



# **KHUSHGAWAAR AUR SEHATMAND ZINDAGI KA RAAZ**

MODULE 7

**STRESS (SEHNI DABAAO) AUR  
ANXIETY (GHABRAAHAT)**

**USTAZ MUHAMMAD ALI**

# MODULE 7 KI OUTLINE



- Stress [zehni dabao] ki tareef
- Stress ka muqaabla karnay ka tareeqa
- Anxiety ki tareef
- Anxiety ka muqaabla kaisay karain



# TULBAA KE LIYE ZAROORI HIDAYAAT

Baraa-e-meherbaani modules ki mukammal videos dekhain. Slides main module ka sirf aik (1) khulasah bayaan kia gaya hai. Nazriyaat/ tasuwwuraat ki tafseeli wazaahat video lectures main ki gai hai.

# STRESS



Mushkil halaat ki wajah se pareshaani ya zehni tension ka shikaar hona stress kehlaata hai. Stress qudrati insaani radd-e-amal hai jo humain apni zindagi main challenges aur khatraat se nimatnay ke liye maayel karta hai. Har koi kisi na kisi hadd tak stress ka shikaar hota hai.

(WHO ki tareef)

# ANXIETY



Anxiety aik bechaini ka ehsaas hai, jaisay fikr ya khauf, jo halka sa ya shaded ho sakta hai. Har wik ko apni zindagi main kisi na kisi mauqay par anxiety ka ehsaas hota hai. Maslan, aap ko pareshaani aur anxiety mehsoos ho sakti hai agar aapko imtihaan dena hai, medical test karaana hai ya naukri ke liye interview dena hai.



# STRESS SE KAISAY NIMTA JAYE?

## 1. Zehni [cognitive] relief strategy

- Cognitive restructuring ya reframing
- Guided discovery
- Exposure therapy
- Journaling aur thought record
- Araam aur stress ko kam karnay ki technique (gehri saans lena, patthon ko dheela chorh dena, tasweer kashi).



## 2. Jismaani [physical] relief strategy

- Warzish
- Muskurana aur hansna
- Doosron ke saath milna julna
- Bharpoor neend lena
- Muraaqbah karna



### 3. Hisi [sensory] relief strategy

- Maalish karna
- Nahaana
- Araam de cheez sunna
- Kuch mazedaar khana





## 4. Jazbaati [emotional] relief strategy

- Musbat soch
- Doosron ko muaaf karna
- Talking therapy (mukhlis logon ke satah baat cheet karna)
- Mushaawrat aur therapy
- Journaling

# ANXIETY KA ILAAJ



1. Warzish
2. Subah-o-shaam ke azkaar
3. Gehri saans lena
4. Apnay jism ko araam dena
5. Allah par tawakkal karna
6. Mutwaazin ghaza (sunnat khuraaki)



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،  
وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ، وَقَهْرِ الرِّجَالِ

Ay Allah! Main fikr-o-soch aur pareshaani se, aajizi-o-kahili se, kanjoosi-o-buzdili se, qarz se aur logon ke ghaalib aanay se teri panaah maangta hun.

[Sahih Bukhari: 2893]