



### **Tip of the week | Share and care**

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 this COVID-19 pandemic and throughout the Holy month of Ramadan. Last week, we promoted the importance of staying 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 rumors, 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. Given that the COVID-19 pandemic is not over yet, we all need a little extra support to overcome the social, emotional and economic impact it continues to have on many of us. So share your resources because not only is it a religious obligation but it will also help give you a sense of well-being and peace, as well as strengthen the social ties that bind you to your community. Those social ties and personal sense of well-being are important resources to help you cope better with some of the stressors you may be feeling during this time.

Here are some pointers to help you share and care while staying safe during Ramadan.

### Donate through organizations

Having charity iftar banquets is still not feasible in many countries. You can still provide for those who need sustenance most by identifying organizations that can safely distribute food and supplies to them, and donate to those organizations.



## Volunteer remotely

Help people in your community by engaging in online volunteering activities. This can include helping people with limited Internet access and knowledge to register for receiving the COVID-19 vaccine. Also, you can share your knowledge with others to help them learn new skills, crafts or vocations, which can help them take care of their needs while this challenging time persists.



### Support from a distance

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 older people and people living with chronic conditions and disabilities, as they may be feeling isolated during this time. Ask them about their needs and find ways to support them from a distance.



### Take care of yourself

Don't forget to show yourself some kindness and compassion this month, just as you would for others. This also means getting yourself vaccinated as soon as possible. Caring for yourself is what gives you the energy to keep giving.



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## 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](#)

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