



JANUARY 2023 NEWSLETTER

## Community Wellbeing Project

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# Balance In Islam

Balance; the backbone of Islamic ethics, lyrics of a symphony that existence compose... the life-giving message on the dogma of mankind; who is the caliph of existence, the precise concept of Islam. It is the complete balance doctrine of monotheism.

"...thus, have We made of you an Ummah justly balanced, that ye might be witnesses over the nations..."  
(surah Al-Baqarah; 2:143)

## Order of Priorities

Setting priorities and establishing balance in our lives is most important. Priorities start with the fard, or obligatory acts of worship ('ibadat) and deeds (mu`amalat).

This means that we have responsibilities towards Allah first, the One Who created us and provides us with everything we need in this life.

We need to obey Him because we trust that He will only command us to do what benefits us and only forbids us from doing those things which cause us harm.







The Quran provides guidance for all of mankind, but does not give us information regarding all of the details we come across in our daily lives. Prophet Muhammad (peace be upon him) has encouraged us to hold fast to the Quran, and then to follow his ways to the best of our ability.

We need to build our own faith and understanding of Islam, and then work on our surroundings. As mentioned above, we cannot do everything all at once. Our bodies have rights over us.

## Balancing Life and Rights

Getting enough nutrition, sleep, and exercise are very important; but we do not spend all of our time in these things.

Our families and friends have rights over us, but we do not spend all of our time and efforts trying to please them alone.

Our society has rights over us, but we do not devote ourselves to serving it at the expense of neglecting ourselves and loved ones.

It is better to pick a cause to strive for and become excellent in it, rather than spreading yourself too thinly, working for many causes at once; and therefore, failing to give each one the attention and effort it deserves.







To summarize, basically the priorities we need to set as Muslims should be as follows:

## Allah

Following His commands and worshipping Him.

## Prophet Muhammad

ﷺ

Implementing his sunnah (traditions & habits) as much as possible.

## Parents

obeying and being kind to them.

## Spouses and children

cherishing and protecting them.

## Extended family

Honoring and being kind to them.

## Fellow Muslims and friends:

loving them and encouraging them to do what is right.

## Spouses and children

working to improve its condition and guiding it towards Allah.

This does not mean that we cannot focus on more than one thing at a time, only that we should never exert too much effort on things lower down on the list at the expense of those things higher up on the list.







# Self-help tips for dealing with stress

If you think you're struggling with stress, it's really important that you get expert help. However, there are a few things you can do yourself, such as finding ways to relax, reducing commitments if you can, and doing more exercise, to help you cope.

Here are some tips to help you manage and respond to your stress in a healthy way:

## Don't ignore your stress

If you've spotted the signs and symptoms of stress, you may think that if you just carry on and ignore the warning signs, it will go away on its own. However, this isn't the case; in fact, your stress is likely to get worse if you ignore it and can lead to burnout. By addressing the first signs of stress, you can start to plan strategies to tackle this, get the help you need and simply take some time out to recuperate

## 'Check in' with your body

Your body acts as your first warning sign that you're stressed. Make sure you take the time to 'check in' with your body, and notice how you're physically feeling and acting at particular times during the day. You may find you've been sat at your desk for hours, not noticing that your shoulders are hunched over, you're tapping your foot constantly and you've developed a bad headache. If you notice your body is stressed, try going outside to get some fresh air. If you can't go outside for whatever reason, try just tensing and un-tensing parts of your body as this can help ease your tension







## Take a break

Taking a break is really important to relieve stress. Simple things like going for a walk, having a hot bath or making a cup of tea can help massively. When you're at work, it might be harder to take a break whenever you find yourself in a stressful situation; instead, try taking 'micro breaks'. If your desk phone is ringing, don't jump to answer it straightaway, let it ring a few times, take a breath and then pick it up. When making a drink or a snack, make this a real event – enjoy the process of making it and then when you come to drink or eat, really savour it. Small steps like this can make you feel as though you've at least had a bit of time out from your stress and can really help your wellbeing

## Talk to someone about how you're feeling

All too often, we'll tell people we're stressed but then don't really go into any more detail about how we're really feeling and the impact our stress is having on us physically and mentally. Opening up to someone about your stress can really help, whereas bottling things up can make your stress even worse in the long run. Think about who you could talk to about your stress and even have a think about the type of support you'd like; do you just want to 'vent' to them to get things off your chest? Do you want to know if they've ever felt the same so you don't feel like you're struggling on your own and so you can ask them how they coped? Do you want some advice on how to deal with your stress? Whatever you need, don't be afraid to ask for it. It's likely you'll feel better after opening up to someone you trust







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### Stop focusing all your energy on others

It's good to help other people; it can make us feel useful and as though we're playing an important part in the lives of those we care about or spend time with. However, it's important to recognise that spending all of your energy on other people may be compromising your own health and wellbeing. Sometimes we need to take a step back and where possible, push back on other demands which may be making our stress even worse. We can't be relaxed all the time and sometimes life is stressful, but by being conscious of when you're spreading yourself too thinly, you can make sure you give yourself time to rest and replenish your own internal resources, to reduce your stress

### Take steps to achieve a work-life balance

Trying to reach a healthy work-life balance is really important when it comes to dealing with stress. If you don't feel as though you have a work-life balance, it's a good idea to have an open and honest conversation with your boss or employer about what's realistic in your day-to-day job. You could discuss the volume of work you have, the time that you have to complete it in, and what's expected of you on a daily basis, and see if any adjustments could be made to help you reduce your stress levels. After all, when we're stressed, we're not productive, efficient or performing at our best







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# Our losses are a part of trial for us:

"Be sure We will test you with something of fear and hunger, some loss in goods or lives, but give glad tidings to those who are steadfast, who say when afflicted with calamity: To God we belong and to Him is our return. They are those on whom (descend) blessings from God and mercy and they are the ones that receive guidance."  
(Quran 2:155)

Whatever we are given is a gift from God. We are not their owners. Everything belongs to God and returns to Him. So if we don't own these things why mourn their loss or wax proud on receiving them.

Only God knows what our ultimate destiny is. We cannot peek into our future. We do, however, have a limited free will; we are free to choose between good or bad, to believe in God or not to believe in Him, but we have no control over future not related to our ability to act in the present. A Muslim is advised to do the following when feeling stressed:

## Increase Dhikr (remembrance of God)

"He guides to Himself those who turn to Him in penitence - Those who have believed and whose heart have rest in the remembrance of God. Verify in the remembrance of God, do hearts find rest".  
(Quran 13:27-28)







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### Be constant in their prayers

"O you who believe, seek help with steadfastness and prayer. For God is with those who are steadfast".  
(Quran 2:153)

### Pray to God for Forgiveness.

"And I have said: Seek forgiveness from your Lord. Lo He was ever forgiving".  
(Quran 71:10)

### Better Ourselves

In addition to the above believers are also expected to constantly struggle to better ourselves.

"Surely God does not change the condition in which people are until they change that which is in themselves". (Quran 13:11)

### Increase Quranic Recitation

"O mankind! There has come to you a direction from you Lord, and a healing for (the disease in your) heart, and for those who believe a guidance, and mercy. (Quran 10:57)





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## Important Contact Numbers

If you are concerned about your own mental wellbeing, or that of someone else,

**CAN CALL OR TEXT**

# 1737

to talk to a trained counsellor. They have interpreters if anyone needs one. They're available for free, day and night.

### Other phone lines include:

Healthline (General Health Advice 0800 611 116)

- Samaritans (0800 726 666)
- Youthline (0800 376 633)
- Alcohol Drug Helpline (0800 787 797)
- Lifeline: 0800 543 354 (available 24/7)
- Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) (available 24/7)
- Kidsline: 0800 543 754 (available 24/7)
- Whatsup: 0800 942 8787 (12pm to 11pm)
- Depression helpline: 0800 111 757 or text 4202 (available 24/7)
- Anxiety helpline: 0800 269 4389 (0800 ANXIETY) (available 24/7)
- Kāhui Tū Kaha (Muslim Support): 0800 559 592



# 2023 PAN MUSLIM LEARNING COMMUNITY HUB

## EDUCATION PROGRAMS FOR PARENTS

### NZ Education workshops on:

1. Overview of NZ education system
2. NZ Curriculum in Schools
3. Understanding NCEA and pathways
4. Literacy and numeracy requirements for University entrance
5. Te Tiriti Workshops
6. Education of Muslim Pupils in New Zealand: Challenges, Opportunities and Solutions
7. Supporting First language and identity at home
8. Digital literacy and online safety
9. Understanding NZ Health Curriculum and Sexuality Education in Schools
10. Strategies to support learning at home



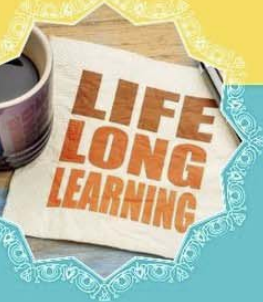
## SOCIAL AND EMOTIONAL WELL BEING FOR FAMILIES

1. Mental health and well being workshops
2. Parenting in NZ
3. Leadership training
4. Positive motivation
5. Financial literacy
6. Drowning prevention
7. Taking part in civic participation
8. English language classes
9. Human Rights



## YOUTH EMPOWERMENT

1. Leadership workshop
2. Careers planning and pathways
3. Conflict resolution and resilience building
4. Confidence building and motivation/identity
5. Drugs and alcohol impacts
6. Healing through art
7. CV writing/interview tips and tricks



## REFUGEE AND MIGRANT FAMILIES

1. Women and men's health
2. Self care
3. Coffee and chat groups
4. Entrepreneurship
5. Listening to other inspirational leaders
6. Building Leadership skills
7. Life skills



## TIME AND DAYS

### SEPARATE SESSIONS FOR MEN AND WOMEN

**Men's workshops:** 6.30pm to 7.30pm on Thursdays twice a month.

**Women's workshops:** 10am to 12pm on Wednesdays twice a month

**Youth workshops:** 10am to 12pm on Saturdays once a month

## VENUE

**Porchester Islamic Centre** at  
463 Porchester Road, Randwick Park,  
Auckland 2105

## REGISTER TO PARTICIPATE

By emailing [safinatrust51@gmail.com](mailto:safinatrust51@gmail.com) to get more details.

