

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Do You Suffer From WWPSS (what will people say syndrome)?**

It's time to say it like it is, without stigma and judgement. Out of 10,000 Australian women surveyed last year, nearly 40% suffered from depression and anxiety.

(source: <https://jeanhailes.org.au/news/revealing-australian-womens-health-worries-and-concerns>)

This figure is increasing daily. 100% of my clients have symptoms of depression and anxiety.

I too battle with my own Complex PTSD diagnosis. I manage it without psychotropic drugs, however, it wasn't always the case. I also do not define myself with the label of the diagnosis. I guess the psychiatrist had to tick a box and after studying my symptoms at the time 'Complex PTSD' was the best box she could tick. Prior to coming off the drugs, I had to go through intensive self-reflective therapy to understand my biggest fears and how to manage them or overcome most of them.

The sessions made me understand what perpetuated my fears. I was suffering from, in my own words, WWPSS - What Will People Say Syndrome. Every fear I had was based on insecurities of how people would view me, how they would judge me and whether or not I would measure up to their expectations. Bottom line was that I was in the business to constantly please everyone. Also commonly known as the 'disease to please' or 'people-pleasing syndrome'. All I was doing was trying my hardest and still failing at getting approval from people. It never dawned on me that the people whose approval I was desperately seeking had displayed highly disrespectful and immoral behaviours for as long as I could remember. Not only did they not deserve my efforts to constantly

please them but they also didn't deserve any justifications of my choices. I was not answerable to them. Period.

So, now, I'm asking you to pause your life for a moment and reflect on your day today. How much of your day today revolved around pleasing people? Who are these people you are trying to seek approval from? And why?

As Muslims, we must constantly remind ourselves this truth: We are here to please only ALLAH, not to please Muslims or any other being. You may be displaying symptoms of WWPSS without even realising it. It's because we want to be liked by everyone. The yearning for acceptance and a sense of belonging is natural. However, acknowledging that you are NOT a slave to people's expectations is vital if you are seeking better mental health and wellbeing.

7 Strategies To Overcome WWPSS

The following strategies will hopefully help you understand your tendency to seek approval from others and better equip you with ways to beat this syndrome.

1. Know that you probably don't like everybody in the world and that not everybody in the world has to like you. It is better to respect someone and celebrate your differences than to like someone for the sake of it.
2. 'No' is a complete sentence. Use it. Do not feel the need to justify it. If something doesn't feel right in your gut, SAY NO.
3. Examine the boundaries you have set in your life with people. What do these boundaries look like? How much do they get away with? If you haven't set boundaries yet, now is a great time to do so. (If you are struggling with setting boundaries, contact me and I may be able to help).
4. Write down all the things that would be different in your life if you stopped pleasing people.
5. Take your time to respond to people's requests or favours. You have the right to say "I'll think about it and let you know". You don't need to react immediately to their requests. You are not their puppet. You are a human being who deserves respect.
6. Become comfortable with the thought that you are not here to please people. You are here to please only ALLAH. When you are pleasing people you may be compromising on being in alignment with ALLAH's commandments as per the Holy Quran.
7. Read and re-read your Holy Quran often to remind yourself why you are here. Knowing your ultimate purpose will empower you to banish all fears, insecurities and yearning for approval from people.

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In Shaa ALLAH, next week we will explore the topic: **Visioneering**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786



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