



**RAMADAN  
WELL-BEING  
CALENDAR  
2023**

# RAMADAN CALENDAR

## Day 1

**Start Ramadan with a gratitude jar. Before iftar, write one thing you were grateful for that day and put it in your jar. Go through your jar just before Ramadan ends and reflect on the month.**

Tip: Use GLAD to check in with yourself anytime  
G: What am I grateful for?  
L: What did I learn?  
A: What did I accomplish and/or appreciate?  
D: What delighted me?



**RAMADAN  
STARTS**

## Day 2

**Begin Ramadan with a spring clean so you go into the month with a fresh perspective.**

Tip: change your sheets, open up the windows to let in some fresh air, fill your cupboards with foods you enjoy which nourish your mind and body.



**IT'S  
JUMMAH**

## Day 3

**Be conscious of food waste this Ramadan.**

**During Ramadan, it can be easy to over prepare for Iftar due to hunger. Be mindful of your food practices this Ramadan, and try to cut down on waste.**

Tip: You can do this by: recycling, reusing food for leftovers, composting extra food, meal prepping, or sharing extra food with your neighbours to spread the Ramadan spirit.

## Day 4

**Eat mindfully and practice gratitude.**

When was the last time you truly appreciated a meal? Pause and consider all of the people involved in your meal, starting with those who planted and harvested some of the ingredients, to the workers at the supermarkets who stacked shelves and served you, and finally, those who worked hard to prepare the meal; it is hard not to feel both grateful and interconnected.

## Day 5

**Give back locally this Ramadan.**

It's been a hard year, and for some, it will be a difficult Ramadan due to the cost of living crisis. If you have the means, consider donating to a charity like NZF, which supports many Muslim families in the UK. If you cannot help financially, donate your time to a local mosque or charity you're fond of.

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## Day 6

**Create an Ibadah schedule.**

Many of us enter Ramadan eager to reap its rewards but may experience burnout sooner rather than later as our everyday lives interfere with our worship. Set smaller daily goals for your Ibadah in your Ibadah schedule so you can achieve more.

Tip: If you want to read the entire Quran this Ramadan, read a few pages after each prayer so it's constant and paced.

## Day 7

**Be around positive people that motivate you.**

Having close, meaningful, supportive relationships and feeling like you're part of a community is very important for your well-being and happiness.

Tip: Arrange an iftar for your family, friends or community groups

## Day 8

**Try to tackle a task you've been putting off.**

Beginning a task is a huge effort when you think about everything you have to do. However, if you break them down into much smaller stages, they may seem more manageable.

Tip: Break is down into bite-sized steps and start with an easy win to motivate you.

## Day 9

**Prioritise your health**

However you are partaking in Ramadan, remember you are doing your best. It's important to take hold of the special month and its rewards, and also be conscious about our health and wellbeing. We can do both.

## Day 10

**Check in on a friend or loved one that may be struggling this Ramadan or living alone.**

Tip: invite for Iftar, take a walk to stay active during Ramadan.



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## Day 11

**Get into a good routine by waking up for suhoor and starting your fast by setting goals and reflecting.**

Tip: It can be easy to spend the day sleeping and the night awake. Try to regulate your sleep schedule by sleeping earlier so you are more present during Suhoor and Fajr.

## Day 12

**Use Ramadan as a time to spread good.**

**Spreading good can encompass a variety of things. Donate to a local food bank, plant a tree, or even welcome wildlife into your garden by adding a bird feeder or water feature.**

Tip: research which types of food you can feed animals, and be conscious of any regulations at your local parks.

## Day 13

**Create something.**

If you have a creative hobby, this can also be a good opportunity to practice mindfulness. Spend some time doing what you enjoy and be in the moment of creation. For example, if you enjoy baking, try making something new you can enjoy after Iftar. If you like art, create environmentally friendly decorations using common items around your house.

## Day 14

**Spend time outside:**

**Spending a little time outdoors can be another way to achieve mindfulness, and you don't need to go far to get the desired results. All you have to do is take a walk around your local area. Some nice trails, parks, or green spaces can make the perfect environment for connecting with nature and connecting with the present moment.**

## Day 15

**Reflect on the last 15 days.**

**Ask yourself 1) What did you enjoy about your first 15 days 2) What did you find difficult about your first 15 days 3) What are your goals for the remainder of the month?**

Tip: You're at the halfway mark and still have plenty of time to reap the benefits of Ramadan. Don't be disheartened if things haven't gone your way, and take control of the time you have left by reflecting on changes you'd like to make and set goals.

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## Day 16

Ramadan is a great time to disconnect from social media.

Try reading a new book or learning a new skill this Ramadan that can benefit you. If disconnecting is hard, maybe follow some positive pages on social media. Some great pages include [@letstalkaboutmentalhealth](#) and [@blessingmanifesting](#) on Instagram.



**IT'S  
JUMMAH**

## Day 17

Practice good self-talk.

Thinking well of yourself can battle negative thoughts and give you a new perspective. It involves:

- 1) Calming down. If you're still feeling upset, it can be hard to tackle the thoughts you want to explore.
- 2) Identifying the situation. What is making you feel this way?
- 3) Analyse your mood. Are you angry? Upset? How is this negatively affecting your thoughts?
- 4) Identifying your automatic thoughts. What was your immediate reaction?
- 5) Finding objective evidence that challenges your thoughts.

## Day 18

Pick one new self-care habit you're doing now that you want to continue after Ramadan. For example, being more mindful, taking time to reflect and making time to check in on yourself and your loved ones.

## Day 19

Express how you feel.

Think about the people in your life. When was the last time you expressed gratitude for their friendship or told a family member you love them? It can be hard if you've never done this before but get in the habit of showing love and in turn, receiving love.

## Day 20

Today give up one thing that negatively impacts your mental health and see how it makes you feel.

When you have the urge to return to your habit, try to occupy yourself with something else. For example, you can do a breathing exercise, like Deep Belly Breathing.

- 1) Lay down on your back on a flat surface.
- 2) Put one hand on your belly and one on your chest.
- 3) Take a deep breath through your nose and breathe out by letting your belly push your hand.
- 4) Breathe out through pursed lips as if you are whistling.
- 5) Repeat 3-10 times.

**ODD  
NIGHT!**



# RAMADAN CALENDAR

## Day 21

Take advantage of the last days of Ramadan by doing good and giving charity. The Prophet ﷺ (peace and blessings of Allāh be upon him) said: "It is also charity to utter a good word."

Tip: You can use a website like [www.mytennights.com](http://www.mytennights.com) to automate your donations through the last ten nights of Ramadan.



## Day 22

Take daily walks with your family and acknowledge Allah's amazing creatures.

Tip: The spring is the season of renewal when nature revives and a great time to see nature come alive

**ODD NIGHT!** 

## Day 23

Send iftar to a neighbour, friend or family member and put a smile on their face. Whether they are partaking in Ramadan or not, spread the Ramadan spirit by sharing your favourite foods.



**IT'S JUMMAH**

## Day 24

It's ok to make mistakes.

What's important is what we decide to do after. Practice forgiveness and set goals to learn and grow.

**ODD NIGHT!** 

## Day 25

Make your own Eid decorations.

Send 30 mins on arts and crafts. Try creating an eid banner you can hang around your home using coloured craft paper. Cut out shapes of Crescent moons, stars, or any other shapes you enjoy. Write or print a festive phrase, like Eid Mubarak, and cut out the letters individually. Find a long piece of twine or strong string to which you can tape your letters and shapes before hanging them on the wall!



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## Day 26

**Do a random act of kindness.**

For example, donate some clothes in the back of your closet, hand out water bottles at your local masjid, or consider doing something for a stranger. It doesn't have to be big or cost a lot of money, but a random act of kindness can start a positive chain reaction!

**ODD NIGHT!**



## Day 27

**You may be feeling tired or overwhelmed.**

While we try our best to exert ourselves in the last ten days, we must take care of ourselves to make the most of the remainder of Ramadan.



## Day 28

**Reach out!**

Start by listing three people you last saw a while ago and reach out to them. They'll appreciate your effort to stay in touch, making your day a little brighter.

For example,  
"AsalamuAlaikam/Hi \_\_\_\_\_, I'd hoped to be in touch sooner, but life got in the way; I wanted to remind you that you're in my dua's and missed; perhaps we can catch up soon?"

**ODD NIGHT!**



## Day 29

**Ramadan isn't over yet.**

Reflect on your achievements and goals you set for yourself - is there anything else you are aiming for?



## Day 30

**The last day of Ramadan doesn't signify the end but the start of good habits we can carry on throughout the year.**

You've taken part in a beautiful journey; improving your relationship with yourself through mindfulness and positive affirmations, the environment, your loved ones, and the broader community. Try to incorporate some (or all) of these positive habits for the rest of the year. It may bring about a long-term positive change in your life and how you see the world around you.

**RAMADAN ENDS**

