

Dealing with Tension

Tension conjures up negativity.

Is there another way to think about it?

Synonyms

Pressure

Stress

Strain

Possible Causes

- Uncertainty about future plans
- Financial strain
- Relationship conflicts
- Personal anxiety

Results of Tension

- Physical aches and pains
- Irritability
- Restlessness
- Overworked mind
- Gloominess

From the Quran

Scenario 1 Prophet Ya'qub (a)

قَالَ إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ وَأَعْلَمُ مِنَ اللَّهِ
مَا لَا تَعْلَمُونَ

يَا بَنِيَّ اذْهَبُوا فَتَحَسَّسُوا مِنْ يُوسُفَ وَأَخِيهِ وَلَا
تَيْأَسُوا مِنْ رَوْحِ اللَّهِ ۖ إِنَّهُ لَا يَيْأَسُ مِنْ رَوْحِ اللَّهِ
إِلَّا الْقَوْمُ الْكَافِرُونَ

He said, "I only complain of my suffering and my grief to Allah, and I know from Allah that which you do not know.

O my sons, go and find out about Joseph and his brother and despair not of relief from Allah. Indeed, no one despairs of relief from Allah except the disbelieving people.

Sura Yusuf, no.12, verses 86-87

From the Quran

Scenario 2 Mother of Prophet Musa (a)

وَأَصْبَحَ فُؤَادُ أُمِّ مُوسَىٰ فَارِغًا ۖ إِن كَادَتْ لَتُبْدِي بِهِ لَوْلَا
أَنَّ رَبَّنَا عَلَيَّ قَلْبُهَا لَتَكُونَ مِنَ الْمُؤْمِنِينَ
وَقَالَتْ لِأُخْتِهِ قُصِّيهِ ۖ فَبَصَّرَتْ بِهِ عَنِ جُنُبٍ وَهُمْ لَا
يَشْعُرُونَ

And the heart of Moses' mother became empty [of all else]. She was about to disclose him had We not bound fast her heart that she would be of the believers

And she said to his sister, 'Follow him'; so she watched him from a distance while they perceived not.

Sura Qasas, no.28, verses 10-11

Some suggestions

- Look after your diet
- Believe in yourself
- Practice self care
- Read to broaden your horizons
- Reach out for companionship
- Think of others
- Seek help from spiritual resources

From Daily Life

Scenario 1

Salma has had a busy day keeping her children occupied during the day. She did not get much sleep last night as she had been awake worrying about the future. Now that dinner was over she just wanted to watch the news and go to bed. Just then, her mother called, wanting to talk. Salma felt she could not handle all the demands on her anymore.

From Daily Life Scenario 2

Maryam and her family had planned a ziyarat trip in June. This was the first time she would have gone for ziyarat and she felt acutely disappointed at having to cancel her trip. Everyday her children would ask when they would go and she had no answer for them. She tried to distract them with other things but the planned holiday kept coming up. Her husband refused to talk about it and would become annoyed at the children when they brought it up. Maryam felt the burden of keeping peace at home while facing the worry of an uncertain future.

Readings

<http://www.asma-lamrabet.com/articles/umm-musa-and-asiyah-free-women/>

<https://yaqeeninstitute.org/najwa-awad/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith/>

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Slides and recordings of these talks can be found at:

<https://jaffari.org/ladiesreligiousadvisor/>