

# **TAKING ADVANTAGE OF YOUR MENTAL WELLBEING THIS RAMADAN**

**Muslims throughout the world will be affected by different physical /mental health problems and whilst they may be grateful, some would crave to be able to take on just one day of Ramadan without the additional weight they have to carry.**

**What we have to ask ourselves is, how are we taking advantage of our mental wellbeing this Ramadan?**

WE HAVE PUT TOGETHER A SMALL LIST OF SUGGESTIONS THAT WILL INSHAALLAH HELP IN MAINTAINING AND MAKING THE MOST OF YOUR MENTAL WELLBEING, WHICH WILL IN TURN MAKE YOU A HAPPIER, MORE HUMBLE AND PRODUCTIVE MUSLIM THIS RAMADAN AND HEREAFTER.

### Improve your mental health

قم بتحسين الصحة العقلية الخاصة بك.

Ramadan is a time to heal by controlling negative emotions

رمضان هو الوقت للشفاء ، من خلال السيطرة على المشاعر السلبية.

Let go of old grudges and cultivate a deeper sense of love.

فأترك الضغائن القديمة و ازرع شعور أعمق من الحب

**VIEW RAMADAN AS IF IT IS A STARTING POINT FOR THE REST OF YOUR SUCCESSFUL YEAR. IMPLEMENT THE “NEAR YEAR, NEW ME” ATTITUDE.**

**ONCE YOU SEE RAMADAN AS TRAINING YOU FOR THE MARATHON AHEAD, YOU NEED TO START FOCUSING ON THE SMALL SPRINTS THAT YOU HAVE DIRECTLY IN FRONT OF YOU. THIS MEANS START MAKING SMALL AND GOOD CHANGES WHICH YOU KNOW YOU CAN CARRY ON, AND IMPROVE FOR THE REST OF THE YEAR. IT CAN BE ANYTHING YOU DEEM AS APPROPRIATE AND BENEFICIAL FOR YOU TO GROW.**

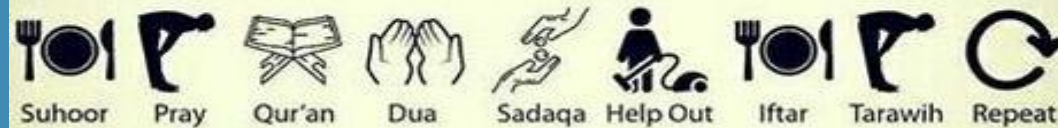
**RAMADAN:  
TAKE TIME  
TO GROW.**



**STOP FOCUSING ON OTHER PEOPLE'S GOALS, AND WHAT OTHER PEOPLE HAVE ACHIEVED. THIS IS YOUR JOURNEY, AND YOUR ISLAM. YOUR SMALL GOALS SHOULD BE REALISTIC AND ACHIEVABLE, WHETHER IT'S SPENDING MORE TIME OUTSIDE, SPENDING MORE TIME REFLECTING ON YOUR OWN THOUGHTS OR IMPLEMENTING AT LEAST 5 MINUTES OF QUR'AN IN YOUR DAY. CHOOSE SOMETHING THAT SUITS YOU, AND IS FOR THE SAKE OF ALLAH.**

**MAKE THE MOST OF YOUR SPIRITUAL HIGH, BUT PREPARE YOURSELF FOR A DIP. THE ONLY THINGS THAT YOU SHOULD EXPECT FROM YOURSELF ARE THE EXPECTATIONS YOU SET ON YOURSELF. DON'T SET THEM TOO HIGH WHERE YOU WILL FIND IT A HUGE CHALLENGE, OR TOO LOW WHERE YOU FIND IT TOO EASY. ALSO, DON'T BE NEGATIVE ABOUT IT. NEGATIVITY AND THAT "SPIRITUAL DIP" DO NOT MIX, UNDERSTAND THAT YOU GROW AND DEVELOP EVERY DAY, AND SOME DAYS MIGHT BE SLOWER THAN OTHERS – SO TAKE EACH DAY AS IT COMES. STUDIES SHOW THAT IT TAKES 18-21 DAYS TO BUILD HABITS AND BEHAVIOURS, ALTHOUGH IT MAY BE DIFFICULT AT FIRST, BE PATIENT (SHOW SABR) WITH YOURSELF.**

## Ramadan Mode





**HAVE PLANS IN PLACE FOR THIS “DIP”. FOR EXAMPLE: “WHEN I START FEELING DOWN ABOUT HOW I HAVEN’T ACHIEVED ENOUGH, I LOOK AT MY RAMADAN GOALS FROM PREVIOUS YEARS AND REALISE HOW FAR I HAVE COME IN THAT AMOUNT OF TIME.”.**

**CHOOSE SOMETHING SIMILAR AND USE YOUR OWN SUCCESSES AS YOUR OWN MOTIVATION. WITHOUT FOOD AND WATER, OUR MINDS ARE A LOT CLEARER. OUR THOUGHTS ARE NOT BURDENED BY OUR BASIC DESIRES, AND OUR DAYS DO NOT REVOLVE AROUND OUR NEXT MEAL OR CUP OF COFFEE, SO THIS IS THE BEST TIME TO PICK UP ON UNPRODUCTIVE BEHAVIOUR AND NEGATIVE THOUGHT PATTERNS. MAKE A LIST OF YOUR WEAKNESS AND BAD HABITS, AND THEN MAKE A DETAILED PLAN OF HOW YOU’RE GOING TO OVERCOME THIS. IT CAN BE TO READ THE QURAN OR CERTAIN BOOKS THAT ADDRESS YOUR ISSUE, OR LISTENING TO A TALK THAT IS BENEFICIAL. TRY KEEPING A DIARY OF WHAT TRIGGERS YOU TO FEEL OR THINK A CERTAIN WAY IN ORDER TO AVOID THE TRIGGERS IN THE FUTURE.**

**MY GOAL IS  
CLEAR**

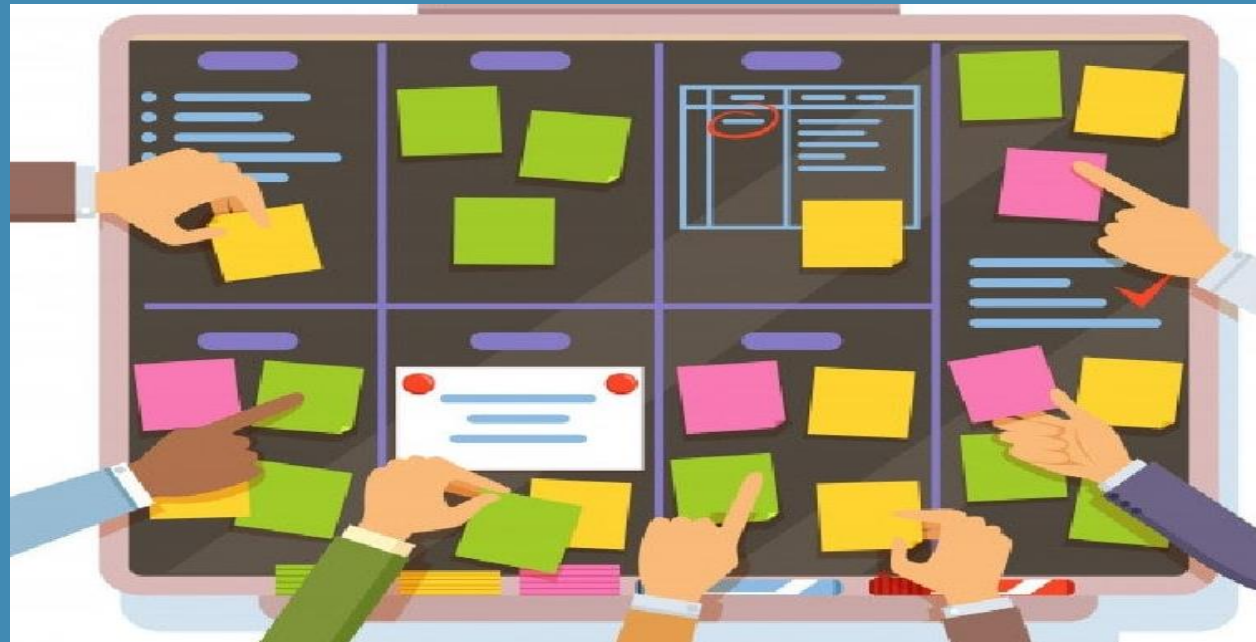
**MY MIND IS  
FOCUSED**

**MY SOUL IS  
CALM**

**MY BODY IS  
HEALTHY**

**RAMADAN IS THE TIME TO PLAN. PLAN YOUR DAY, YOUR ACTIVITIES, AND MOST IMPORTANTLY YOUR RELATIONSHIP WITH ALLAH. BE FLEXIBLE AND MAKE SURE YOU ARE GIVING ENOUGH TIME TO THE THINGS AND PEOPLE WHO REALLY MATTER. USE THIS TIME TO GET YOUR PRIORITIES RIGHT.**

**REMEMBER, RAMADAN ISN'T JUST ABOUT THE FAST. THERE ARE SO MANY MORE FRUITS TO TAKE FROM IT, AND WHILST GAINING SPIRITUAL CLOSENESS TO ALLAH IS A HUGE GEM, THERE ARE PEARLS YOU CAN PICK UP ON THE WAY THAT ARE FOR YOURSELF. IT'S OKAY TO BE SELFISH WHEN IT'S YOUR OWN MENTAL WELLBEING, AND YOUR RELATIONSHIP WITH ISLAM.**





**REMINDE YOURSELF: “THE MOST BELOVED OF DEEDS TO ALLAH ARE THE MOST CONSISTENT OF THEM, EVEN IF THEY ARE FEW” (BUKHARI), AND REPENTANCE IS A BEAUTIFUL WAY OF ATTAINING SUCCESS (QUR’AN 24:31), BUT MOSTLY TAKE COMFORT IN KNOWING THAT HE WOULD NOT BURDEN A BELIEVER WITH MORE THAN THEY CAN BEAR (QUR’AN 2:286).**

**OUR DUAS ARE WITH YOU ALL**

