



We're back this week to share with you some more tips and resources to help you care for your mental health and wellbeing during #COVID19 and throughout the Holy month of Ramadan. Last week, we focused on getting you to stay physically distant but socially connected to your friends, family and community. This week is all about sharing and caring. Stay tuned over the next few weeks and through to Eid for more messages on reflection, meditation, self-actualization, self-restraint, putting a stop to rumours, gratitude and hope.

Share and care this Ramadan

Ramadan is a time for showing compassion, caring for others, and sharing your blessings with your loved ones and those who are less fortunate than you. This year, with the #COVID19 pandemic, people may need a little extra support as lockdowns and physical distancing measures are causing a mix of emotions and affecting some livelihoods. Continue to give to others because they need your support. Giving also fills you with a sense of happiness and belonging, and this feeling helps you cope better with some of the stressors you may be feeling during this time. Here are some tips to help you share and care while staying safe this Ramadan.

. Having charity iftar banquets may not be feasible in some countries this year. You can still provide for those who need sustenance most by Donate through organizations identifying organizations that can safely distribute food and supplies to them, and donate to these organizations.

. Help people in your community by engaging in online volunteering activities. Pass some of your knowledge onto others to help them learn new skills they can Volunteer remotely

benefit from during these challenging times.

. Check-in by phone or video chat on people in your immediate and extended circle to help them cope with any stress they may be feeling. Pay attention to Support from a distance the elderly and people living with disabilities, as they may be feeling isolated during this time. Ask them about their needs and find ways to support them from a distance.

. Don't forget to show yourself some kindness and compassion this month, just as you would for others. Caring for yourself is what gives you the energy to keep Look after yourself giving.

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