

Keeping well in Ramadan

A guide for Muslim students

Revision



- Start revision early
- Take regular breaks away from screens/other devices
- Try revising at different times of the day
- Mix up your revision and different methods to revise

Nutrition



- Pack in the protein at suhoor & iftar
- Drink lots of water between iftar and suhoor
- Avoid sugary and fried foods
- Avoid over-indulging

Spiritual



- Set realistic spiritual goals
- Your revision/work can be an act of ibadaah (worship) with the right intention
- Prayer - Rabbi Zidnee 'ilman - O my Lord, Increase me in knowledge

Wellbeing



- Get outside
- Stay positive
- Host a virtual iftar for family and friends
- Spend time with family and friends virtually and/or in person

Support



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