

mental health creativity religion

PEACE TO THE SOUL, IS PEACE TO THE MIND

organised and
designed by:
iman bouamrane

would appreciate if you could place this zine in a respectable place since there are verses from the Qur'an. if you wish to dispose of it, please burn it :)

CO-PRESSION!

copied with depression

**PRAYER - LETTING THE EMOTIONS
FLOW**

**POETRY - LETTING THE THOUGHTS
FLOW**

**PRAYER - LETTING THE STRESS
FLOW**

**POETRY - LETTING THE FEELINGS
FLOW**



“ROUGH TIMES”

There were though times
when times were though
where I didn't know
what I'd find and finding something
was new and rough, because there were
nightmares were I'd be awake
and other alters would be sleeping;
I felt alone
and they felt on their own
times where no one'd agree
and no matters were discussed,
some are religious
I am spiritual
but most believe in something,
because where there's nothing
a little light is always
welcome..

Dissociative Identity Disorder

To anyone who is to receive a diagnosis of DID,
please know that you are not alone.

BY: Inês Mália Sarmento



GOD IS GOOD



God Is
Good
God Is there
On my darkest days
He holds me
In my darkest ways
He shows me
The light
The way forward The way through
There is always A way through
This too
Shall pass
Even in darkness
There is light
There is hope I beg and pray
The sadness away
Sometimes he say
Use it
Sometimes he say
Lose it
But he can always prove that
He is beside me I pray and I pray
And sometimes it stays
However he makes me strong And I know there is a plan
For me
Greater than
I can see
So I hold on
For a better future
For a better tomorrow
I'm sure
He is there

By: Nikki

SHADOWS & ECHOES

*...‘In the depths of my haunted mind,
Shadows twist, whispers bind,
Anxiety grips, sorrow’s toll,
Leaving scars upon my soul-*

*Storms of thoughts, relentless seas,
Voices mock, bringing me to my knees,
In despair’s void, I find a prayer,
A flicker of hope in the cold, thin air-*

*Gods above, hear my cry,
Guide me through this stormy sky,
In meditation’s fragile grace,
In your light, I seek my place-*

*Yoga bends my weary frame,
Chants for peace, a fragile claim,
Hands that draw my hidden pain,
In muted hues, I break the chain-*

*Nature’s path, a fleeting touch,
In every step, I feel too much,
The world around, a sombre song,
Where I, once lost, now barely belong-*

*To those who tread this weary road,
Be gentle, find your inner ode,
Embrace the spirit, seek the light,
In faith and art, endure the night...’*



By: TS

BRING ON THE MENTAL STABILITY, BABY!

IT'S TIME FOR BREAKFAST.



A RECIPE FOR COPING.

**IMAGINE THIS: YOU'RE SENSING THAT FAMILIAR
TASTE OF MENTAL INSTABILITY. YOUR TASTE
BUDS ARE SALIVATING: YOU KIND OF MISSED THE
FLAVOUR, YEAH? WELL WELL WELL, THAT'S
ACTUALLY AN ACIDIC HIT OF THREE DAYS OF
MISSED PRESCRIPTION PILLS AND AN EMPTY
STOMACH! SO, EVEN IF IT'S 4PM ON A TUESDAY
AFTERNOON, IT'S TIME TO EAT YOUR BREAKFAST.
BRING ON THE MENTAL STABILITY, BABY! <33**

By: Gabi

WHEN IN DOUBT, EAT.

FOOD AVAILABLE AT ALL MAJOR SUPERMARKETS.

EAT NOW



1

A Grim Game

A FEVER HAD ME IN
AND OUT OF
CONSCIOUSNESS.

WHEN I GLIMPSED
THAT GREY SUIT
THAT LOOKED
TAILOR-MADE AND
WOVEN FROM
SPIDER SILK.

I SAID...

"HEYYYYY GRIM REAPER YOU
WANNA FINISH THAT GAME OF
DOMINOES WE STARTED
PLAYING WHEN I CHOKED ON
THAT CHICKEN BONE IN MY
SANDWICH AS A KID?"

A Grim Game

2

THE GRIM REAPER
HAD THE DOMINOES
SET UP ON AN
ORNATE TREE
TRUNK TABLE. LAST
GAME IT WAS SET
UP ON AN ONYX
STONE TABLE.

HE SAID...

"THAT WASN'T THE LAST TIME
WE PLAYED DOMINOES. THE
LAST TIME WAS WHEN YOU
ALMOST DROWNED AS A
TEENAGER. YOU GOT LUCKY!
IT WAS A DRAW!! LET'S SEE
HOW THIS TIME PLAYS OUT.
YOU KNOW THE RULES. DYING
BEFORE DEATH. MAY THE
DOMINOES BE IN YOUR
FAVOR."

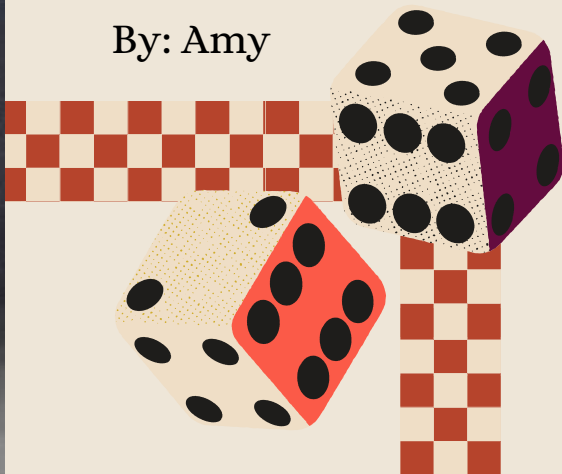
3

DOMINOE AFTER
DOMINOE. I JUST
ENJOY THE GAME. I
MIGHT AS WELL NOT
OVERTHINK IT. I
WANT TO DIE
HAVING FUN.

"WOW! I CAN'T BELIEVE I
HAVE GOT RID OF ALL MY
DOMINOES AND WON! - I
BEAT DEATH!"

WAKING UP IN MY LIVING
ROOM. I'M RELIEVED IT WAS
ALL A DREAM. LOOKING ON
TOP OF THE BOX OF
KLEENEX I SEE A GLASS
RUBY DOMINOE. RUBBING
MY EYES LIKE WINDSHIELD
WIPERS AND REOPENING
THEM IT'S GONE.

By: Amy



CONNECTION

I have a love that lives within me
A still love
A quiet love
A love that keeps me safe
I don't know where it comes from And I don't know
where it's been
My core love
My breath love
My at one with all love
I don't know where it's going
But I know it never ends
It's in me and you and everything
I call it my friend
A true love
A deep love
A love without an end
I've known it all my life
No one told me it was there
No signposts from religions or from people who say
they care
It's always been within me It's in every breath I take
My love our love
A love that never breaks And when I leave this life
It will be with me at the end
Holding my hand as a true and faithful friend
My love
Our love
A love that never ends

By: Sarah

‘CAN YOU HEAR ME G-D?’

Can you hear me G-d when I pray ?

When I pray for a better day

Are you there G-d, when I am lost?

Can I trust you will be with me at all
costs

Do you punish people G-d when they
are bad?

Did you give me the voices that make
me so sad

G-d, I am scared of the frozen
darkness and blackness of night

Free me from my unimaginable plight

Dear G-d save me , soothe me , show
me you are there

Hello G-d , it's Nicola 'hear my prayer'

Amen 🙏

By: Nicola



ME

THE SELF

MYSELF



The Quran describes the nafs, or self, as functioning in one of three states: nafs al-ammara (the commanding self), nafs al-lawwama (the accusatory self), and nafs al-mutmainna (the peaceful self).

These states govern our psyche and direct our actions, exerting control over us. When in the state of nafs al-ammara, we are dominated by our self, heeding its commands and driven by material possessions and sensual desires.



In the state of nafs al-lawwama, we become aware of our imperfections, and guided by our hearts, we recognize the consequences of our actions and our weaknesses, striving for perfection.

Finally, nafs al-mutmainna represents a state of contentment and peace, free from immoral desires. This is the ideal state of the ego, characterized by tranquillity and serenity.

OUR BLOOMING MINDS



OUR MINDS ARE COMPLEX, EVEN WE STRUGGLE TO UNDERSTAND OUR OWN THOUGHTS AND FEELINGS CINDERELLA ONCE SAID: 'HAVE PATIENCE AND BE KIND'.

WATER YOUR
MIND,
GIVE IT FRESH
IDEAS, NEW
HOBBIES, NEW
PERSPECTIVES
EXPLORE NEW
WAYS TO
EXERCISE, TRY
NEW FOODS. ,



PATIENCE

Accept your past, live your present, hope for whatever tomorrow brings

KINDNESS

its within us to emit, why not give it to that person looking back in the mirror?



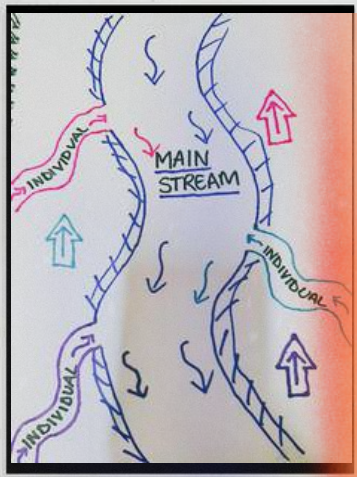
By: Taj



By: Ed

ART

By lived experts



By: Ed

prayer
painting
going to watch the sunrise
eating with friends
Playing games with loved ones
baking
flowers
music
scrapbooking
going for a walk
enjoying nature
taking a warm bath
herbal tea
pottery
journaling
getting a plushie
memes
poetry

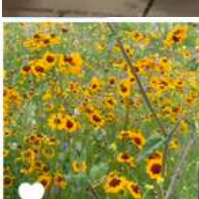
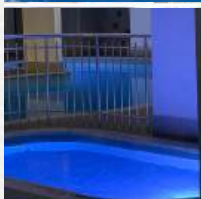
CALMING

TRY THESE

what i have personally tried

See the beauty in the
little things

7 man's personal suggestions collage



REMINDER

you are not alone, even when
it feels like it, there will always
be someone who cares.



REMINDER

healing doesn't mean
pretending it never happened,
it's despite the struggle,
you no longer let it control you



REMINDER

small steps are progress



REMINDER

you cant pour from an empty
cup, take care of yourself first!



REMINDER

you are allowed to be
sad, crying isn't weak,
its a release!



ADVICE FROM LIVED EXPERTS:

“don't compare yourself to the
guidelines...avoid going down a rabbit hole.”

“journal your exeperience”

“search: spoon theory”

“take the bloody medication”

“have a positive sense of self and recognise
your limits”

“make a bucket list”

“writing, journaling or poetry for fast
thinking, helps slow everything
down”

“incorporating religion and spirituality can
be a source of support and comfort”

“you are not alone as someone has
been through it too”

“please keep an open mind during therapy”

“don't obsess over your diagnosis, it doesn't define you!”

“there are people who care about you, even though you don't see them right now”

“breathe into it, give yourself time and be kind to yourself”

“acceptance of what everyday brings is powerful”

LEARNING TO LET GO

it's okay to outgrow people, places & things. its okay for them outgrow you too.

forgive yourself and allow yourself to feel what you have lost/ experienced.

Trust that just "being" is enough. rather than stressing for the answer, live the present.

relationships dont need to last forever to serve their purpose.

Dopamine (Reward Hormone):

- Engage in acts of kindness
- Achieve goals, even small ones.
- Eat healthy foods.

Serotonin (Mood Hormone):

- Perform Salah (prayer) speak to god regularly
- Spend time in nature
- Practice gratitude

Endorphins (Pain Relief Hormone):

- Exercise regularly
 - Laugh often
- Spiritual Happiness:
- Read - Quran/Holy book
 - Make Du'a / Speak to god
 - Seek forgiveness and repent

Oxytocin (Love Hormone):

- Spend quality time with loved ones
- Help others and give charity (Sadaqah)

REMINDER

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

"So, surely with hardship comes ease"

Quran, The Consolation, 94:5



REMINDER

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.

(Quran, Surah Al-Baqarah- The Cow, 2:153)



REMINDER

your Lord says, "Call upon Me; I will respond to you."

(Quran, Surah Ġāfir- The Forgiver, 40:60)



REMINDER

وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَى

And the future will be better for you than the past.

(Quran: The Brightness of the Morning, 93:4)

