



We're back for the fifth and final week to share with you some more tips and resources to help you care for your mental health and wellbeing during #COVID19 and as you prepare for Eid Al-Fitr. Last week, we focused on reflection, meditation, and self-fulfillment. This week is all about gratitude and hope.

In the lead up to Ramadan and throughout the month, we shared messages on staying physically distant but socially connected, sharing and caring, self-restraint and putting a stop to rumours, and reflection, meditation and self-fulfillment. Here is our final message, as we approach Eid Al-Fitr, and it is on gratitude and hope.

With Ramadan almost over, here is how you should end it during these challenging times of #COVID19. Be grateful and remain hopeful. Grateful for the things you have, and hopeful for the future.

. For example, try writing down three things you are grateful for every day. Is there someone who has particularly supported you Express your gratitude through simple activities• during this difficult time? Make sure to tell them how grateful you are. Doing this exercise, even on the most difficult days, can help you and those around you. Remember, there is always a silver lining in the darkest of clouds.

. Think of challenging situations that you and your community have experienced over the past few months. Foster hope by reminding yourself of your strengths and abilities•
Notice how they helped you find new ways to work, relate to others, relax, contribute, and tap into your individual and collective resources. Remind yourself of the strengths that
have helped you survive and thrive during these difficult times.

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