

DEPRESSION

A presentation by the MKA USA Tarbiyyat Department

DE·PRES·SION

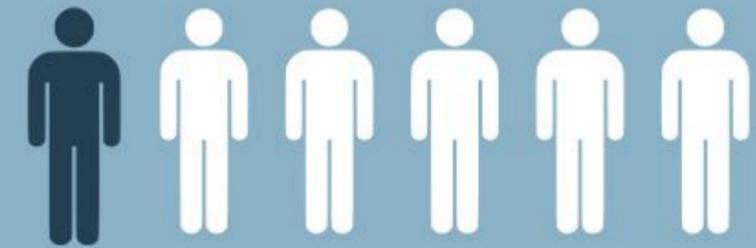
/də'preSH(ə)n/

noun

1. feelings of severe despondency and dejection.
 - a. "self-doubt creeps in and that swiftly turns to depression"

Depression is a **common** and **serious** medical illness that negatively affects how you feel, the way you think and how you act.

Approximately **20% of teens** experience depression before they reach adulthood, and between 10 to 15 percent suffer from symptoms at any one time.



16.6%

One in six people will experience depression at some time in their life



- ❖ Depression can strike at any time, but on average, first appears during the **late teens to mid-20s**.
- ❖ **Women** are more likely than men to experience depression. Some studies show that one-third of women will experience a major depressive episode in their lifetime.



Why did the banana go to the doctor?

BECAUSE IT WASN'T PEELING WELL.

A wooden swing seat hanging from chains against a blurred green background. The swing seat is made of dark wood and is suspended by two metal chains. The background is a soft, out-of-focus green, suggesting a park or outdoor setting.

Loss of interest in activities once enjoyed

LOSS OF INTEREST



Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed.



It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work...



...and at home

DEPRESSION *is*
A PROBLEM

SYMPTOMS:

- ❖ Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- ❖ Feeling worthlessness or guilty
- ❖ Thoughts of death or suicide
- ❖ Feelings of helplessness and hopelessness.
- ❖ A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- ❖ Loss of interest in daily activities. You don't care anymore about former hobbies, pastimes, or social activities. You've lost your ability to feel joy and pleasure.

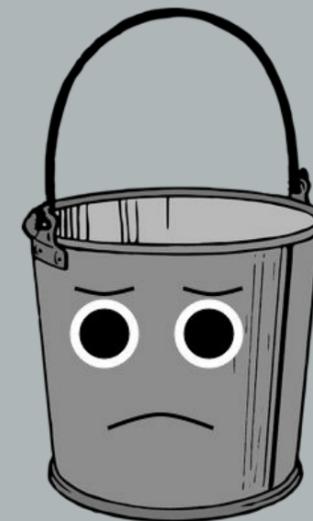
SYMPTOMS CONTINUED:

- ❖ Appetite or weight changes. Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- ❖ Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping.
- ❖ Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
- ❖ Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

SYMPTOMS CONTINUED:

- ❖ Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- ❖ Reckless behaviour. You engage in escapist behaviour such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
- ❖ Concentration problems. Trouble focusing, making decisions, or remembering things.
- ❖ Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

You're looking a little pail there...



ESR

When you don't know the answer to an exam question but you refuse to leave it blank



Depression Test:

<https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm>

WHAT YOU CAN SAY



**YOU ARE NOT IN
THIS ALONE**

I'm here for you.



**YOU MAY NOT
BELIEVE IT**

*now, but the way
you're feeling will
change.*

**I MAY NOT BE ABLE TO
UNDERSTAND**

*exactly how you feel,
but I care about you
and want to help.*

TELL ME

*what I can do now
to help you.*

WHAT YOU SHOULD AVOID SAYING



KNOCK KNOCK!!!



Who's ther-

THE INTERRUPTING COW! MOO!!!

IT'S ALL IN YOUR HEAD

WE ALL GO THROUGH TIMES LIKE THIS

LOOK ON THE BRIGHT SIDE

YOU HAVE SO MUCH TO LIVE FOR,
WHY DO YOU WANT TO DIE?

I CAN'T DO ANYTHING ABOUT YOUR SITUATION

JUST SNAP OUT OF IT

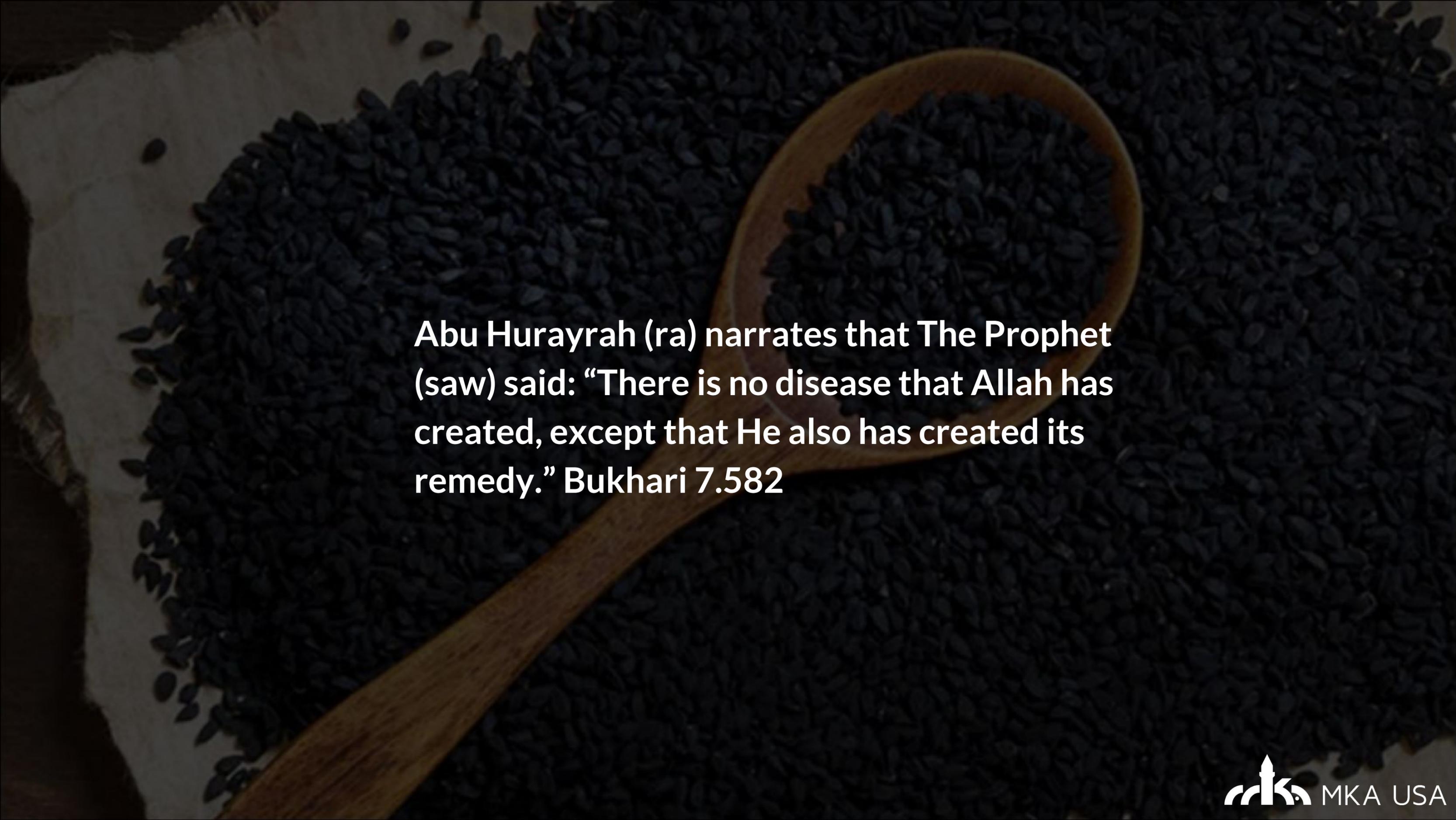
WHAT'S WRONG WITH YOU?

SHOULDN'T YOU BE BETTER BY NOW?

SOLUTION TO DEPRESSION



IS
THIS



Abu Hurayrah (ra) narrates that The Prophet (saw) said: “There is no disease that Allah has created, except that He also has created its remedy.” Bukhari 7.582

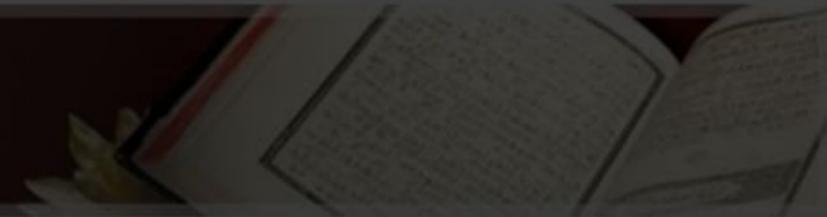


It was narrated that Imam Tabarani, on the authority of Asma bin 'Amis (may Allah be pleased with him) that the Messenger of Allah (may the peace and blessings of Allah be upon him) gathered Bani 'Abdul Mutallib and said to them, "When any of you experience any worry, depression, distress, sickness, pain or calamity then he should say; "Allah rabbi la ushrik bihi shay'in" (Allah is my Lord I do not associate any partners with him) three times. It was said that these were the last words of Umar ibn 'Abdul 'Aziz (may Allah be pleased with him) before his death.

الله
أكبر



The Holy Qur'an *the revealed word of God*



The Holy Quran is a compilation of the verbal revelations given to the Holy Prophet Muhammad^{sa} over a period of twenty three years. The Holy Quran is the Holy Book of the Muslims. It lays down for them the law and commandments, codes for their social and moral behaviour, and contains a comprehensive religious philosophy. The language of the Quran is Arabic...[more](#)

[13:29] 'Those who believe, and whose hearts find comfort in the remembrance of Allah. Aye! it is in the remembrance of Allah that hearts can find comfort;

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29. 'Those who believe, and whose hearts find comfort in the remembrance of Allāh. Aye! it is in the remembrance of Allāh that hearts can find comfort;

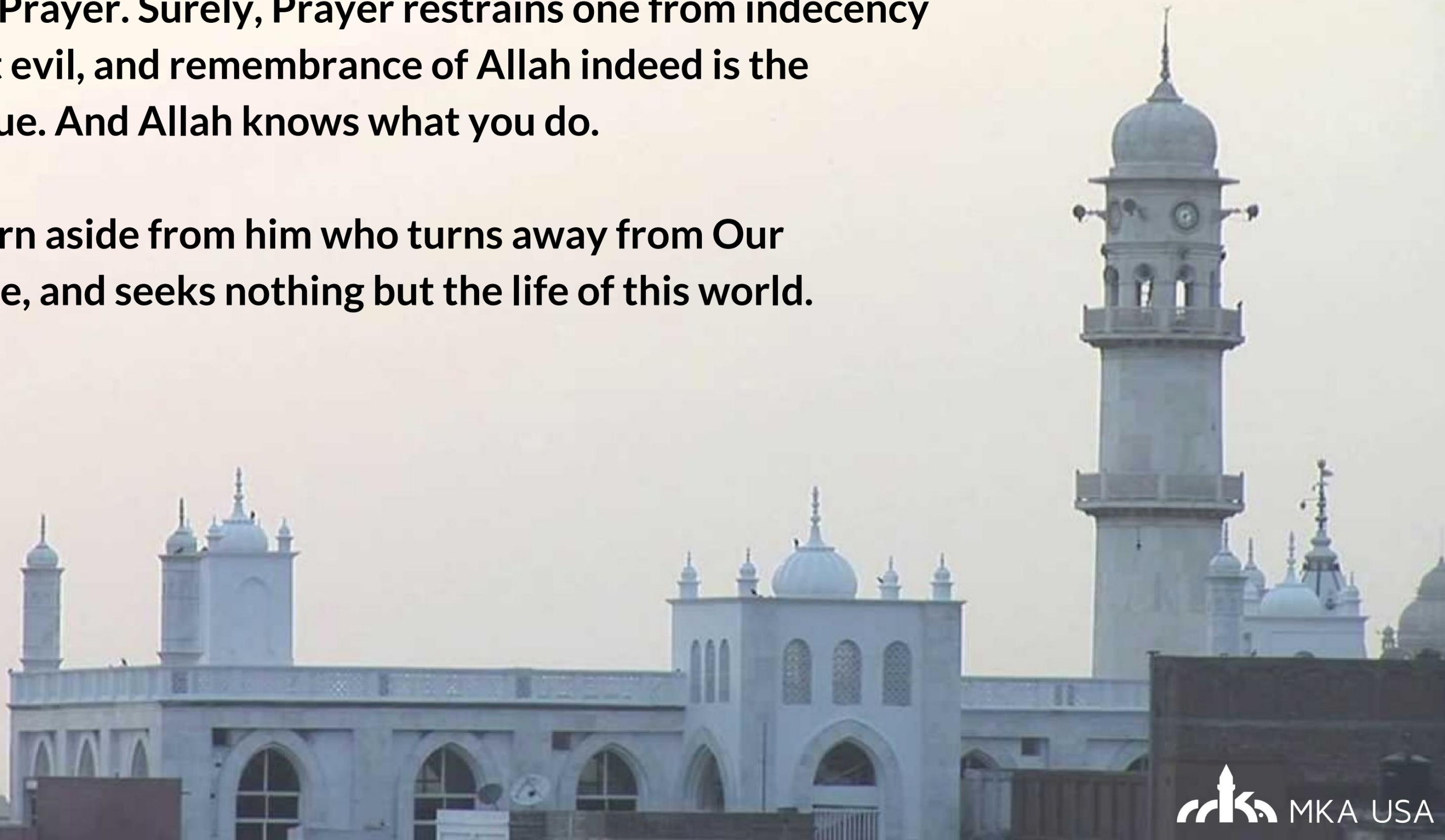
الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ
بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ
الْقُلُوبُ ﴿٢٩﴾



Notice the underlined Arabic from the verse makes up the calligraphic design of the interior of the dome in Masjid Baitul Futuh where Our Beloved Imaam (ABA) delivers his sermon every Friday.

[29:46] Recite that which has been revealed to thee of the Book, and observe Prayer. Surely, Prayer restrains one from indecency and manifest evil, and remembrance of Allah indeed is the greatest virtue. And Allah knows what you do.

[53:30] So turn aside from him who turns away from Our remembrance, and seeks nothing but the life of this world.



[26:81] 'And when I am ill, it is He Who restores me to health;

[2:187] And when My servants ask thee about Me, say: 'I am near. I answer the prayer of the supplicant when he prays to Me. So they should hearken to Me and believe in Me, that they may follow the right way.'

