

# Preparing for Ramadan

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## Study and assessment planning

Ramadan changes patterns, not ability so planning ahead prevents unnecessary stress

- Review your upcoming assessments and deadlines before Ramadan starts
- Break large tasks into smaller manageable steps
- Identify when your energy is the highest and protect these times for demanding tasks
- Schedule lighter tasks for low-energy periods
- Work in short focussed sessions
- Speak to your personal tutors early if adjustments might help



## Food timing and digestion

What and when you eat directly affects energy, sleep and your focus the next day

- Open your fast with dates and if not possible, then with water
- Eat something at Suhoor even if it light
- Focus on slow-release foods
- Avoid overeating at Iftar
- Reduce intake of fried and oily foods
- Avoid eating very salty or sugary foods



## Hydration and caffeine adjustment

Dehydration and caffeine withdrawal are the most common causes of headaches, fatigue and poor concentration in the first week

- Reduce caffeine gradually before Ramadan
- Aim for 1.5–2.5 litres between Iftar and Suhoor
- Aim for water rich foods such as fruit and vegetables
- Reduce spicy food where possible as this increases thirst, acid reflux and heartburn



## Preparation and connection

Consistency in worship sustains spiritual focus during Ramadan

- Download a Qur'an app and read the Qu'ran to understand the meaning
- Download a prayer app for your phone
- Listen to Islamic podcasts or Qur'an recitations



## Wellbeing and self-compassion

Sleep disruption and pressure to maintain normal routines are common causes of stress, fatigue and guilt during Ramadan

- You do not need to wait until you are struggling to ask for help
- Asking for support is not weakness and is a part of self-advocacy
- Progress may look different during Ramadan and that is okay
- Avoid staying up late every night
- Nap strategically to protect energy
- Set boundaries around social events and expectations
- It is okay to say no without guilt