

MY MENTAL WELLNESS

MY RESPONSIBILITY



Initiated by Bharatiya Muslim Mahila Andolan

Supported by Ashana Trust

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Bharatiya Muslim Mahila Andolan [BMMA]

My Struggle My Leadership



BMMA is an autonomous, secular, rights-based mass organization led by Muslim women which fights for the citizenship rights of the Muslims in India. BMMA was formed in January, 2007.

VISION:

To create conditions within the Indian society where the Muslim community and especially the Muslim women are able to eradicate their own poverty and marginalization and live a life of equality, justice and with respect for human rights.

BMMA BELIEVES IN:

Values of democracy, secularism, equality, non-violence, human rights and justice as enshrined in the Constitution of India. These are our guiding principles in our struggle for justice.

OBJECTIVES:

- To work towards understanding and ameliorating the marginalization of the Muslim community and Muslim women.
- To work towards empowering Muslim women and take steps to ensure their social, economic, political, civil, legal and religious rights.
- To work to uphold the Constitutional principles like equality, liberty, secularism, social justice and democracy.
- To undertake and propagate positive and liberal interpretations of religion which are in consonance with principles of justice, equality, fairness and protection of human rights.
- To take forward the process of legal reforms within the Muslim personal law
- To oppose fascism, exploitative capitalism, communalism, imperialism in all its forms and to support peace, justice and uphold human rights
- To collaborate and build alliance with other movements and networks that are fighting for social equality and human rights.
- To understand the caste hierarchies within the Muslim community and raise the issues of Dalit Muslims. To create an alternative progressive voice within the Muslim community.

The BMMA works for all the rights and duties emanating from the Constitution of India. Over the 17 years the membership has increased to 100,000 in 15 states. Our membership is open to all, including men, who share our vision and mission and are secular.

Table of Content

1. CONNECTION BETWEEN MIND AND BODY	Pg. 04
2. POSITIVE THINKING STATEMENTS	Pg. 07
3. SELF LOVE	Pg. 08
4. PRACTICE TO SAY 'NO'	Pg. 09
5. GOAL SETTING	Pg. 10
6. GRATITUDE	Pg. 11
7. FORGIVENESS	Pg. 12
8. PAST & FUTURE	Pg. 13
9. MORNING AND NIGHT EXERCISES	Pg. 14

Note

This booklet is in reference to the awareness session on Mental Health.

It's OK, not to be Okay. We visit a doctor for any physical ailment, in the same way we need to seek help when we feel low or have emotional breakdown.

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CONNECTION BETWEEN MIND AND BODY

Our mind and body are connected.

Words and thoughts influence on our emotions and body.

EXERCISE -1

1. GROW technique to understand the impact of our words on our body

Keep one hand over the other and check and confirm they are equal. Bring your right hand (palm) in front at face level. Take 3 breaths and say relax. Bring your focus on the hand (palm) in front of you and say GROW to our hands for 25 times. Now check your hand (palm) with the other hand (palm) and you will notice that the hand (palm) to whom you said 'GROW' has grown a little longer from the other hand (palm).



Learnings:

- What we focus on increases. So, we need to choose what we focus on in life. We can choose to focus on the problems/troubles in our life or the good things that have enhanced your life however small it may be.
- The verbal instructions given to the hand (palm) was to grow. Through this we understand that the words we use are powerful and impact our body.

Hence it is important to choose to use our words carefully and try to use affirmative / positive words.

EXERCISE - 2

To understand the connection between our thoughts and our body.

Close your eyes and visualize

Drinking a glass of cold lemon juice and you will sense the sour taste in your mouth and your mouth will salivate.

If you have made a mistake and are about to be confronted about it by a parent/teacher/boss. You will experience fear which would lead to perspiration, increase in the heart beat, dry mouth.

Learnings:

1. Our thoughts are very powerful. If we focus and visualize a negative/positive thought for a long period it will create a corresponding emotion. This emotion gets converted into energy which we can feel in our body.
2. We need to keep a check on our thoughts. It is natural to have negative thoughts as they are there to alert us from the dangers ahead. As soon as we become aware we need to take the necessary precaution and replace it with a positive thought.

Our mind / body is like the
CUPBOARD/CABINET where we
store our thoughts and emotions.

We must keep cleaning it time and
again



We must treat not-so-good emotions
like **GUESTS** in the house.

They come, we acknowledge them,
experience them and then they must
leave.



HOW TO RELEASE

Step 1

ACCEPT AND ACKNOWLEDGE

Your emotions & feelings i.e. Anger, Fear, Anxiety, Hatred, Jealousy, Stress,
Sadness etc.

Step 2

BREATHING – Breath in from your nose and breath out of your
mouth minimum 7 times.

*Give a number for your emotion/pain, 0 being the least & 10 being
the highest*

Statement: Even though I am feeling _____ because of
_____, I today choose to accept myself totally and heal and
integrate that part of me.

This needs to be repeated till your emotion/pain is reduced to 0.

Or

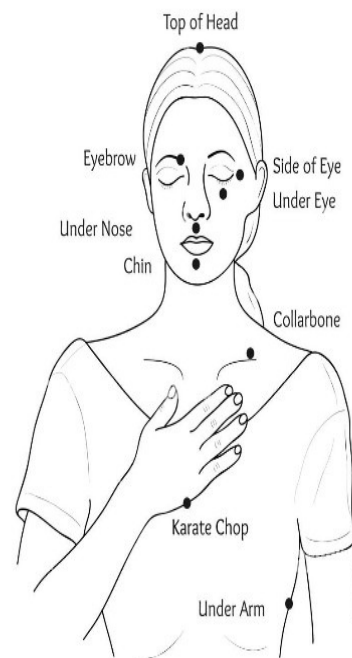
TAPPING – Release through tapping from 12 points from your body.

This technique could be used to release physical or emotional pain.

As we tap on the karate chop we need to say “Even though I am feeling _____ because of _____ I today choose to accept myself totally and heal and integrate that part of me.” (As we tap we need to acknowledge our Thought / Emotions / Feeling in the body)

- Top of the head
- Side of the eyes
- Top of the eyebrows
- Below the eyes
- Above the lips
- Below the lips

- Both Shoulders
- Collar bone
- Below the right arm pit
- Below the left arm pit
- Small finger
- Both sides of the hands
[chop style]



EFT Tapping Points

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POSITIVE THINKING STATEMENTS

**I AM
OK**

**I CAN
DO IT**

**I LOVE
MYSELF**

**I ACCEPT
MYSELF**

**I AM
STRONG**

**I AM
HEALTHY**

**I AM
GOOD
AT
MATHS**

**I
LOVE
MY
SKIN**

**I CAN
BECOME
EVEN
BETTER**

Use of positive thinking affirmations statements needs to be accompanied with the belief, emotions and the vibrations of the statements in the body.

You should not say these lines mechanically

SELF LOVE

Self-love is about being in total acceptance of self totally and completely.

Accept and Love (both the good and the bad) your body, your feelings, thoughts.

Giving priority to yourself and your needs and become a better person.



SELF – LOVE

I love myself and hence would not let anyone hurt my body

I love myself and hence would eat healthy food

I love myself and hence make healthy choices in food, friends and in everything else

I love myself and hence I will look after myself and protect myself from any harm

Exercise: Every morning look yourself in the eye in a mirror, smile and tell yourself ‘I Love and Accept You’

PRACTICE TO SAY ‘NO’

They say: Lot of people do drugs

You say: Many may be doing drugs but I choose not to.

They say: Drugs will make you feel good

You say: I already feel very good and I don't want to mess up.

They say: If you are my friend, you will get high with me

You say: I like you but I don't like drugs

They say: Nobody will know, it is really cool

You say: I am not taking any chances, I will be grounded for life if get caught, I know someone who got very sick and almost died.

They say: You are beaten up because you make mistakes again and again

You say: Please tell me nicely about my mistakes and I will not do it. Don't be violent.

Stay Away From:

Bad company / Foul language

Addictions: Drugs / Cigarette / Tobacco / Alcohol / Mobile Phone

Abuse : Verbal , Physical, Sexual

GOAL SETTING

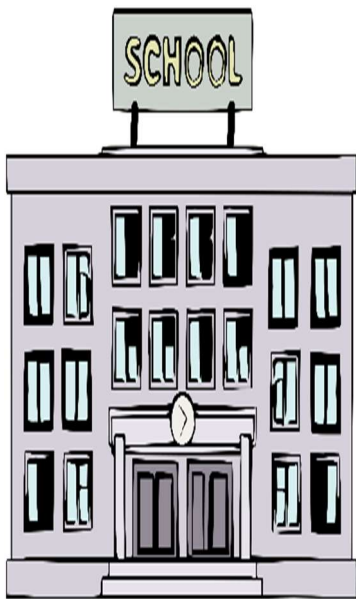
Where do you see yourself 10 years from now ?

What is your passion?

What will you do to achieve it?

HOW TO ACHIVE YOUR GOALS

TIME MANAGEMENT – 8/8/8 Principle



8 hours of school / work 8 hours of sleep

Homework

Play

Sports

**Cultural
activity**

Music / Dance

4 hours

Reading

newspaper

**Reading 1
book a month**

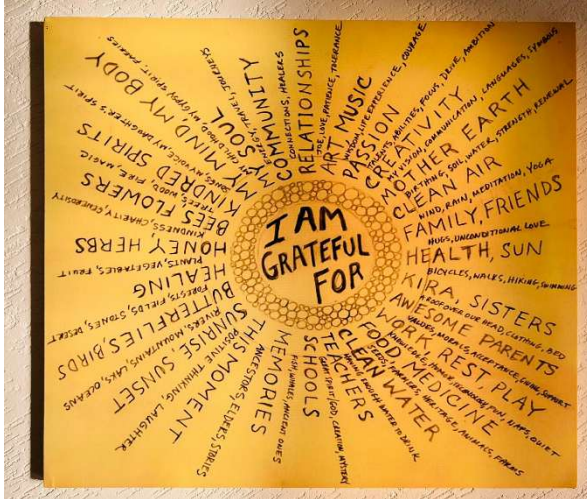
Social work

**Household
work**

4 hours

GRATITUDE

Feel and say ‘THANK YOU’ to all those things / people / animals/ trees / organizations who make our life safe and add ease and joy.



Thank you, Oxygen I can breathe. I am alive

Thank you, food for nourishing my body so that I can be healthy.

Thank you house for sheltering me from the heat, rain and cold.

Thank you parents for bringing me into this world and providing for me.

Thank you teachers / school for providing education to become a better person.

Thank you, money for the purchasing power to buy things and services.

Thank you for the clothes that made me look beautiful, comfortable and safe.

Thank you for the night's sleep due to which my body is able to process, repair and heal itself.

Thank you phone, because of you I am connected and an aware being.

Thank you my spouse for your love and support.

MAKE YOUR OWN LIST

Daily think of 10 things that you feel grateful for during the day with the reason. Feel the gratitude for the smallest and the greatest things and say “Thank you Thankyou Thank you” If possible, write in a book/dairy.



GRATITUDE IS AN EMOTION - FEEL GRATEFULL

FORGIVENESS - SEEK AND GIVE
FORGIVE YOUR OWN SELF

When we Forgive we move on in life

When we seek Forgiveness we move on in life

Feel The Freedom And Peace When You Forgive Or Seek Forgiveness



Exercise: Close your eyes, take 3 breaths, visualize the person who has hurt you and hence are not able to forgive. Mentally have a conversation and express your thoughts, emotion to the person you are not able to forgive. Feel the pain caused in your body and choose to release all the pain by taking deep breath in from the nose and breathing out from the mouth.

Do the same exercise and seek forgiveness from someone whom you have hurt. Say, I am sorry and breath out all pain.

LEARN FROM THE PAST AND PLAN FOR THE FUTURE

BEING IN THE PRESENT

Overthinking about PAST - sadness and guilt

Release the sadness and guilt and let it go

Overthinking about FUTURE - anxiety

Don't worry about the future but plan it out



MORNING AND NIGHT EXERCISES

NIGHT EXERCISE

Release all pent-up
emotions through
tapping and deep
breathing

Learn your lessons
from the event

MORNING EXERCISE

Say this before opening
your eyes:

My day is wonderful day
and it will go like a breeze
with joy ease and grace

I am going to do my plans
and enjoy my day

ASHANA TRUST

SUPPORTING WOMEN'S INITIATIVES FOR JUSTICE, PEACE AND DEVELOPMENT



Ashana Trust is registered under the Bombay Public Trust Act, 1950 vide Registration Number E-26799. It was registered at the Charity Commissioner's office on 10th March 2010.

BACKGROUND

Over the last many decades women have come forward and have staked claim over their rights. However, factors like religion, caste, class, and ethnicity continue to play a determining role in diminishing the status of women. Hence, we see a large section of women especially of the minority and other marginalized communities, still struggling to live a dignified life.

VISION

The Ashana Trust while it envisions a society where all women irrespective of her station in society is free from fear and want, it specifically wants to focus on creating an enabling environment for Muslim and other marginalized women, where she is able to exercise her rights as ensured in the constitution of the country as well as strive for equal rights and justice within the community.

MISSION

The mission of Ashana Trust is to enable the social, economic, educational, legal and political empowerment of marginalized women. To also advocate for policy changes on issues concerning women, specifically related to family law, entitlements and various state initiatives. The strategy to achieve the said objectives is training, capacity building, leadership development, campaigning and advocacy initiatives.

OBJECTIVES

- To work for social, economic, educational, legal and political empowerment of women.
- To advocate for policy changes on issues concerning women.

ACTIVITIES

- Creating an empowered based of Muslim women which fights patriarchy wherever it exists.
- Awareness programmes on mental health with women, children and youth.
- Conducting awareness programmes about their constitutional rights.
- Conducting programmes for their leadership development.
- Providing legal aid to all women along with information about their legal rights.
- Enabling women leaders to access government schemes and programmes.
- Monitoring state apparatus like ration shops, health clinics, schools and other civic amenities.

IMPACT SO FAR

Ashana Trust has been administratively supporting the Bharatiya Muslim Mahila Andolan [BMMA] and the achievements of BMMA are:

- Conducted awareness programmes on mental health with women, youth and children
- Multiple programmes on pre-marital facilitation with parents and youth
- Reached out to hundreds of children and parents on child sexual abuse
- Created awareness in children and youth on the Indian Constitution
- Many youth benefitted from our programmes on sexual and reproductive health
- Successfully got the triple divorce law passed through a 12-year campaign
- Got Supreme Court judgment for entry of women in Haji Ali dargah
- Trained 20 women to become qazis
- Trained thousands of Muslim women on their legal rights
- Trained Muslim women to lead from the front on all socio-economic-legal issues
- Created Sehr, Udaan Groups to enable Muslim youth to be self-confident

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Notes

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