



Shafia



How was life before MSA?

It was a quiet life where I felt there was nothing to really focus on apart from my family. Everything I did was for them and whilst this is rewarding, it is also rewarding to do things for myself. MSA allowed me to find a way to make time for myself.



What made you want to attend Positive Minds?

Every day I found myself focusing on all my problems but when I came to Positive Minds, I began to routinely see things through different perspectives; like the perspective of Islam which allowed me to seek a better outlook on life. When you think positively and train your mind to do so, your life begins to look positive and you feel happier in response. To this day, I'm so grateful to be a part of this group and I continue to encourage friends and family to join. We all have our bad days and stress can become overbearing but when I attend sessions, it feels like I can escape all my troubles. In retrospect, it has had a massively positive effect on life as a whole.

What other activities are you a part of at MSA?

MSA has given me the opportunity to try out a range of new activities; like yoga which has greatly benefitted me both physically and mentally. I also took part in body camp, which I was initially hesitant to do because of asthma, but sister Reha guided us through it gradually. This permitted me to do something I would never otherwise have done. Joining Couch to 5K was a perfect way for mothers like me to begin a physical journey in the comfort of our own homes and something I plan on continuing. The Book Club has also improved my confidence and I now find myself speaking up more, giving my input and increasing my knowledge. MSA has given me a voice which I struggled to find all these years.



How did you find the support of MSA during lockdown?

Lockdown was a crucial year for many mothers and women like me. A whole community of women felt supported by them. MSA were supportive by moving the sessions online so that I still had time for myself despite dealing with home schooling and daily struggles during that difficult time.

What does the future look like for you?

Now, whenever anything hits me, I say to myself "I can do it!" MSA has shown me that I have the confidence to do it. For many years, I questioned if I was capable of doing certain things, but now I'm able to step out of my comfort zone. I've changed my mind set from "I can't" to "I can." MSA has truly been a blessing in my life and in the lives of many other women.

