

Captify's D&I Spotlight

Captify's Guide to Experiencing a Day of Ramadan

Here are some useful tips for you to learn more about taking part in fasting for Ramadan and supporting your colleagues.

Fasting Times:

Please find this [link](#) to access the calendars for countries globally, which outline the times to start the fast (*Sehri*) to the time you can start eating (*Iftar*) on each day of the month.

There are two options that you can choose from when starting the fast:

1. **Preferable:** Wake up in the early morning to eat something before Sehri ends (this is what all Muslims have to do to ensure they begin the fast in the correct manner), or
2. **Alternative:** If waking up at that time is a little difficult, then please ensure that you eat a filling dinner before you go to bed (you'll end up fasting for a little longer with this approach)

Sehri (Pre-Fasting) Prep:

If you do choose to wake up for Sehri, then some foods that are great to eat which help release energy throughout the day include:

- Porridge
- High-fibre cereals
- Breads with peanut-butter or soft cheese
- Fruits, such as bananas
- Rice pudding
- Yoghurt with fruit or granola

Please drink plenty of water before Sehri, as you won't be able to drink again until later on in the evening (at Iftar).

During the Fast:

This can be a huge change for your body and mind to adjust to, so don't put too much pressure on yourselves—the more relaxed you feel, the easier it will be.

Some tips on how to get through the day:

- **Keep your mind busy:** If you're planning on fasting on a weekday and are working, then your mind will be occupied for the majority of the day—this will help to keep your mind off of food and water
- **Morning meetings:** The afternoons are more difficult than the mornings, so aim for meetings to be scheduled in the mornings and use the afternoons to focus on your own work/tasks
- **Patience is key:** Take your time when you need to carry out tasks and don't rush—your mind and reactions will be a little slower than normal. Also, try to preserve your energy, so don't over-exert yourself in the mornings

- **Stay warm:** As you're not consuming anything during the day, your body will feel a little colder than the outside temperature. Wear comfy clothes and stay wrapped up if you need to
- **Be mindful of your surroundings:** If you're living with others, try not to be near them when they eat breakfast or lunch, as it may be tough for you to see
- **Regular breaks:** Try to get time away from your screens and walk around a little to loosen up your muscles - if you can take a short walk around lunchtime, then please do
- **Preparation for Iftar:** Prepare your evening meal in time, so you can start eating from the moment Iftar begins (no need to extend your fast unnecessarily)

N.B. Fasting is for the body, mind and soul. We refrain from consuming any food or drink during the fasting time, but we also refrain from smoking, arguments, foul language, sexual relations and any inappropriate behaviour. This really is a time of reflection for ourselves, and showing perseverance and patience.

Iftar (Breaking Your Fast) Prep:

When it's time to break your fast at Iftar, it's traditional to start with dates or fruit first, with a glass of water or milk. Then, you can eat whatever you like for dinner!

Take the time to reflect on your fast and what it has meant to you to take part in this experience.

If you do decide to participate in a day of fasting, then a personal thank you in advance from myself and all those who are observing the month of Ramadan - we appreciate your efforts, consideration and support during this time.

Ramadan Mubarak from Captify!