



Protect your mental health during Eid and beyond

Remain grateful and hopeful



Tip of the week | Remain grateful and hopeful

We're back for the fifth and final week to share with you some more pointers and resources to help you care for your mental health and well-being as COVID19 persists and as you prepare for Eid Al-Fitr. Last week, we focused on reflection, meditation, and self-fulfillment. Did you find that you were calmer and more relaxed through prayer and meditation? Did you try any breathing exercises or grounding techniques from our [illustrated guide](#) ? Were you able to change some of the thoughts or habits affecting your mental health and wellbeing? Did you get a chance to take a step back and reconnect with yourself?

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.

[Tip from week 1: Stay physically distant but socially connected](#)

[Tip from week 2: Share and care](#)

[Tip from week 3: Practice self-restraint](#)

[Tip from week 4: Meditate and reflect](#)



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 COVID-19. Be grateful and remain hopeful. Grateful for the things you have, and hopeful for the future.

Express your gratitude through simple activities

For example, try writing down three things you are grateful for every day. Is there someone who has particularly supported you 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.



Foster hope by reminding yourself of your strengths and abilities

Think of challenging situations that you and your community have experienced over the past few months. 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 those difficult times.



Protect your mental health: [Mental health platform](#)

We have resources to help you protect your mental health because you cannot take care of anyone if you do not take care of yourself. Try our online mental health and psychosocial support platform. You'll find information about stress and how it affects us, and exercises you can try to relieve this stress. It also has contact information for mental health experts in each of the countries of the Region. Talking can help and those professionals are there to help you.

[Mental health platform](#)

Monday 29th of April 2024 04:46:54 PM