



## *DEPRESSED??!!*

### *SHORT ADVICE TOWARD HAPPINESS*

- 1- INTEND THAT ALL OF YOUR LIFE IS FOR ALLAH.*
- 2- TRY NOT TO BE ALONE,*
- 3- DO NOT DELAY YOUR PRAYERS.*
- 4- MAKE THE THIKR OF "LAA HOULA WA LAA QOWWATA ILLA BELLAH", THERE IS NO CONTROL OR POWER EXCEPT ALLAH SWT.*
- 5- FREQUENT SAYING THE THIKR OF "ISTEGHFAAR" REPENTANCE, IT WILL INCREASE SUSTENANCE, BRING RELIEF, AND USEFUL KNOWLEDGE.*
- 6- SMILE AT PEOPLE, YOU WILL HAVE AND BRING JOY AND BE KIND WITH WORDS YOU GAIN THEIR LOVE.*

*ALWAYS REMEMBER "WHAT EVER YOU SOW IN YOUR BRAIN OR INTELLECT YOU WILL REAP IN YOUR BODY. AND REMEMBER THAT THERE IS NO ONE FREE OF THE PRESSURE OF LIFE, YOU ARE LIVING ON AN EARTH THAT IS MADE WITH TROUBLES, THE MESSENGERS OF ALLAH HAD THE LARGEST SHARE.*

*AND*

*YOU WILL NEVER ENJOY YOUR HAPPINESS UNLESS YOU SHARE IT WITH OTHERS.*