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Ramadan's Path to Your Best Self



MUSLIM 4TH VOL
YOUTH MAGAZINE Sha'ban 1445H

TOWARD A SOUND HEART & A SOUND MIND

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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BISMILLAH



The Muslim Youth Magazine

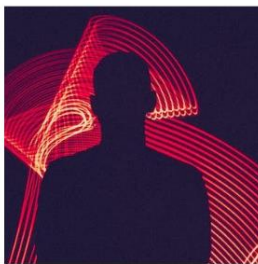
By Youth For Youth

A periodical E-magazine that embraces a community of youth who aspire to develop their societies for the better, through which they discuss the challenges and questions they face and empower Muslim Youth to create a positive impact.

Muslim Youth Magazine Team



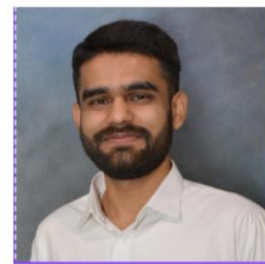
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We Stand for Peace



*Oh Allah, You are Peace, and from You comes peace,
Blessed are You, O Owner of the majesty and honor.
Oh Allah, we ask You with Your mercy to grant peace
this Ramadan for every innocent soul in Palestine,
Syria, Sudan, Yemen, Congo, and all over the world.*



Acknowledgments

The Muslim Youth Magazine Team sincerely wants to thank every person who helped to make our fourth volume a reality.

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We would like to thank Mohammed Faris, Founder of The Productive Muslim Company, an Executive Coach, Author, and International Speaker, who is known for fusing spirituality with personal and professional development. We want to thank him for granting our readers free access to his amazing program: “High-Performance Ramadan”. May Allah (SWT) reward you for gifting the Ummah this beneficial knowledge.

We would like to thank our three Distinguished Guest Speakers, who accepted our invitation to our upcoming online event:

1- Dr. Sarfraz S Khan, MD, CPE, MAAPL, DFAPA, Adjunct Clinical Professor of Psychiatry and Behavioral Sciences, Indiana University School of Medicine. Chief Medical Officer, Meridian Health Services. Clinical Associate Professor of Psychiatry, Marion University School of Osteopathic Medicine. Former Research Fellow Yale University School of Medicine. Author / Researcher on research papers on depression and post-traumatic stress disorder.

2- Ustadh. Wadud Hassan, Founder of Muraqaba, Heart-centric Mindfulness, and Prophetic Model Of Tarbiya. Mindfulness, Emotional Intelligence, Leadership and Human Development Thought Leader, Author, and Teacher.

3- Dr. Wasima B. Hassan, MD, a dedicated Family Physician since 1997, has wholeheartedly and unwaveringly served the ISGL Muslim Community with passion and commitment throughout her esteemed life.

We are very grateful for your accepting our invitation, and we are looking forward to meeting you soon to benefit from your insights, knowledge, and experience. Jazakum Allah Khairan.

Thank You

For Your Support



Wadud Hassan



Mohammed Faris



Dr. Sarfraz Khan



Dr. Lubna Rasheed



Dr. Wasima Hassan

“Ramadan is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the decisive authority”

Surat Al-Baqarah, Ayah 185



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamu Alaikum,
Peace Be Upon You,

Dear Readers,

We started working on this volume several months ago. It was initially meant to be about mental health issues, and then, when we noticed that Ramadan is very close, we decided to talk about Ramadan. To our surprise, we found that the top 10 tips to improve our mental well-being ALL reflect SOME of the benefits we gain from fasting during Ramadan. Allahu Akbar. Indeed, as Allah said in Surāt Al-Baqarah, Ayah 185, talking about Ramadan: "Allah intends for you ease and does not intend for you hardship and wants for you to complete the period to glorify Allah for that to which He has guided you."

Alhamdulillah, The Barakah of Ramadan starts to shower us with Allah's blessings, bringing three treasures to you in this volume:

- 1- Invaluable insights about Ramadan
- 2- The Productive Muslim Ramadan Gift
- 3- A special invitation to meet great speakers

We know that writing books about the benefits of Ramadan won't be enough, but we ask Allah (SWT) to accept our humble work with His generosity, and we ask Him to put His Barakah in our words to touch your hearts, free your minds, guide you to find peace, and lead you to experience your best Ramadan ever this year in Shaa Allah

On behalf of The MYM Team,
Suher Khirallah, Ph.D.



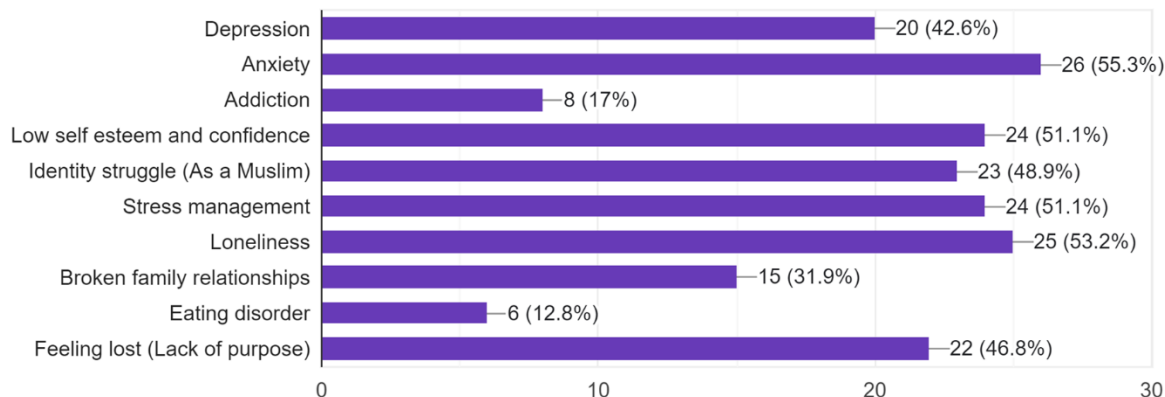
Ramadan's Inner Peace Nourishing the Heart and Elevating the Mind

By: Dr. Suher Khirallah with the collaboration of MYM members

A while ago, MYM conducted a quick survey to address the top challenges concerning our youth the most.

Please choose 4 topics from the followings

47 responses



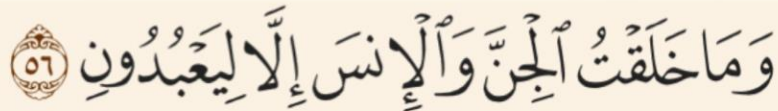
As you can see, the prominent challenges include anxiety, loneliness, stress management, identity struggle, feeling lost, and depression. The good news is that Ramadan is approaching, brimming with blessings that can help us confront these challenges. Ramadan is a divine training course for success in both this life and the hereafter for every Muslim. This sacred month is not merely about fasting but embarking on a meaningful and fulfilling journey of self-discovery, growth, and inner peace.

While we can't cover all the gems that Ramadan carries here, we will delve into the top 10 tips, specially tailored for the youth, to enhance their mental and spiritual well-being during this transformative month, all backed by Quranic guidance.

To be clear, we are not attempting to turn any act of worship into some form of “emotional well-being/meditation” exercise. The purpose of this article is to showcase some of the powerful side-benefits of Ramadan that will deepen your experience with it, in addition to being an act of worship and a gift from Allah (SWT). Bismillah.

1-Set Your Sincere Intention (Niyyah) and Fulfill the Purpose of Your Life:

At the beginning of Ramadan, make sure to have a sincere intention to fast for the sake of Allah. This is crucial because your fasting won't count without it. But starting with the intention involves understanding who you are and your purpose in life. As Muslims, our purpose is simpler than many think, as Allah (SWT) straightforwardly states in Surat Adh-Dhariyat, verse #56:



وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ ﴿٥٦﴾

“I did not create jinn and humans except to worship Me.”

Fasting during the day already puts you in a state of constant worship, making a conscious effort in every moment to stay away from food and drink, as commanded by Allah (SWT). However, some people misunderstand the simplicity of this verse, assuming that Allah (SWT) expects us to isolate ourselves, fasting and praying all day. That's far from the truth. Not all worship takes the form of prayers or fasts. The key to being in a state of worship is your sincere intention. Anything you do, if it is Islamicly lawful and you do it to please Allah SWT, it is worship. Even sleep, when done to fulfill yourself right, allowing you to perform what Allah wants with excellence when awake, is considered worship.

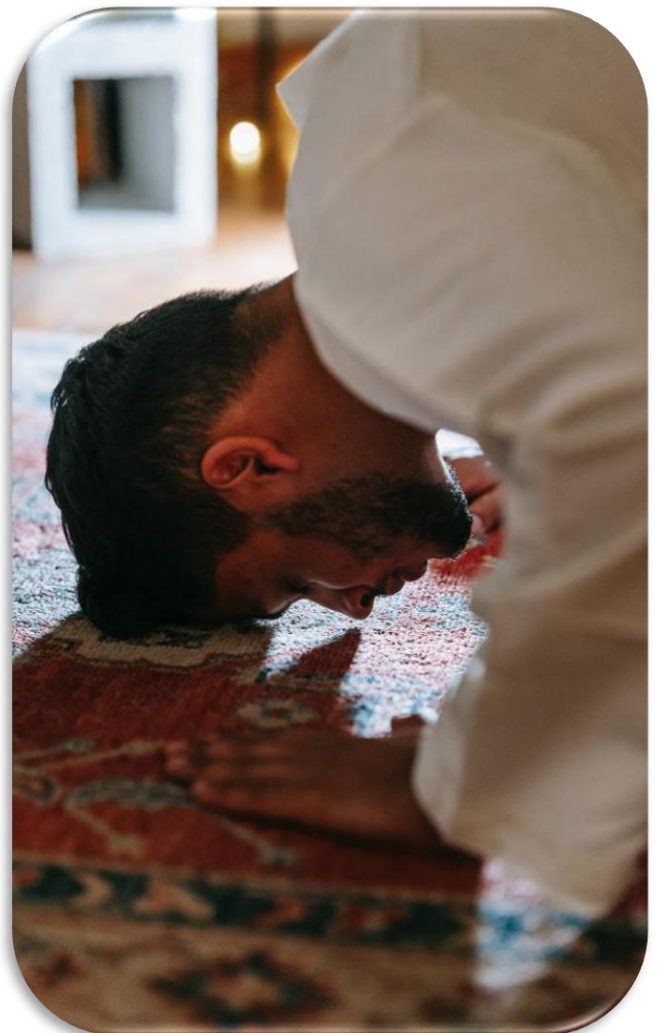
Try to apply this amazing verse of the Qur'an this Ramadan in your life. **Practice setting a sincere intention before anything you plan to do or not to do.** The more you focus on your purpose, the less you'll feel lost or confused. A clear vision of who you are reduces anxiety. Knowing that following the orders of your Lord is for your ultimate benefit instills trust and fosters confidence.

2- Take Care of Your Salah:

Performing the five daily Salah is the second pillar of Islam, offering a unique chance to connect with Allah (SWT). During Ramadan, this connection is amplified, making it easier to cherish and safeguard our Salah. The Fajr prayer after Suhour, the tranquility of congregational prayers, and the motivation for additional Sunnah prayers like Taraweeh after Isha become more accessible.

Salah, as an obligation, extends beyond emotional solace, to become a source of strength. It recharges believers, addressing physiological and emotional stress. The Qur'an guides believers to seek help through patience and prayer, instilling resilience and internal capacity: "O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient." (Surat Al-Baqarah, Ayah153)

Salah connects us to an unlimited source of power – the Divine. Amid global conflicts and crises, establishing Salah becomes a lifeline, providing routine and discipline for psychological stability. The loss of habits and routines in our fast-changing world is countered by Salah, offering structure and comfort: "Indeed,



mankind was created anxious: When evil touches him, impatient, And when good touches him, withholding [of it], Except the observers of prayer – Those who are constant in their prayer." (Surat Al-Ma'arij, Ayah 19-23)

Allah, in His infinite mercy, grants a personal meeting, a cherished gift for every praying heart, where souls soar and draw near to the Creator. In those moments, one meets Allah with humility, seeking assistance, sharing struggles, and expressing wishes. Five daily opportunities call out: Come, O My servant, repent, ask for forgiveness, reform, and turn to Me. Mercy is vast, forgiveness abundant, repentance accepted, and prayers answered.

Go deeper into the meaning of Salah, and transform your Salah to witness how it is a source of certainty in an ever-changing world, and how Salah transcends its worship status, offering profound shifts from confusion to assuredness, scarcity to an abundance mindset, and worry to hope.

3- Strengthen Your Bond with Quran:

Ramadan is the month of Quran. Nothing in this life can heal your heart and grant you peace more than the divine words of Allah. As stated in Surat Al-Isra, Ayah 82: "And We send down the Quran as a healing and mercy for the believers." When you immerse yourself in Allah's words, you open the doors to His light illuminating your path and invite His mercy to ease your hardships.

The stories that Allah (SWT) mentions in His book are not mere historical tales; they are lessons to learn, principles to understand, and morals to follow. Imam Ibn Qayyim - may Allah have mercy on him – said: "One of the greatest remedies for illness is to do good, show kindness, engage in remembrance, supplication, humble oneself before Allah, and repent. **Healing with the Quran is more profound than medications**, but it depends on the readiness and acceptance of the soul." (Zad Al-Ma'ad 4/130).

If negative life events pose a significant risk for depression, the words of Allah provide solace, aiding Muslims in both the prevention and treatment of depression.

While Muslims are not superhuman, the Quran encourages them to combat negative feelings with positive thoughts and actions whenever possible, “So, verily, with every difficulty, there is relief: Verily, with every difficulty there is relief.” (Surat Ash-Sharh, Ayah 5-6)

The Quran offers comfort, and inspiring hope even for those who have committed the gravest sins or face the most troublesome life events, for Allah's mercy is ever-present. “And never give up hope of Allah's soothing Mercy: truly no one despairs of Allah's soothing Mercy, except those who have no faith.” (Surat Yusuf:87)



To counter maladaptive thoughts related to hopelessness and feeling overwhelmed with life, as there is no place for despair because Muslims believe that it is Allah Himself who is in charge of everything, the All Seeing, All Knowing, and All Fair and Wise God. As Allah (SWT) said: “And for those who fear Allah, He always prepares a way out, and He provides for him from sources he never could imagine. And if anyone puts his trust in Allah, sufficient is Allah for him. For Allah will surely accomplish His purpose: verily, for all things has Allah appointed a due proportion.” (Surat At-Talaq, Ayah 2-3)

Ramadan beckons us to engage in daily moments of Quran reflection. "This is a blessed Book which We have revealed to you, [O Muhammad], that they might reflect upon its verses." (Surah Sad, Ayah29). Reflection fosters self-awareness, aligning with the Quranic call to contemplate its verses for greater understanding which cures our hearts and minds.

Open Your Heart to the Qur'an this Ramadan. **Block time in your daily schedule for it** and use Apps/sites like Quran.com and QuranReflect.com to **understand the meanings and reflect upon them.**

4- Make Duaa:

Duaa is considered a form of worship and it strengthens our relationship with the Almighty. Duaa has another spiritual taste. It is a direct channel of communication between us and Allah (SWT). It is another way to feel how close Allah (SWT) is to us. It offers another dimension to life, serving as a direct channel of communication between us and Allah (SWT). This powerful tool is particularly significant for those who are suffering or in need, affirming that Allah (SWT) is always there to assist those who place their trust in Him.

The Ayah 186 from Surat Al-Baqarah, "When My servants ask you 'O Prophet' about Me: I am truly near. I respond to one's prayer when they call upon Me. So let them respond 'with obedience' to Me and believe in Me, perhaps they will be guided 'to the Right Way'", is situated in the context of Ramadan, emphasizing the special place of Duaa during this sacred month. Duaa holds exceptional significance during Ramadan and is always accepted during fasting, when breaking our fasts, and on Laylat al-Qadr. However, outside of Ramadan, there are various times when Allah listens to our Duaa, including during Sujood, while drinking the water of Zamzam, during storms (lightning & rain), and in the depths of the night.



Dive into the science of Duaa, and never underestimate the power of it. **Communicate with Allah through heartfelt supplications.** Share your hopes, fears, and needs in your Duaa. It's a direct line to spiritual elevation and mental peace.

5- Be a Mindful Muslim:

Mindfulness is our ability to pay attention to the present moment without getting carried away by all the distractions, emotions, thoughts, and feelings we experience. According to numerous neuroscience-based research, mindfulness is proven to have a strong correlation with emotional regulation and well-being. In contrast, mindfulness, through an Islamic lens, is not just about mental and emotional well-being, but more importantly about spiritual well-being – which we believe can nurture our emotional health and is deeply rooted in our awareness of and relationship with Allah (SWT).

Ramadan is the month where the most self-reflection takes place for many Muslims. While Iblees and all the major shayateen are locked away in chains, while we spend our days away from food and drink, while our routine is away from all distractions of life, Ramadan serves to be the month where every Muslim gets the opportunity to clean their slate with Allah ﷻ and realign their moral compass.

Fasting is not just about abstaining from food; it's a journey of mindfulness. Surah Al-Baqarah (2:183) emphasizes the purpose of fasting, "O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous and attain piety."

Learn how to be a mindful Muslim, and understand that mindful Ramadan is not just doing a lot in Ramadan and then returning to your past self post-Ramadan. Instead, it is about utilizing your Ramadan to go beyond all the incredible blessings and rewards of this month and **transform yourself to be a better version of yourself.** Mindful Ramadan is not just about doing more but also being more. It is finding your **focus on who you want to become** and aligning everything you do to fuel that transformation.

Mindful Ramadan...

IS NOT:	RATHER IT IS:
✘ Adding good deeds without mending the relationship with Allah and His creation.	✔ Returning to Allah, mending relationships, and cleansing our hearts first.
✘ Primarily being concerned about the quantity of 'Ibadah (number of Rakats, pages of the Qur'an, Dhikr repetitions).	✔ Focusing on the quality and experience of your 'Ibadah while increasing the quantity with a balance.
✘ Overindulging in food preparation and intake.	✔ Rectifying our relationship with food to optimize the cultivation of our soul.
✘ Burning out and losing your best self by saying yes to everything.	✔ Setting healthy boundaries to cultivate balance & Ihsaan in all our different roles.
✘ Fasting only from food, water, and sex.	✔ Fasting also from the excesses of the limbs and the heart.
✘ Continuously going from one activity to another.	✔ Taking time to cultivate personal silence, reflection & mindful transitions.

SOURCE: <http://productivemuslim.com/mindful-ramadan>



6- Enjoy The Blessings of Gratitude (Shukr):

The Ayah of Ramadan (Surat Al-Baqarah, Ayah 185) ends with a powerful reminder: “So that you would be grateful.” Shukr (gratitude) is an essential part of Islamic spirituality. There are various levels of piety, and the highest level is to worship Allah out of gratitude. This was the station of the Prophet (PBUH) who excelled in worship, stating, “Should I not be a grateful servant?” (Sahih al-Bukhari #1130, Sahih Muslim #2819).

Gratitude and positivity often go hand in hand; this is no coincidence. When negativity arises, praise Allah (SWT) for the blessings bestowed upon your life. Simple things like the ability to eat, move, see, and many others are often taken for granted. Gratitude is a cycle that, when supported, has a profoundly positive impact. It supports our well-being with long-lasting effects, including boosting our mood, increasing patience, and reducing symptoms of depression and anxiety.

Shukr embodies the very essence of faith, worship, steadfastness, and the recognition of Allah as the true source of all blessings. It is a gift from the mercy and generosity of our Creator and Master, who has made Shukr a means to facilitate the believer in this world, bringing about ease, contentment, and ultimately, eternal pleasure in the Hereafter.

Shukr is manifested through:

- 1- The heart, by feelings of subordination and submissiveness.
- 2- The tongue, through verbally acknowledging the blessing and praising/thanking the benefactor.
- 3- Acts of obedience and unwavering devotion.

While we will never be able to thank Allah as much as He deserves, the Prophet (PBUH) informed us that Allah does not bestow His bounties upon a servant for which they say, “All praise and thanks are due to Allah,” except that what the servant has offered of praise and gratitude is better in the sight of Allah than what they have taken of His bounties. Indeed, Allah is Most Appreciative even though we give what

is already His... “And whoever does good willingly, Allah is truly Appreciative, All-Knowing.” (Surat Al-Baqarah, Ayah 158).

Reaching a level of conscious gratitude requires effort and consistently building good habits. Use The Gratitude Journal which is designed to develop a gratitude mindset through daily reflections. Every activity in this journal was carefully chosen for its benefits. These activities are a mixture of Sunnah practices and contemporary methods of gratitude building.

7- Master The Art of Self-Discipline and Patience:



Self-discipline and patience are related concepts. Self-discipline and patience complement each other and are often necessary for success. Self-discipline helps you work consistently toward your goals, while patience allows you to navigate the inevitable challenges and delays without losing motivation or becoming disheartened.

Ramadan is a profound opportunity for self-improvement, mental clarity, and spiritual rejuvenation. Fasting allows us to develop our ability to control ourselves and strengthen our patience. That allows us to truly be agents of our happiness, rather than victims of forces we cannot control.

You discipline yourself by not drinking or eating from Fajr till Maghreb continuously for 30 days. And you have patience to wait if you are hungry or thirsty, and to calm down if you face anger. Think of fasting as a marshmallow experiment, a renowned psychological study from Stanford University in the late '60s. Children faced a choice: instant gratification or delayed reward. Those who resisted

immediate indulgence often showcased superior academic performance and greater success in adulthood. Ramadan echoes this principle.

Fasting, the fourth pillar of Islam, is more than a physical endeavor; it's a spiritual odyssey and a voyage into self-discipline and patience. The Quran echoes this sentiment, emphasizing fasting as a means to instill self-discipline, encapsulated in the term "Taqwa".

Prophet Muhammad (PBUH) underlines the essence of fasting by linking it to abstaining not only from food but also from false statements and evil deeds. He (PBUH) said: "Whoever does not give up false statements (i.e., telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink" (Bukhari). Ramadan, therefore, emerges not merely as a religious obligation but as a unique window for Muslims to cultivate self-control, permeating every facet of their lives.

This act of restraint acts as a crucible, molding decision-making skills, refining time management, and fostering a focused and productive life. Beyond religious duty, Ramadan offers a blueprint for a disciplined, self-controlled existence, transcending into improved mental and physical health.

8- Disconnect To Reconnect:

Ramadan, beyond its spiritual significance, offers a unique opportunity to break free from the digital shackles that often tether us to electronic devices and social networks. It encourages us to disengage from the constant buzz of notifications and step into a realm where the warmth of family and connections with loved ones take precedence.

In the midst of suhoor, iftar, and Masjid gatherings, the essence of togetherness becomes palpable. The shared meals, laughter, and conversations foster a sense of unity, linking us with our family and loved ones.

Furthermore, disconnecting from the virtual world during Ramadan allows us to strengthen our connection with Allah. The moments of prayer, reflection, and recitation of the Quran create a serene space for spiritual growth.

Importantly, this intentional detachment from the virtual realm encourages self-reflection. Away from the curated realities of social media, we delve into our own thoughts, aspirations, and self-discovery. Living in the authenticity of our daily experiences becomes a source of fulfillment, surpassing the superficial allure of the online world.

Choosing reality over the digital realm positively impacts our mental health. It alleviates the pressures of comparison and the relentless pursuit of perfection. Instead, it allows us to cherish the imperfect yet beautiful moments of our lives, fostering contentment and peace. In the words of the Quran, "So remember Me; I will remember you. And be grateful to Me and do not deny Me" (Surat Al-Baqarah, Ayah 152).

In essence, Ramadan serves as a sacred hiatus, a time to disentangle ourselves from the virtual noise, nurturing connections with Allah, family, friends, and our true selves, ultimately contributing to enhanced mental well-being.



9- Give Charity (Sadaqah):

Engage in acts of charity. Surah Al-Baqarah (2:267) emphasizes, "O you who have believed, spend from the good things which you have earned..." Acts of kindness are considered 'ibadah (worship), aligning with the Quranic principles of charity and compassion.

In Ramadan, the call to charity extends beyond financial contributions; it encompasses giving in various forms—time, effort, kindness, knowledge—where every good deed is considered an act of benevolence. The Prophet Muhammad (PBUH) epitomized this generosity, especially during Ramadan, when his acts of kindness reached their zenith.

The Quran reminds us, "And whatever good you put forward for yourselves - you will find it with Allah. Indeed, Allah of what you do, is Seeing" (Quran 2:110). This verse emphasizes that all forms of charity, whether big or small, are recognized and rewarded by Allah.



Preparing food for those fasting holds immense reward in Ramadan. It's not just about feeding the hungry but also nurturing bonds of community and compassion. Scientifically, such acts of kindness trigger the release of endorphins in the brain, promoting feelings of happiness and reducing stress levels.

Studies reveal that altruistic behavior correlates with improved mental health. Engaging in acts of giving activates the brain's reward centers, leading to a sense of fulfillment and inner peace. Moreover, social connections formed through charitable acts enhance overall well-being.

The Prophet Muhammad (PBUH) once said, "The believer's shade on the Day of Resurrection will be his charity" (Tirmidhi). This Hadith underscores the eternal significance of giving and its profound impact on the soul.

In Ramadan, let us embrace the spirit of generosity in all its forms, recognizing that every act of kindness, no matter how small, leaves an indelible mark on our hearts and minds. Through giving, we not only uplift others but also experience a sense of fulfillment and spiritual elevation, making Ramadan a truly transformative time for our souls.

10- Live a Healthy Life:

HOW FASTING IS GOOD FOR YOU

A ROUGH GUIDE TO WHAT HAPPENS IN YOUR BODY DURING THE MONTH OF RAMADAN



- 1** YOUR BODY WILL ENTER INTO A FASTING STATE APPROXIMATELY EIGHT HOURS AFTER YOUR LAST MEAL, WHEN YOUR GUT COMPLETES THE ABSORPTION OF NUTRIENTS FROM YOUR FOOD.
- 2** FOR ENERGY, THE FIRST THING YOUR BODY WILL USE UP IS THE GLUCOSE STORED IN YOUR LIVER AND MUSCLES.
- 3** WHEN THE GLUCOSE RUNS OUT, YOUR BODY STARTS USING UP FAT FOR ENERGY. DURING THIS TIME, SMALL QUANTITIES OF GLUCOSE ARE ALSO 'MANUFACTURED' THROUGH OTHER MECHANISMS IN THE LIVER.
- 4** ONLY DURING A PROLONGED FAST OF MANY DAYS OR WEEKS WILL YOUR BODY EVENTUALLY TURN TO USING UP PROTEIN RELEASED FROM THE BREAKDOWN OF MUSCLE – THIS IS CALLED STARVATION. THIS DOES NOT HAPPEN WHEN FASTING IN RAMADAN IF YOU ARE EATING PROPERLY WHEN YOU BREAK YOUR FAST.
- 5** EXTENDING ONLY FROM DAWN TILL DUSK, THE RAMADAN FAST GIVES US AMPLE TIME TO REPLENISH OUR ENERGY STORES DURING IFTAR AND SUHOOR MEALS. THIS PROVIDES YOUR BODY WITH A PROGRESSIVE AND GENTLE TRANSITION FROM USING UP GLUCOSE STORES TO USING UP FAT AS A SOURCE OF ENERGY. IT PREVENTS THE BREAKDOWN OF MUSCLE FOR PROTEIN.
- 6** THE USE OF FAT FOR ENERGY AIDS WEIGHT LOSS AND REDUCES YOUR CHOLESTEROL LEVELS IN THE LONG RUN. WEIGHT LOSS RESULTS IN BETTER CONTROL OF DIABETES AND REDUCES BLOOD PRESSURE.
- 7** DURING THE FASTING MONTH, A DETOXIFICATION PROCESS ALSO OCCURS, AS TOXINS STORED IN YOUR BODY'S FAT ARE DISSOLVED AND REMOVED.
- 8** AFTER A FEW DAYS OF THE FAST, HIGHER LEVELS OF CERTAIN HORMONES APPEAR IN THE BLOOD (ENDORPHINS), RESULTING IN A BETTER LEVEL OF ALERTNESS AND AN OVERALL FEELING OF GENERAL MENTAL WELLBEING.

During Ramadan, people often stress about meals for iftar and suhoor, moving beyond the spiritual focus. It might be easy for some to get lost in an unbalanced lifestyle by eating an excess of carbohydrates and grabbing any available food, but poor eating habits can be very detrimental to one's mental and physical well-being.

When you consume an excess of one food group, work, and school performance may decrease, and fatigue can encompass the body throughout the day. Consuming an excess amount of certain foods can also directly impact your metabolism, leading to health problems in the future, such as diabetes, heart failure, and cholesterol issues. To actively make a change, plate up a larger portion of protein, a normal portion of carbohydrates, and lots of vegetables and fruits for essential vitamins and fiber that were missed throughout the day.

Just as setting adequate food habits is important, exercising is also very beneficial. One might think that exercising will only cause an increase in fatigue or tiredness, but it is actually the opposite. By exercising during the day, a hormone called endorphins is released, increasing happiness and energy levels. Endorphins can also help relieve stress, aiding in calming the mind. This allows Muslim youth and adults to stay more focused and content during Taraweeh prayer at night, as well as the work and school day.

Ramadan provides a 30-day fitness plan, encouraging a shift from just focusing on food to practices that enrich us spiritually. The health benefits of fasting are emphasized, following the Prophet's advice on portion control with 2 regular meals, and establishing vital food and exercising habits to keep energy levels high, stress levels low, and ensure adequate performance during school and work.



As you are about to start the divine gift of Ramadan, let these powerful tips guide you toward a transformative and enriching experience. In the hustle of our lives, where anxiety, stress, and the quest for identity often overwhelm us, Ramadan stands as a divine remedy.

This month is a canvas for self-improvement, mental clarity, and spiritual rejuvenation. With each Sujood, with every act of kindness, and in the stillness of the night, let's rediscover our essence, find peace in our hearts, and emerge from Ramadan as better versions of ourselves. May this holy month bring you inner peace, self-discovery, and a deeper connection with the divine. Ramadan is not just a month of fasting; it's an opportunity for holistic growth and well-being, in alignment with the teachings of the Quran. May this month be a source of serenity, a beacon of hope, and a pathway to the eternal mercy of Allah.



Ramadan Mubarak!



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19. What is Mindfulness and Spiritual Intelligence: An Islamic Framework

- Source: [Productive Muslim](#)

20. Top tips to improve your mental wellbeing

- Source: [NHS](#)

21. 18 Ways to Build Mental Wellness

- Source: [Psychology Today](#)

22. Mindful Fasting to Feed Your Soul | Ramadan Strong

- Source: [YouTube](#)

23. Mindful Eating | Deeds to Habit

- Source: [YouTube](#)

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- Source: [YouTube](<https://www.youtube.com/watch?v>)

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