

# Healthy Habits to Physically Fight Post-Ramadan Depression

expose your skin to the sun for just 10-15 mins & avoid vitamin D deficiency



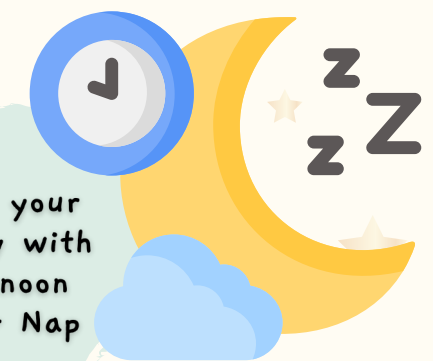
## NOURISH YOUR BODY

Include nutrient-rich foods in your Suhoor and Iftar meals. Ensure adequate intake of healthy vitamins and minerals. **Moderately** consume more vegetables and fruits. Break your fast with dates. They boast many vital nutrients. It is Sunnah!

## REST, RECHARGE, & FUEL

It is common to **sleep** less during Ramadan. Try to maintain a healthy sleeping pattern. Ensure optimal growth hormones by sleeping between 11.00 pm - 2.00 am. Follow the Prophet's ﷺ advise "Take a siesta (i.e. midday **nap**), for the devils do not take siestas."

Boost your energy with afternoon Power Nap



## HYDRATE TO ELEVATE

Minimize your caffeine consumption. Avoid dehydration, make it a habit to drink **water** from Iftar to pre-dawn meal. Supplement with electrolyzed mineral water, or boost your metabolism with detox water!

Monitor your water intake! Set yourself a target and stay hydrated



## PRAY, TRAIN & GAIN

Boost your **energy** and stick to a healthy training routine in Ramadan. To preserve body fluids avoid strenuous training, and engage yourself in low-intensity endurance exercises or sports. Go for a jog before iftar or after Tarawih prayer



## SOCIALIZE TO ENERGIZE

Ramadan is the month to balance between seclusion and socialization. **Volunteer**, get involved with your community's Ramadan physical activities and DOPE with happiness chemicals.



IHSAN IS TO MAINTAIN YOUR HEALTHY HABITS POST-RAMADAN

