

Virtually connect through:
Zoom
Face Time
House Party



Stay connected.
Think of creative ways to meet up with friends and family.
#inthistgether

Use the five daily prayers as powerful means to rest your emotions by connecting to Allah.
Recite and reflect on the meaning of the Quran.
Learn how Prophet (s) dealt with difficult life circumstances.
Be sincerely grateful to Allah for even the smallest blessings you still have.
Be compassionate and reach out to those in need.



SELF CARE



Stick to a routine.
Limit exposure to news and social media, only use reliable sources to understand the pandemic.
Find ways to fill your mind with positive thoughts.
Keep a personal diary - to pen down thoughts and emotions on paper.
Be mentally present in the 'Here and Now'; focus on how to best use the present moment.

Make exercise a family activity.
Join in an online exercise class.
Follow along a YouTube fitness video.



Stay active, exercise regularly.
Eat healthy nutritious food.
Stay well hydrated.
Maintain healthy sleep patterns: go to bed early and wake up early in the morning.
Practice social distancing.
Pay attention to hand hygiene.

WELLBEING DURING COVID-19 PANDEMIC



Occasionally feeling anxious or worried is very normal. Consider the incident of the first revelation. Our Prophet (s) raced down to his house with heart beating fast and said to his wife, "Cover me! Cover me!" Our Mother Khadijah (ra) understood his emotions and reassured him. This is a powerful reminder. There will be moments when we need to share our worries with someone we trust. It is also a great example of being understanding when others approach us with their worries.