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MENTAL HEALTH CONSULTING

Mental health is the output or results of emotional reactions which comes with Stress, trauma, panic attacks, anger, anxiety, irritability, low concentration, poor memory, low merit, mood swing, maniac, sleep paralysis etc. where behind there could be many reason the body respond to in many different ways, we called it mental illness

Let's find out what is Fundamental matter that trigger our body to react in different manner with outburst reactions and often we repeating it in the same way we used to be before it's called Chronic mental illness, since it's become Habits of reactions that the body has adopted in certain way it trained our Brain to react it, so Mental illness it's a HABIT which we Train our Brain to react in certain way to mitigate any threat or to cool down our temper or make our body easier and comfortable in Stressful Situation

So the FUNDAMENTAL of MENTAL ILLNESS is HABIT and it's not BRAIN, I mean we should not connect it to Brain, since many of times the doctors can't detect various types of mental alignment with the Test or Diagnosis unless it's a Brain injury or severe Trauma , now the important matter is if the HABIT is the NO.1 SOURCE OF MENTAL ILLNESS , then how we can change it? or how we can treat the Person and cure them?, the answer is simple that CHANGE THE HABIT to react in different in the same PANIC SITUATION

For an example when there is a severe Poverty the Person and his family used adopt certain way to mitigate certain negativity which comes from the Environment as they may lack of many things where the others are exactly having it much, so the person and his family may feel that they are occupied and they have adjusted to think, eat, act in certain way so that it makes them Comfortable and the agony of Poverty must not bother them, but as the time went the Person gets more pressure from his family and Surrounding environment and lost the Hope and Motivation and Positivity and they have been believed that this is their world now they have to live like this, so they were bound to adopt to live in certain way that they were Comfortable with it, and it



could be vary from one family to other family , even they were facing the same problem from long time, and they were suffering for the same, but only family's reaction could be different than others, it's only due to Cultural Habits the family adopted from their Childhood experience and they have been trained in certain way to react while dealing with Stressful Situation, so then they outburst with many more patiently manner than other family, while they outburst with more shout, anger, negativity, and fight, but the Result could be different in both families since when the family chose to react as patiently manner they tend to be more fragile from inside , since they can't express their feelings and they tend to adjust it with people and avoid the situation and in outside they looks more calm but from inside they were more stressful than the family who expressed their emotion more psychical manner, and they tend to cool down quickly but the other family may broke down from inside and may carry that burden from long time and it could be a chronic for them , they were become introvert, shy, avoid any stressful situation but when they outburst they tend to more destructive than other family, now the big question is who is right ? and who is wrong? or what is ideal limits of expression? then we need to follow the Hadith or Advised of our Leader Rasool SAW(PBUH) that the Anger is the Mother of all disease, and it's a disease of heart, and whenever we feel Anger, we must say "Audubillahiminas Shyatanirnajim"- there is no other implication of the meaning of this hadith but remember that it's a Sunnah we must follow it, now for the emotional reaction part , since it's the long Time HABIT, then we need to handle with patience but the basic rule is our DEEN is logical, practical it's never taught us to oppress other people, not it taught us to tolerate it, but within the law and a good manner we need to react , we can directly discuss with the other person about our problem and incident happened and short it out with common sense and adjustment, we must try to avoid the Conflict, but must be Assertive to communicate our feelings to other person, we must look at the Life of Prophet SAW(PBUH) that how he SAW(PBUH) used to react , of course with patience and smile and always thinking about the future as he SAW(PBUH) has an Aim, so that should have the common AIM i.e. Unity Management and we must accept that the Poverty could come in any part of Life and it's a test but we should never leave our AIM nor hope, i have research on many areas where you can refer the No.1 Fixer page to browse the Mental illness and Poverty



There many factor behind the Stress, Anxiety, Panic Attacks these are mostly from Socio Economic causes, example when a person is Concern of something he loves, then he or she may start thinking about it, future and always negative aspect of life, and fear of harm or if it's been taken away from me, so then any Problem +The concerns(could be a person ,object, job, deal, property, relationship etc.)= Stress, Anxiety, Negativity, so this person could a source of Stress, then we need to go the No.1 Source and fix the Problem (i.e. No.1 Fixer) then the worry or Panic or Anxiety will be settled down completely

So when a family react in certain way it's program from the Environment, and by Changing the Environment could be more stress relieving that suffers into a Trap i.e. Environment and it's people and stressful Situation, so don't suffers rather find a Solution to live your life with minimal things i.e. Basic requirements and try to live in peace and stress free and it will repair all your previous Stress or mental trauma, the Fundamental Source of an Environment is HOME , where the family used to live and shared with the PEOPLE they were also past of Stress maker due to their negativity, frequent conflict, and selfishness and all this trigger the evil person to take revenge or any harm, so they can give potential mental pressure or Stress, and make the other family suffers, so the best Strategy is to leave that Place since that HOME has no Blessings of Allah where people work and planned to divide the family and Unity, and then let them leave behind and enjoy the HOME, and you can FOCUS on new perspective, Aim, new hope, orientation of life to grow your family towards a direction of Siratal Mustakeem, and that's why Nabi SAW(PBUH) advised us where there is strong fitnah around us, we must take shelter is mountain and being Shepperd and looks after our goats and protect our Iman i.e. belief , which means during a fitnah we not be inside the Trap and let yourself suffered , rather quickly leave that place and live somewhere is same and protect your DEEN and progress in your AIM

If there is Chronic Stress for long time, we need to find out the No.1 Source of Stress and we must try to eliminate with Hiqma and Patience so that slowly slowly we can come out from this

Now the Question is will not the medication is effective for mental illness, i would suggest unless it's Chronic Stressful situation and chemical imbalance in the Brain, we should not go for medication rather always encourage to do Counselling and there are many Certified experts are there, we can frequently



visit them and take their advice, now for the medication the Psychiatrist can give you certain mood stabilizer, but if it takes for long time then HABIT can also developed , so then if any Stress situation even we have capabilities to react and handle the situation with Hiqma and Patience but brain will trigger to have that medication to cope it then you may feel obsessed with the medication, as i said our first step is to Find out the No.1 Source of Chronic Stress and eliminate with Slowly along with medication, and once situation changed we can consultant with Psychiatrist to discontinue the medication as per his / her instructions, don't suddenly stop your medication otherwise it could have withdrawal symptoms , so always consider the opinions of Psychiatrist

COVID 19 EFFECTS ON MENTAL ILLNESS-

THIS COVID VIRUS CAN ALONG CREATE SEVERE MENTAL ILLNESS SINCE IT'S EFFECTS BRAINS AND IT'S DECISION MAKING POWER AND MANY MORE THINGS THAT WE CAN'T STILL ABLE TO FIND IT OUT, SO AFTER COVID , PEOPLE AROUND THE WORLD MAY TEND TO REACT IN SAME WAY SINCE IT'S AN ENVIRONMENTAL EFFECTS, AND WE MUST TREAT THIS VIRUS TO FIX THE MENTAL ILLNESS, SO PEOPLE ARE PRONE TO HAVE CHRONIC RESPIRATORY PROBLEM LIKE COUGH, COLD, ALLERGY, LUNGS, ENT RELATED PROBLEM LIKE SINUSITIS, EYE PROBLEM, NASAL CONGESTION, HEADACHE LIKE SYMPTOMS ARE VERY PRONE TO DEVELOP MENTAL ILLNESS, AS THE VIRUS IS IN RESIDUAL STAGE AND RESIDES IN OUR BODY WITHOUT CAUSING POTENTIAL DEATH BUT IT'S CAUSES MORE HARM THAN DEATH I.E. MENTAL ILLNESS AND ITS A SLOW DEATH, WHERE A MASS NUMBER OF POPULATION IN THIS EARTH IS SUFFERING WITH POST COVID RELATED TRAUMA, STRESS, ANXIETY, POOR MEMORY, POOR CONCENTRATION THEN THE COMBINED IT'S CALLED MENTAL ILLNES AND IT HAS COMMON EFFECTS THAT IS SOCIO ECONOMIC- AS IT'S EFFECTS OUR DECISION MAKING POWER, WE TEND TO SPEND MORE IN FOOD AND DRINKS, BUY EXPENSIVE THINGS, SPEND MUCH TIME ON INTERNET, SEVERE MOBILE, TV, ONLINE VIDEO STREAMING PLATFORM, SOCIAL MEDIA ADDICTIONS AND WE FORGOT TO DO LABOUR WORK, AND VERY SOON WE WILL BECOME FRAGILE , OCCUPIED AND DEPENDENT ON DEBT