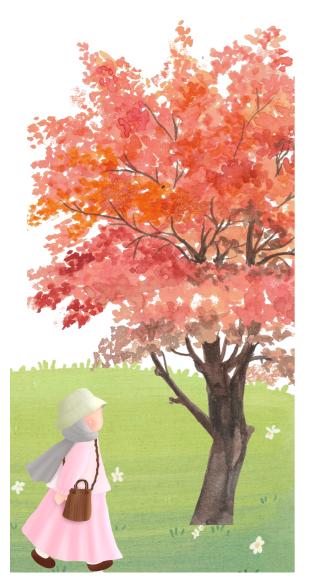
Are Mindfulness & Meditation Practices Permitted in Islam?



Yes, Mindfulness & Meditation practices are permitted in Islam. Prophet Mohammad (pbuh), himself practiced what it means to be a mindful muslim. He would fequently retreat to a quiet place of seclusion (Cave Hira) before recieving the message of Islam. He found clarity and refuge in such medatative moments. In Islam Mindfulness and Meditation are tied to a self awareness of your heart & soul, interwined with taqwa (God consciousness). This type of mindfulness practice enables one to

mindfulness practice enables one to gain insight into one's relationship with their creator.

Practicing Mindfulness

- Focus on the present, become self-aware
- Try to control thoughts and create inner positivity
- Read or listen to Quran, reflect on the temoporary nature of this life
- Engage in practices like Salat (described as coolness of eyes by Prophet (pbuh))
- Make Dhikr (remembrance of Allah) as you reflect on nature

This practice reduces stress, improves focus, personal relationships & relaxes you.



Mindfulness Exercise

- Choose a time (me-time) of the day when you can just relax
- Take a walk, practice natural breathing
- Train your mind for both inward and outward silence
- Praise Allah for the variety of colors you see around you
- Just let go of all emotions & thoughts & enjoy the moment

Mindful exercise not only rejenuvates you, it increases your awareness of Allah & your relationship with Him.

Quality of life improves which enhances worship & a sense of positivity & calmness within you



Self-Care Checklist

CARE FOR YOUR SOUL

- Meditate
- Practice breathing exercise
- Write in a journal
- Spend time in nature
- Practice gratitude
- Focus on the positive

CARE FOR YOUR BODY

- Get plenty of rest and sleep
- Eat a healthy diet
- Stay hydrated
- Make Abulution often
- Engage in gentle exercise
- Focus on the positive

CARE FOR YOUR MIND

- Read Seerah of Prophet Mohammad (pbuh)
- Read/listen to Quran daily
- Learn a new skill
- Spend time with friends
- Practice mindfulness

CARE FOR YOUR RELATIONS

- Spend quality time with partner
- Spend time with your parents
- Maintain healthy friendships
- Reach out to family for support
- Set boundaries with those who are not supportive or helpful

Self-Care Checklist

LET'S ASSESS

How will you rate the following

I feel good about my body I exercise to keep my body healthy I get 7-8 hours of sleep every day I include nutritious food in my diet I spend time in nature

Never	Rarely	Sometimes	Always
\bigcirc	\bigcirc	\bigcirc	\bigcirc
\bigcirc	\bigcirc	\bigcirc	\bigcirc
\bigcirc	\bigcirc	\bigcirc	\bigcirc
\bigcirc	\bigcirc	\bigcirc	\bigcirc

How will you rate the following

\bigcirc
II
\bigcirc

PHYSICAL

	Never	Rarely	Sometimes	Always
l can manage my feelings properly	\bigcirc	\bigcirc	\bigcirc	\bigcirc
I am able to cope when stressed	\bigcirc	\bigcirc	\bigcirc	\bigcirc
I have a positive outlook and energy	\bigcirc	\bigcirc	\bigcirc	\bigcirc
I allot time for my hobbies	\bigcirc	\bigcirc	\bigcirc	\bigcirc

TO DO CHECKLIST



Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Recite/Listen to Quran
- Spend time with family/friends
- Practice meditation
- Do something fun (outing with family)

notes

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