



We are back for the fourth week to share with you some more tips and resources to help you care for your mental health and wellbeing throughout the Holy month of Ramadan. Last week, we focused on practicing self-restraint. This week is all about reflection, meditation, and self-fulfillment. Stay tuned this week for our final Eid message on gratitude and hope.

Ramadan is a time to intensify prayers, meditate, and reflect. During this #COVID19 pandemic, prayers, meditation, and reflection can help you relax and stay grounded, and support others in doing the same.

Intensify prayers and meditate to calm yourself and stay relaxed. You can also use some simple breathing exercises and grounding techniques from this [illustrated guide](#)

. Calm your body and mind with these practices so you are able to cope better with stress, sadness, confusion, fear, or anger. Keep up prayers, meditation, breathing and grounding techniques for the remainder of Ramadan and beyond.

Reflect on yourself and your surroundings and make a mental note of the thoughts and habits that affect your mental health and wellbeing, and work on changing them. Tap into your strengths and apply skills you used in the past to get through the current challenging times. Remember: you are more resilient than you think.

Take a step back and look inwards to reconnect with yourself. The hustle and bustle of daily life can often lead us to lose sight of so many things. But looking inwards can be a powerful tool. It can help us achieve inner peace, balance, and self-fulfillment.

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