

Emotional Wellbeing and Ramadan

Ramadan is a holy month in the Islamic calendar. During this month, millions of Muslims around the world dedicate themselves to their faith, practice gratitude, kindness to self and others, giving to charity and connecting with loved ones.

1 Look after Yourself



It's important to look after yourself by practising self-compassion and self-care. Doing activities such as walking, reading, spending time outdoors and making time for the things that are important to you.

Who We Are?

Educational well-being practitioners are available in primary and secondary schools throughout Wandsworth, Sutton and Merton.

We offer evidence-based support programs for secondary school students dealing with anxiety and low mood, as well as guided self-help programs for parents of primary school children experiencing anxiety or behavioural challenges.

For more information please get in touch with the mental health lead at your school.

Education Wellbeing Service YouTube Channel. Videos cover a range of topics about child and adolescent emotional wellbeing.



Education Wellbeing Service - SWLSTG - YouTube

2 Stay Connected

Making meaningful connections are vital to our emotional well-being. Healthy connections with friends, family and others can support our mental health and well-being. Stay connected by going on walks together, doing fun activities (such as board games, going to look at the Ramadan lights at the West End etc.) and sharing meals. Here are some community events taking place this Ramadan you could attend:

[Eid in the Square 2024 | London City Hall](#)

<https://thebigiftar.co.uk/#about-us>

[Community Activities & Groups | Sutton Council's Cultural Services](#)

4 Acts of Kindness

Ramadan is a time for kindness and giving back to others. Simple acts of charity, like helping your parents around the house, preparing iftar with your family, or checking in on neighbours are great. Being considerate, whether through kind words, sharing, or lending a helping hand reflects the meaning of Ramadan.

Here are some volunteering ideas:

<https://www.mcwas.org/whats-on/-ramadan-food-pack-drive-hot-meals->

<https://www.muslimaid.org/opportunities/volunteers/ramadan-campaign/>

3 Routine



Achieving the goals you've set yourself for this month and doing things that you enjoy, such as spending time with your loved ones is great. It's important that you work on building a routine that works for you as it can help you to feel balanced and relaxed.

Further Support

Muslim Youth Helpline Provides faith and culturally sensitive support for young Muslims. Online chat service available during opening hours. [Home - Muslim Youth Helpline \(myh.org.uk\)](http://myh.org.uk)

South West London 24/7 Mental Health Crisis Support Line on 0800 028 8000

[Childline](#): Call 0800 1111 (available 7:30am – 3:30am, seven days a week)

[Samaritans](#): Call 116 123 or email jo@samaritans.org (available 24/7)

[Shout](#): Text SHOUT to 85258 (available 24/7)