Fasting for Ramadan?

Fasting during the exam period can be very difficult. It’s important that you fast safely and keep yourself healthy. Here are some helpful tips from the NHS and student.com contributor Sarah Nurmat.

**Aim for a balanced diet**

- Eat foods from all the food groups
- Limit sugar and fat
- Concentrate on foods rich in complex carbohydrates and protein
- Avoid deep-fried, high-sugar and high-fat foods
- Drink lots of water
- Avoid eating anything too rich

Suhoor should be a wholesome meal that’s filling and provides energy throughout the day. Pitta bread, salad, cereal (especially oats) or toast provide a constant release of energy. Make sure you get some vitamins too, fruit and fruit juice are good for that revitalising effect.

**Adjust your routine**

Your sleeping and eating routine changes during Ramadan, so it makes sense your revision routine should too. Some people choose to sleep after Suhoor until Midday and then sleep in the afternoon until Iftar. Others choose to work straight after Suhoor and then sleep in the afternoon until Iftar. Do whatever works best for you. Maximise your revision when you’re feeling energetic and when your energy is low make sure you get your rest. Rest is just as important as your revision.

If you feel yourself getting sleepy or losing focus then some fresh air or a splash of water on your face might give you a little boost. Make sure you take breaks from revision.

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**Open Iftar**

Take a break from your studies and join us in Library Square at sunset with some free food and drinks at two events during the month of Ramadan. Everyone is welcome.

- Thursday 21st April 2022
- Thursday 28th April 2022

**Togetherness**

**Remember,**

**Togetherness is available anytime & anywhere.**

24 hours a day, 365 days of the year.

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**Revision Tips**

**Get your mind exam ready**

Make yourself a revision timetable. Make it fairly detailed, include any relevant notes or papers you need to look over. Block out time for socialising, exercising and any other breaks you may have.

**Reward Yourself**

Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

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**Notes**

**Fasting for Ramadan?**

Queen Mary students going through a tough time can access free online support with Togetherness. Whether you’re struggling to sleep, feeling low, stressed or unable to cope, Togetherness can help you get support, take control and feel better.

You will have access to a 24/7 online community and professional support from trained counsellors. Togetherness provides a safe space online to get things off your chest, explore your feelings, get creative and learn how to self-manage your mental health and wellbeing.

Togetherness is totally anonymous, so no one will know you’ve chosen to use it unless you tell them!

To join Togetherness, simply go to togetherness.com and sign up under Queen Mary University of London with your university e-mail address.

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**Fuel Your Body**

Skip fatty foods and sugary snacks in favour of fruit and veg. They’ll give you the sustained energy you need. Keep hydrated with plenty of water too.

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**Move Around**

It’s proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

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**Use the Clock**

Music can help some people but hinder others. Try music without words or even white noise or soundscapes. Avoid music that will distract you or make you want to sing along.

---

**Find the Right Sound**

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**Contact us:**

Student Life
Student and Academic Services
Queen Mary University of London
Mile End Road
London
E1 4NS

studentlife@qmul.ac.uk

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**Notes**

- Reward Yourself
  - Find the right balance between study and leisure.
  - Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.
- Get Your Rest
  - A car doesn’t run on no petrol and you don’t run on no sleep.
  - Give your body what it needs and get a good night’s rest, especially the night before exams.
- ‘Smart’ Drugs?
  - They make some people perform worse than they usually would and if you didn’t get them from a doctor the side effects aren’t looked at. Long term effects are relatively unknown. Avoid them.
- Make a Plan
  - Make yourself a revision timetable. Make it fairly detailed, include any relevant notes or papers you need to look over. Block out time for socialising, exercising and any other breaks you may have.

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Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. If this isn’t your first year at Queen Mary, you’ll notice that we’re back at it again with lots of fun activities to help you take a break from your studies. For more information visit studenthealth.qmul.ac.uk/study-well.

### Event Planner

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<td>Revise Well</td>
<td>Time to recharge - free giveaway</td>
<td>Painting from the Imagination</td>
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### Event Details

#### Residential Life

**Residents’ Brunch:** 23th & 30th April, 10:00 am - 1:00 pm, The Curve
Take a break from revision with a hearty brunch from The Curve with your fellow residents.

**Study Afternoon’s at Mucci’s:** 25th - 29th April, 2:30 pm - 4:30 pm, Mucci’s, Library Square
Looking for a change of scenery or some company while you revise? Come to Mucci’s with your Residents’ Rewards Card and get a free hot drink and a sweet treat while you study.

#### Study Afternoon’s

- **Illustration For Comics:** 20th April & 4th May, Midday - 3:00 pm, Library Square
  Ever wanted to turn your story into a comic or learn how to draw your own characters? In this workshop you will learn some fun skills that you can use to invent your own characters and tell your stories through comics. This is a relaxed and open safe space for all students, you don’t need to have any previous experience to join.

- **Open Iftar:** 21st April, Sunset @ 8:06 pm and 28th April, Sunset @8:18 pm, Library Square
  We are thrilled to announce that we are once again hosting Open Iftar and will be providing an iftar experience to people of all and no faiths! Join us for food and drinks at sunset in Library Square. Come along and bring your friends!

- **Painting from the Imagination:** 27th April, Midday - 3:00 pm, Library Square
  Drop in and connect with your creativity in this collaborative painting workshop. This is a relaxed and open safe space for all students, you don’t need to have any previous experience to join.

- **Pinch Pots and Sculpture Making:** 11th May, Midday - 3:00 pm, Library Square
  Work with clay to sculpt cute pinch pots and to make your own sculptures. This is a relaxed and open safe space for all students, you don’t need to have any previous experience to join.

#### Academic Skills

- **Revise Well:** 21st, 25th, 27th April, 2nd, 9th May, Midday - 1:00 pm, Online & In-person
  Learn how to revise effectively and efficiently during our interactive workshops, where we’ll discuss things such as memory techniques, time management and more. For times and to sign-up, see our website: https://www.qmul.ac.uk/library/academic-skills/revise-well/

- **Mindfulness for Beginners:** 10th May, 3:00 pm - 4:00 pm, Online
  Why not come to a Mindfulness Taster where one of our student wellbeing advisers will introduce you to the idea of being mindful as well as guide you through a practice in a welcoming environment with fellow students.

#### Students’ Union

- We have loads of brilliant events happening during Study Well! Scan the QR code or visit qmsu.org/studywell for full details.