



# STUDENT WELLBEING GUIDE

**myh** muslim  
YOUTH  
helpline



# WELCOME



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.



# OUR VISION

A world where every young person is **empowered** to overcome challenges and live a **God-centred** life of **meaning** and **purpose**.

# OUR MISSION

To provide a range of compassionate services and support to improve the mental wellbeing of young people.

# 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/WHATSAPP**

**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](http://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](http://www.myh.org.uk/donate)



## WHY IS MENTAL WELLBEING SO IMPORTANT?

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

how we think

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how we feel

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how we behave

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how we make decisions

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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



# WHAT CAN AFFECT MY MENTAL WELLBEING?

addiction

feeling spiritually disconnected

being away from home

abuse

self-esteem

debt

anxiety

loneliness

relationships

exams

trauma

stress

# 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. It's 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 to 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 hindrance 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



# 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!



# ADDICTION

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

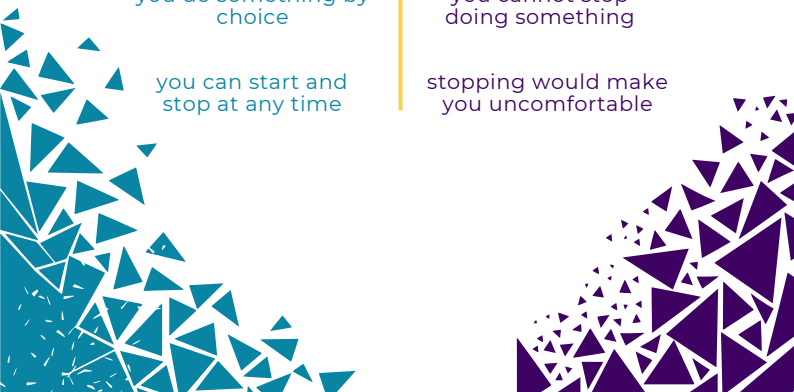
There is no single reason why addictions develop. It can happen to anyone at any point in their life.

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 can start and  
stop at any time

you cannot stop  
doing something

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 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



## 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 03

## 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 04

## SOCIALISE



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

STEP 05

## 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 06

STEP 07

# 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

# 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



# 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



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*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*

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.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالضُّحَى  
وَاللَّيْلِ إِذَا سَجَى  
مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَى  
وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَى  
وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَى  
أَلَمْ يَجِدْكَ يَتِيمًا فَآوَى  
وَوَجَدَكَ ضَالًّا فَهَدَى  
وَوَجَدَكَ عَائِلًا فَأَغْنَى  
فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ  
وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ  
وَأَمَّا 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.*



## Surah Naas [114]

*In the name of Allah, the  
beneficent, the merciful*

Say, I take refuge with the Lord of  
mankind,  
The King of mankind,  
The God of mankind,  
From the evil of the slinking whisperer,  
Who whispers evil into the hearts of  
mankind,  
From among jinn and mankind.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ  
مَلِكِ النَّاسِ  
إِلَهِ النَّاسِ  
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ  
الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ  
مِنْ أَلْحِنَّةٍ وَالنَّاسِ

**This surah helps to remove doubts and whisperings  
from negative forces, by seeking protection from  
Allah.**

*'Naas' means 'mankind' and in this final surah of the Qur'an, we as  
mankind are seeking refuge from our Lord from the subtle  
whisperings of the soul which lead to evil. This is from  
those energies whose nature we do not understand, and whose  
creation is not visible to us i.e. the evil whispers of Satan, of people  
and of the Jinn. These three bring about toxic characteristics -  
therefore, the recitation of this surah can help keep these three  
evils at bay.*



# 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".

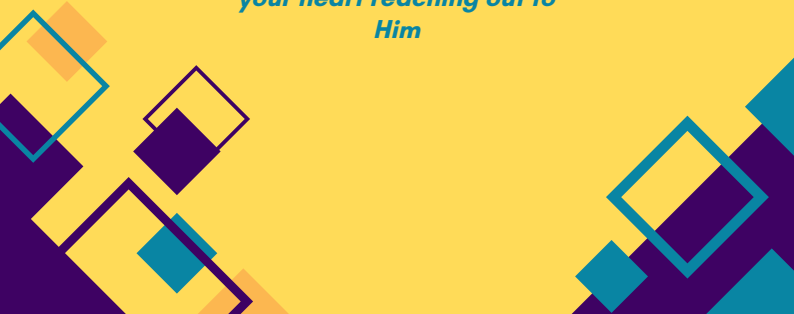
The state of the heart is constantly turning – either  
towards Allah or away from Allah.

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

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visit our website for useful support  
[www.myh.org.uk](http://www.myh.org.uk)

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

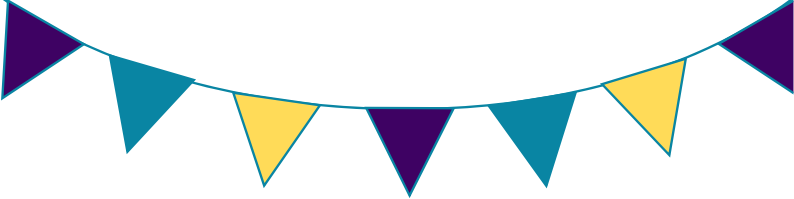
check out these other great organisations

[www.samaritans.org](http://www.samaritans.org) / call 116 123

[www.nspcc.org.uk](http://www.nspcc.org.uk) / call 0800 1111

[www.inspiritedminds.org.uk/get-help](http://www.inspiritedminds.org.uk/get-help)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



***Be kind to yourself***

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