Seek help if you think this could be you.



symptoms

- overwhelming panic
- feeling of loss of control
- heart palpitations
- difficulty breathing
- hot flashes or chills
- trembling or shaking
- nausea or stomach cramps
- feeling restless
- feeling faint



identify triggers

keep a journal of your stress triggers

identify the times you tend to get anxious - before class? whilst studying? before sleeping?

think of ways to change your response to your anxiety that work for you

how to cope

find ways that calm your anxiety. Squeezing a stress ball? Taking deep breaths? Being outside? Talking to a friend?

ensure that you are sleeping enough, and if not, make it your priority!

exercise regularly as this can release built up tension, and acts as an outlet for emotions

try to mimic test taking conditions, so that you familiarise yourself and feel more comfortable with the idea of taking exams

seek help. Muslim Youth Helpline is here for you every day of the year



STRESS

**the feeling of being under too much
mental or emotional pressure**

When this feeling is overwhelming, it can feel like you can't cope

signs

- irritability or short temper
- poor quality of work
- over sleeping or fatigue
- lack of focus and constant worry
- loss of appetite or eating too much

Stress can be enhanced by a number of factors, especially when you have a lot of work to do in a short amount of time, or if you aren't getting along with people.

We all react to stress in different ways. To some, it is a hinderance to being productive. To others, it is motivation to combat the stress.



tackling stress

talk to a lecturer and get help if you are overwhelmed with your workload

work on projects with a friend

aim to get 8 hours of sleep

break projects up into small steps, and create a timetable to tick these off (including regular breaks!)

turn fears into faith and try to calm your mind with spirituality

meditate or practice mindfulness for 10 minutes a day

leaning on spirituality



performing wudhoo has calming effects

forgiveness can remove negative feelings or heaviness from your heart



kindness and charity are great mood boosters

tawwaqul; turn to God for protection and peace - put your worries and trust in Him



looking for verses that can help?

"Surely in the remembrance of Allah do hearts find rest" [13:28]

dhikr of Allah can bring us peace

"If you are grateful I will give you more" [14:7]

practising gratitude can train our minds to think positively

"Allah is sufficient for me; there is no God but He. In Him I have put my trust." [9:129]
Allah promises to never let us down

"After every difficulty comes ease. Surely, after every difficulty comes ease" [94:5/6]
there is light at the end of the tunnel

Surah Duhaa [93]

In the name of Allah, the beneficent,
the merciful

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

By the glorious morning light,
And by the night when it is still,
Your Lord has neither forsaken you, nor
has He become displeased,
And surely the hereafter will be better
for you than the present (life),
And soon your Lord shall grant you, and
you will be well pleased.
Did He not find you an orphan and
shelter you?
And He found you wandering and
guided you,
And He found you in need and made
you free of need.
Therefore treat not the orphans with
harshness,
And for the one who asks, repulse not,
And as for the bounties of your Lord,
do declare it.

وَالصُّحٰی
وَاللَّیْلِ اِذَا سَجٰی
مَا وَدَّعَكَ رَبُّكَ وَمَا قَلٰی
وَلَلْآخِرَةُ خَیْرٌ لَّكَ مِنَ الْاُوْلٰی
وَلَسَوْفَ یُعْطِیْكَ رَبُّكَ فَتَرْضٰی
اَلَمْ یَجِدْكَ یَتِیْمًا فَاَوٰی
وَوَجَدَكَ ضَالًّا فَهَدٰی
وَوَجَدَكَ عَائِلًا فَاَغْنٰی
فَاَمَّا الْیَتِیْمَ فَلَا تُفْهَرُ
وَاَمَّا السَّآئِلَ فَلَا تَنْهَرُ
وَاَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ

This surah reminds us that we are not alone. Even if we feel lost, God is there to guide us. It reminds us to be grateful for the good things in life and to be patient through the bad times.

It begins with two oaths and then informs the holy Prophet (PBUH) that Allah has never left him alone. And that, soon, Allah will provide for him so abundantly that he will become content.

In the last verses, He reminds the Prophet of the past - how in the most difficult moments, Allah has always bestowed His loving care on him - and so he shouldn't worry about the future.

As a result, at the end of the Surah. He bids the Prophet to be grateful and appreciate great bounties through kindness.

feeling spiritually disconnected?

GET TO KNOW HIM

It's hard to build a strong relationship with someone we barely know. Try getting to know Allah, through the virtue of his names

GOD VIBES ONLY

Surround yourself with people who make you feel positive, uplifted and remind you of Allah and His presence. People who lift you up and encourage you to be a better version of yourself

BE PATIENT WITH YOURSELF

If you feel disconnected, give yourself the time and space you need. Try not to feel anxious or pressurised to always feel spiritually high. Allah is the most kind. With good intentions and a sincere heart, you will find your way back to Him.

REMIND YOURSELF OF HIS LOVE

We are human and so is our heart. It is perfectly normal to experience highs and lows in our imaan (faith). Remind yourself that no matter how much you feel you have disconnected from Him, He is all loving, all merciful and all forgiving.

BE MINDFUL IN YOUR PRAYERS

Our five daily prayers can be a constant refresher of our faith, if we choose to see it that way. When you pray, try to pay attention to the words you are saying to Him - much like you would if you were talking to your best friend! mindful prayers can be a wonderfully spiritual experience



WELL BEING TIPS

Spend time with people
you feel comfortable
and safe with



Get some sunlight – take a
short walk outdoors or have
lunch in the garden

Exercise in small amounts – a
10 minute walk can boost your
mood for 2 hours



Surround yourself with positive,
inspiring quotes

Pick up a new hobby such
as painting or baking



If you want happiness, give
happiness – volunteer
somewhere locally, give food
to the homeless, care for an
animal

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ADDICTION

Addiction is a strong, uncontrollable need to carry out a particular activity e.g. alcohol, drugs, gambling, pornography.

There is no single reason why addictions develop. It can happen to anyone at any point in their life.

Regularly drinking or spending time on the internet may seem like a relaxing activity but over time this can turn into a detrimental addiction without you realising it.



HABIT VERSUS ADDICTION

you do something by
choice

you cannot stop
doing something

you can start and
stop at any time

stopping would make
you uncomfortable



WHETHER YOU'RE TAKING DRUGS OR WATCHING PORN, THE ADDICTION PROCESS IS THE SAME



THE FRONTAL LOBE IS THE AREA MOST AFFECTED BY ADDICTION

this is the area of your brain that is responsible for decision-making and logical thinking

ADDICTION THRIVES IN GUILT AND SHAME

You don't have to fight this battle alone. Speak to someone you trust and get professional support.

SELF ESTEEM

this is how much you respect and value yourself, which includes having confidence in your own abilities and having faith in your potential

SIGNS OF LOW SELF ESTEEM

- you hate or dislike yourself
- you feel like you are worthless or not good enough
- you are unable to assert yourself
- you feel like no one likes you
- you place blame on yourself for things that aren't your fault
- you think you don't deserve happiness

viewing yourself in a positive way

+ BOOSTING YOUR SELF ESTEEM

recognise that you are good at things and focus on what you enjoy doing

set goals and take small steps every day to achieve them - it's all about the little joys!

empower yourself by setting boundaries so that people can't take advantage of you. Saying no is important and healthy!

spend less or no time with people who put you down. surround yourself with company that is positive towards you

be aware of how you talk to yourself - if you find your inner voice is very critical, try to say things to yourself that you would say to a friend. you will start to be much kinder!

be more decisive and in control - even if you make mistakes along the way, they help us to learn and grow



TURNING TO ALLAH

**"O Turner of the hearts, turn my heart towards
Your deen"**

Prophet Muhammad would recite this beautiful and powerful dua frequently.

The Arabic word for heart is "Qalb" which means "turn".

The state of the heart is constantly turning - either towards Allah or away from Allah.

Going through an addiction may make you feel you are in a turning state constantly.

The cravings, the rollercoaster of feelings.

The heart fights itself constantly as desires crave both the good and the bad at the same time.

**With this dua, you are
asking Allah to help keep
your heart reaching out to
Him**





**IN CASE YOU WOULD LIKE FURTHER
INFORMATION OR SUPPORT**

USEFUL LINKS

check out our blog for useful support
www.myh.org.uk/blog

visit our referral page with useful contacts
www.myh.org.uk/support

contact the support service at your University
there is often help available there

contact your local IAPT service
Improving Access to Psychological
Therapies is primarily for help to
overcome depression and anxiety, and
better manage your mental health.
Details at www.myh.org.uk/support



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their generous sponsorship!

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