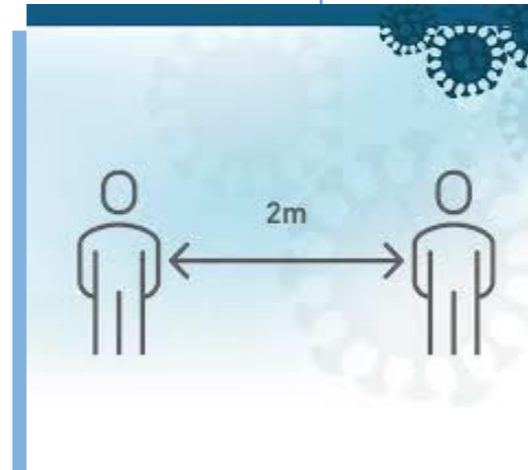


- “Behold! Verily no fear shall be upon the friends of Allah, nor shall they grieve” (Al Quran, Surah Yunus, verse 62)
- Aulia (i.e., friends of Allah) are those who have managed “fear” and “grief”
- Learn to differentiate between “thinking about future” and worrying and practice principle of “here and now” of Mindfulness

Mindfulness to deal with adverse emotions



Social Distancing vs Physical distancing

- social contacts and connections are very important in these trying times
- maintain healthy social networks by maintaining a physical distance



Building Resilience and Maintaining Mental Health during COVID-19

- Use if-then” questioning for worst case scenario/catastrophe to dispute the fear related to catastrophe
- Use worry decision tree to solve the problems that are worrying us

De-Catastrophising



Introspection



- better air quality
- reduced environmental pollution
- work on pollution that exists within us (i.e., hatred, anger, greed, pride, superiority)
- do *Muraqabah* (i.e., meditation) to work on self

