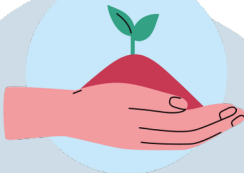


Self Care Techniques for Diaspora

Diaspora play a critical role in providing emotional support to vulnerable communities back home. But we cannot share a resource we lack ourselves. Self care is an essential foundation to support others. It helps you to manage stress and promotes well-being

Incorporating self-care into daily life



Grounding

Grounding helps you refocus your thoughts to feel calmer.



Learn Something New

Learning new skills helps you boost confidence and gain a sense of purpose.



Practice Mindfulness

Being present in the moment helps your focus and relieves stress.



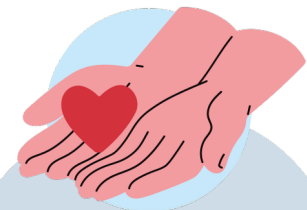
Forge Connections with Faith and Family

Building healthy relationships helps you gain a sense of belonging and self-acceptance.



Be Physically Active

Engaging in movements more causes chemical changes that contribute to positive mood changes.



Consider Zakat: Giving to Others

Acts of giving and kindness help you connect better with others and give you a sense of purpose.

Useful tools:



ANDROID IOS



ANDROID IOS



ANDROID IOS