



HOUSE OF HEALING CBT

Managing Anxiety

Quarantine Well-Being

Basic Needs

It's easy to forget our basic needs when we're having to stay home much more than usual.

When was the last time you drank some water? Changed your clothes? Had a shower? Ate something?

Don't forget those basic needs - they're the foundation of your well-being

Routine

We're creatures of habit. Allah subhana wa'tala made us that way. Remember to plan your day around your Salah (prayer). A visual timetable can be a great way of planning a new stay-at-home routine. If you're working from home, keep to similar times of getting ready and dressed.

Activity

When we're stuck at home it's really easy to fall into bad habits of marathon-ing Netflix, Amazon Prime or even You Tube.

We need balance. Remember to connect with loved ones through video calls or messages. Use your time to learn a new skill or hobby.

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Limit news and social media

The more you check, the worse you will feel. Limit yourself to checking the current advice once a day. Don't let yourself scroll aimlessly. You will be exposing yourself to social media drama and other unhelpful things. These all impact our well-being.

Relax

Allah subhana wa'tala is always here for us - take this time as an opportunity to connect with him. Make du'a, pray Salah, read Qur'an.

Self-care is important - have quiet periods during your day. It could be colouring with your children, baking a cake or doing some gardening.

Normalise

Uncertainty is hard when you suffer from anxiety. You essentially have a psychological allergy to it.

Times are uncertain, but you are not alone. Everyone is feeling nervous or anxious about times to come.

Remember this is all the Qadr of Allah.

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