



**MUSLIM
SPORTS
FOUNDATION**



Mindful Sunnah

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Introduction

Life these days can feel overwhelming, with constant demands on our emotions, bodies, and inner peace. But Islamic teachings offer timeless wisdom that helps us find balance in the chaos. At its core, Islam emphasises holistic wellbeing, nurturing our minds, bodies and souls in harmony. This approach speaks directly to our modern struggles, offering practical guidance for living a more centred fulfilling life.

At the core of this balanced way of living is Muraqabah, an Islamic practice of deep mindfulness, self-reflection and spiritual awareness. It goes beyond just being self-aware; it's about constantly remembering that Allah ﷻ is present in every moment. This awareness helps us check in with our thoughts, emotions and actions, aligning them with a greater purpose.

Ihsan, in Islamic teachings, refers to the pursuit of excellence and sincerity in worship. It is defined as worshipping Allah ﷻ as if you see Him, and if you do not see Him, know that He sees you (Ṣaḥīḥ al-Bukhārī). This concept encourages a deep sense of mindfulness, presence, and intentionality in one's relationship with the Creator. When applied to daily life, this mindset can significantly influence our emotional and mental state. The awareness that we are constantly observed and supported by the Divine creates a sense of reassurance and inner calm. Engaging in the practice of Ihsan has enabled individuals to experience a deeper sense of connection, purpose and resilience, key traits that contribute to mental wellbeing, particularly during times of stress or uncertainty. While the experience may differ for each person, striving for Ihsan offers a spiritually rooted approach that contributes positively to emotional balance and mindfulness.

For Muslims, mindfulness isn't just about specific rituals, it's a way of life, woven into everyday moments. A perfect example is daily prayer (Ṣalāh), which creates built-in pauses throughout the day to step away from the chaos and reconnect. Each prayer acts like a reset button, bringing a sense of calm, clarity and spiritual renewal. The Prophet Muhammad ﷺ embodied this in his quiet reflection in the Cave of Hira or his transcendent night prayers (Qiyāmu al-Layl). These moments of mindfulness can be a powerful way to find balance, relieve stress and stay grounded in a fast-paced world.

Fasting in Islam is a deeply spiritual act, far more than refraining from food and drink. It's a means of building empathy, strengthening self-restraint, and deepening our connection with Allah ﷻ. Ramaḍān, in particular, is a time when Muslims recalibrate their inner world, focusing on gratitude, patience, and community. While some people experience mental health benefits from religious practices, it's important to recognise that everyone's circumstances are unique. Islam offers compassion and flexibility, to those who are unwell or unable to fast are not spiritually lacking but are following a path of mercy already built into our faith. The essence of fasting is to seek god-consciousness, It's a spiritual journey that draws us closer to Allah ﷻ and to one another, creating both personal growth and collective care.

Similarly, giving to others through Zakāt or acts of kindness shows a sense of connection and purpose. It reminds us that we're part of something bigger, strengthening both our communities and our own emotional wellbeing.

Even though Islam emphasises mindfulness and overall wellbeing, mental health is still a tough topic in some Muslim communities. Many people mistakenly believe that struggling with anxiety, depression or other mental health issues means someone has weak faith or isn't praying enough. These misconceptions can make people feel more isolated and prevent them from reaching out for help when they need it most. Mental health challenges are a natural part of life, not a sign of spiritual failure. Just like seeking medical care for physical illnesses, getting support for mental health is just as important. It's time to break the stigma with compassion and understanding, reminding ourselves that faith and mental health go hand in hand.

Long before modern psychology, Islamic scholars like Balkhī and Ghazālī were already talking about mental health in deep and thoughtful ways (al-Ayshar & Hawadi 2023). They understood that emotional struggles like anxiety, sadness and stress are just as real as physical illnesses and should be treated with care, not shame. Balkhī even compared mental health to physical health, saying that just as our bodies can get sick, our minds can too. Ghazālī emphasised the importance of learning about mental wellbeing, being self-aware and taking action to manage emotional challenges. Their wisdom reminds us that managing feelings of stress, anxiety and depression is part of being human and it deserves understanding and support.

Mental wellbeing isn't a new concept in Islam. The work of early Islamic scholars can be linked to modern day psychology (Awaad et al., 2018). Today, mindfulness-based therapies and stress-reduction techniques reinforce what Islamic traditions have taught for centuries: that practices like reflection, meditation and focused attention can help regulate emotions and manage stress and anxiety.

This resource is about creating real change. It offers practical steps rooted in prophetic traditions and safe spaces where people can talk about mental health without fear of judgment.

At its core, Mindful Sunnah is an invitation to reconnect with Prophetic wisdom in a way that deeply connects with challenges of the age. By combining spiritual practices, mindfulness and professional mental health support, Muslim communities can move toward a more compassionate, balanced and stigma-free approach to overall wellbeing.

Breaking the Silence: Mental Health Taboos in the Muslim Community

Defining Mental Health, Wellbeing, and Mental Health Challenges

To effectively address mental health taboos within Muslim communities, it's important first to clarify the terms: mental health, wellbeing, and mental health challenges.

Mental health broadly refers to our emotional, psychological and social state. It encompasses how we think, feel and interact with others, influencing our ability to manage stress, make decisions and participate in community life (WHO, 2022). According to the mental health charity Mind, good mental health means being generally able to think, feel and react in the ways that you need and want to live your life.

Wellbeing complements mental health by capturing our overall state of emotional fulfilment, life satisfaction and quality of relationships. "Wellbeing is not just the absence of ill health. It includes the way that people feel about themselves and their lives. In the absence of a singular definition, it is generally thought to be made up of things like the experience of positive emotions, people's perceptions that the things they do in their lives are meaningful and worthwhile, and life satisfaction. Wellbeing is influenced by physical and mental health and in turn has an influence on the experience and outcomes of different health conditions" (NHS, 2022). Positive wellbeing can help individuals to navigate life's ups and downs with optimism, contentment and emotional balance.

Conversely, mental health challenges occur when persistent emotional, psychological, or behavioural difficulties interfere significantly with everyday functioning and quality of life. Conditions such as anxiety, depression, stress disorders and mood disorders represent a diverse spectrum, varying greatly in their intensity and impact. Each condition demands individualised, compassionate care and support, involving both professional interventions and empathetic community engagement.

Addressing Mental Health Stigma: Islamic Insights and Practical Solutions

Understanding the Origins of Stigma

In many Muslim communities across the UK, mental health challenges are sometimes misunderstood as a sign of weak faith. This kind of thinking can make people feel ashamed or afraid to ask for help, leaving them to suffer in silence. As a result, they may feel isolated and their mental health deteriorates further.

Yet, Islam provides clear guidance that maintaining physical and mental wellbeing through seeking support that works for you. Prophet Muhammad ﷺ stated explicitly:

“There is no disease that Allah ﷻ has created, except that He has also created its treatment.” (Ṣaḥīḥ al-Bukhārī)

The teachings of the Prophet ﷺ directly challenge the stigma around mental health by showing that seeking help is not only okay, but also important.

Holistic Understanding of Mental Health: Lessons from Classical Islamic Wisdom

Many well known Islamic scholars throughout history understood that emotional and mental wellbeing are just as important as physical health. For example, Balkhī acknowledged that it's normal to experience emotional struggles from time to time.

“Just as the body experiences ailments disturbing its functioning, so too can the soul suffer ailments such as anger, anxiety, and sadness.” (Maṣāliḥ al-Abdān wa al-Anfus)

Similarly, Ghazālī highlighted the importance of self-awareness and proactive mental health care, stating clearly:

“Know that the key to curing the heart’s diseases [inner-self] lies in recognising their causes and symptoms, as well as understanding how to treat them.” (Iḥyā’ ‘Ulūm al-Dīn)

These insights provide a deeper understanding of Islam, showing that mental health challenges aren't a sign of weak faith or spiritual failure.

Challenging Misconceptions: Faith and Mental Health

Misconceptions suggesting mental health challenges stem from spiritual weakness directly contradict Islamic teachings. The Quran explicitly advocates seeking help, cautioning against neglect:

"...and do not throw yourselves with your own hands into destruction, and do good; indeed, Allah loves those who do good." (Al-Qur'ān, al-Baqarah, 2:195)

In this light, ignoring the need for help can be a form of neglecting your own wellbeing, something Islam discourages. Seeking mental health support aligns with the Islamic values of compassion, self-care and wisdom and is not a sign of spiritual failure. Seeking help can come in the simple form of speaking to a family member or friend.

Prophetic Empathy and Mental Health

Prophet Muhammad ﷺ showed incredible empathy toward those struggling with emotional and psychological distress, creating a culture of support and understanding. He reassured people that Allah ﷻ has provided treatments for all illnesses, including mental health challenges. His example encourages Muslims to seek help without fear, shame or stigma, reminding us that getting support is a step toward healing.

Practical Community-Based Solutions to Reducing Stigma

To effectively reduce mental health stigma within Muslim communities, practical solutions that incorporate Islamic teachings and contemporary mental health principles can include:

1. Mosque and Community Leadership Training

When Imams and community leaders understand mental health, they can better support those who are struggling. They can break harmful misconceptions, recognise when someone needs help and guide them toward professional support. The power of using a Friday sermon (Khuṭbah) to talk about mental health, highlights the Prophet's ﷺ empathy, encouraging people to seek the support that meets their needs and reminding the community that getting help is in line with Islamic teachings and can prove incredibly effective.

2. Integrating Physical Activity and Mindfulness (Active Sunnah Approach)

Promoting physical activities inspired by prophetic tradition such as walking, swimming, cycling, archery and martial arts can significantly benefit mental wellbeing by reducing anxiety, help to manage depression and enhancing mood. These activities clearly demonstrate Islam's holistic understanding of health, integrating physical and emotional wellbeing while fostering communal engagement.

3. Creating Safe Spaces for Open Dialogue and Peer Support

Creating confidential, structured support groups within mosques, community centres or online platforms can enable individuals to discuss mental health challenges openly without fear of judgment. Peer-led support models not only reduce stigma and isolation but also nurture mutual compassion, aligning directly with Islamic principles of collective care.

4. Educational and Awareness Resources

Creating easy-to-understand, culturally sensitive resources can make talking about mental health feel more normal and accepted. These materials could explain common struggles, offer practical coping tips and highlight ways to get professional help.

5. Highlighting the Holistic Prophetic Model of Wellbeing

Islam encourages a holistic approach to wellbeing, just like the Prophet Muhammad ﷺ taught caring for your physical, emotional and spiritual health together. Simple daily practices like prayer (Salah), eating well, staying active, connecting with others and practicing mindfulness (Dhikr), can all contribute to overall wellbeing. It's important to remember that while these are powerful tools, some of us may need other forms of support, when we are experiencing problems with our mental health.

Prophetic Practices for Physical and Mental Wellness

Holistic Wellbeing: Integrating Mind, Body, and Spirit

Islam offers a complete guide to achieving wellbeing by focusing on the balance between mind, body and spirit. The Prophet Muhammad ﷺ showed us that taking care of one's health is a sacred trust gifted to us by the Creator. His teachings promote living a balanced life, eating healthy, staying active, resting when needed, engaging with others and reflecting spiritually, all of which are key to feeling healthy.

Mindful Movement: Physical Activity from a Prophetic Perspective

Staying active isn't just beneficial for physical health, it's an essential part of overall wellbeing. The Prophet Muhammad ﷺ participated in activities such as walking, swimming, horse-riding, as well as archery. We now understand that movement strengthens the body, relieves stress and promotes emotional balance (Herbert, 2022). In Islam, caring for your body is deemed a preservation of a sacred trust endowed by Allah ﷻ. Engaging in physical activity that meets your needs with intention helps maintain health, build resilience and embodies a stronger connection to healthy lifestyles and one's faith.

The Power of Ṣalāh: Enhancing Mental Clarity and Physical Fitness Through Prayer

Salah, the daily Islamic prayer acts as a structured form of mindful movement that benefits both body and mind. The gentle, repetitive motions of Salah help engage muscles, improve flexibility, and support good posture (Ghazal, 2018). More than just physical movement, it creates regular moments of pause throughout the day, offering a chance to reset emotionally, practice mindfulness and find a sense of calm. This combination of movement and reflection can reduce stress, sharpen focus and enhance overall wellbeing, making Salah a powerful practice for both spiritual and holistic health.

Active Sunnah: Promoting Physical Activity through Traditional Islamic Practices

The idea of "Active Sunnah" comes from the lifestyle and teachings of the Prophet Muhammad ﷺ, whose biography demonstrates that being physically active is part of holistic faith. His perfect example shows that regular movement isn't just good for health, it's also spiritually rewarding. Living by the Active Sunnah means finding ways to incorporate prophetic activities and ethos into daily life, helping to build healthier habits, stay active and strengthen both emotional and spiritual wellbeing.

Walking and Community Engagement

Walking was an important part of the Prophet's ﷺ daily life, the companions testified that they had never witnessed anyone walk faster than him (Ash-Shamā'il Al-Muḥammadiyyah). He often hiked the mountains of Makkah, walked the streets of Madinah, visited neighbours, and swiftly attended community obligations.

For some people, walking benefits cardiovascular health, boosts mood and can lower anxiety (Ma et al., 2024). Implementation of walking groups at mosques or community centres can bring this tradition back to life, turning exercise into a meaningful, social and spiritually enriching activity.

Swimming, Archery and Riding: Sunnah Sports as Modern Activities

Prophet Muhammad ﷺ participated in and recommended activities like swimming, archery, and horse-riding. These activities not only improve strength, endurance, and coordination but also build important traits like patience, focus, discipline and emotional resilience (Islamic Centre for Britain, 2024).

Swimming boosts heart health, helps relaxation and improves overall fitness (Swim England, 2017) whilst archery enhances mindfulness, concentration and emotional calmness (Archery GB, 2021) and horse riding builds balance, posture, emotional discipline and empathy (British Equestrian, 2024). Bringing these traditional Sunnah sports into modern settings, can serve as a tool to boost mental wellbeing. Creating community-based activity programmes inspired by the Sunnah is a great way to promote overall health in Muslim communities.

Supporting Neurodiversity and Mental Wellbeing

Understanding and Supporting Neurodiversity: An Islamic Perspective

Neurodiversity is about understanding that differences between autism, ADHD, dyslexia, dyspraxia and the natural ways the brain works are not deficits or disorders. In Muslim communities, looking at neurodiversity through an Islamic perspective can go a long way in building more acceptance, inclusion and support for neurodiverse people and their families.

Islam teaches that every person has inherent dignity, value and a unique purpose. We're all created with our own strengths and challenges, each a part of Allah's ﷻ divine wisdom. The Quran states clearly that diversity in human creation is intentional and a source of mutual enrichment and reflection:

"And among His signs is the creation of the heavens and the earth and the diversity of your languages and your colours [races]. Indeed, in that are signs for those of knowledge." (Al-Qur'ān, Ar-Rūm, 30:22)

Prophet Muhammad's ﷺ example highlights the importance of inclusivity and empathy toward those facing challenges or discrimination. He showed deep compassion, unity and brotherhood with those from different races who were historically discriminated against within Arabian society. When interacting with children he supported their growth with patience, kindness and understanding. He also taught that caring for others with sensitivity and patience holds great spiritual value. The following powerful hadith reflects this idea:

"The Compassionate One has mercy on those who are merciful. If you show mercy to those who are on the earth, He Who is in the heavens will show mercy to you (Sunan Abī Dāwūd).

Building on this prophetic tradition, families and communities are encouraged to support neurodiversity with empathy and mercy, recognising and appreciating unique strengths and perspectives. Islamic teachings emphasise creating nurturing environments that help all grow and navigate challenges with kindness and understanding.

Promoting Inclusive Physical Activities for Neurodiverse Communities

Physical activity has well known benefits for mental and emotional wellbeing, helping with focus, social skills, emotional balance and confidence especially for neurodiverse individuals (Sapre et al., 2025). To make these opportunities more inclusive and welcoming, Muslim communities can actively promote tailored physical activity programmes rooted in Islamic values of compassion, patience, and support.

Activities like swimming, walking, cycling, martial arts and archery all encouraged in the Sunnah can be adapted to better suit neurodiverse participants.

Mosques, community centres and Islamic schools can integrate these Sunnah-inspired activities into their programmes, providing structured, supportive environments. Effective strategies for inclusive physical activities may include:

- **Creating Structured Routines:** Consistency and predictable routines can reduce anxiety and promote engagement among neurodiverse people, making activities more accessible and enjoyable (Dallman et al., 2023).
- **Sensory-Friendly Adaptations:** Modifying sensory elements of activities such as reducing noise levels, limiting visual distractions, or incorporating sensory breaks can support accessibility for individuals sensitive to sensory stimuli (MacLennan et al., 2022).
- **One-to-One Support and Peer Mentorship:** One-to-one support and peer mentorship can provide individualised assistance, helping neurodiverse individuals navigate academic and social activities, build confidence, promote social interaction and develop a stronger sense of inclusion.
- **Community Education and Awareness:** Increasing awareness is a well-established approach to improve acceptance and several studies have demonstrated the effectiveness of educational interventions in improving attitudes towards people belonging to a specific diagnostic group, such as autism (Engel & Sheppard, 2020; Jones et al., 2021; Morton & Campbell, 2008).

Incorporating these principles into community programmes align directly with Islamic values of empathy, patience and compassion, creating inclusive environments that empower neurodiverse individuals to thrive spiritually, mentally and physically.

Islamic Mindfulness and Modern Psychology

Quranic Pathways to Mindful Living

Mindful living is a core part of Islamic teachings, beautifully reflected in the Quran. It helps believers cultivate self-awareness, emotional balance and spiritual grounding. At the heart of Quranic mindfulness is the idea of contemplation (tafakkur), which encourages deep reflection on the signs in creation, the self and life experiences. The Quran actively promotes this kind of thoughtful mindfulness:

"Indeed, in the creation of the heavens and the earth and the alternation of night and day are signs for people who reflect." (Al-Qur'ān, Āl 'Imrān, 3:190)

This ongoing state of reflection is meant to strengthen the connection with the Divine while helping with emotional resilience, clear thinking and inner peace, benefits that modern psychology also recognises. Scholars of Islamic thought, state that mindful contemplation can improve emotional regulation, lower stress and anxiety and boost overall wellbeing (Badri, 2018). So, the Quran's emphasis on reflective mindfulness is just as relevant today, offering a powerful way to build mental and emotional strength in today's fast-paced world. Quran recitation acts as both a spiritual and psychological anchor, strengthening resilience and bridging the connection between faith and modern psychology.

The Prophet's Mindfulness Practices for Emotional Resilience

The life of Prophet Muhammad ﷺ offers a powerful example of how mindfulness can strengthen emotional resilience and overall wellbeing. His approach wasn't only focused on outward rituals; it involved deep mindfulness and reflective meditation. Practices like the pre-dawn prayer (Tahajjud), solitude and reflection (such as his retreats to the Cave of Hira), and constant remembrance of Allah (Dhikr) helped him stay emotionally grounded and navigate immense personal and communal challenges with incredible strength, calm and utmost integrity.

The use of mindfulness and meditation in modern psychology has been shown to improve anxiety and depression for some people (Goyal, 2014). This connection highlights how the Prophetic example remains deeply relevant for mental health and wellbeing during our modern age.

Dhikr: Mindfulness, Cognitive Function, and Emotional Wellbeing

Dhikr, the mindful remembrance of Allah through repeated invocation, is a key spiritual practice in Islam with significant mental and emotional benefits. According to Saraei et al., (2022) for some people, regularly engaging in Dhikr helps create a state of mindfulness that promotes emotional balance, reduces stress, and sharpens focus. This closely aligns with modern mindfulness techniques, which use focused repetition to bring about calm and emotional stability.

Dhikr is a mindfulness practice. Research shows that mindfulness practices can reduce stress and anxiety whilst increasing feelings of peace and satisfaction (Nor, 2023). From an Islamic perspective, Dhikr also strengthens emotional resilience by providing spiritual reassurance and a sense of divine peace. The Quran repeatedly emphasises the importance of this practice:

*"...verily, in the remembrance of Allah do hearts find peace."
(Al-Qur'ān, ar-Ra'ad, 13:28)*

The Mental Health Benefits of Reciting the Quran

Reciting the Quran can bring deep spiritual, mental and emotional benefits, playing a key role in overall wellbeing. Regular recitation serves as a structured mindfulness practice, helping to bring inner peace, reduce stress and anxiety, and build emotional resilience. The rhythmic and reflective nature of Quranic recitation also promotes focus, mental clarity and a sense of calm.

The Healing Power of Ruqyah: Complementary Spiritual Practice in Mental Health

Ruqyah, an Islamic spiritual healing practice that involves reciting verses from the Quran and prophetic supplications, is known for its role in easing psychological and emotional distress. Deeply rooted in Islamic tradition, it has long been a source of comfort, spiritual reassurance, and emotional grounding.

When practiced correctly, Ruqyah can work alongside professional mental healthcare, offering spiritual support for managing stress, anxiety, and emotional struggles. The Prophet Muhammad ﷺ himself used the Quran as well as other forms of Dhikr as holistic mindful healing:

“And We send down of the Quran that which is healing and mercy for the believers... (Al-Qur ’ān, al-Isrā ’, 17:82)

Integrating Islamic Practices with Modern Therapeutic Approaches

Bridging Islamic mindfulness practices and contemporary psychological approaches can significantly benefit Muslim communities. Incorporating traditional mindfulness techniques into modern mental health frameworks ensures culturally appropriate interventions, allowing Muslims to utilise familiar spiritual practices as supportive tools in their mental health journeys.

Importantly, clear communication must underline that Islamic practices like Salah, Dhikr, and Quran recitation complement but do not replace professional psychological treatments. Recognising and openly affirming the complexity of mental health, with outcomes varying by individual circumstances, avoids assumptions and nurtures healthier and more nuanced attitudes towards mental health and wellbeing.

This comprehensive approach ensures Islamic mindfulness practices can effectively integrate into modern psychological treatments, offering a culturally meaningful and spiritually enriching pathway to mental wellness within Muslim communities.

Conclusion

Towards a Holistic, Stigma-Free Approach to Mental and Physical Wellness in Muslim Communities

Creating a truly inclusive and stigma-free approach to mental and physical wellness in Muslim communities requires a compassionate, well-rounded strategy, one that harmonises Islamic teachings, modern psychology and accessible physical activity. When grounded in prophetic wisdom and supported by evidence-based practices, this approach can shift mindsets, build resilience and improve overall wellbeing.

Breaking the stigma around mental health is not just necessary, it's urgent. The misconception that struggles signal weak faith must be dismantled. Islam champions holistic care, emphasising that mental health, like physical health, deserves attention and professional support. By highlighting prophetic teachings on seeking treatment, we can reframe mental health care as both a responsibility and an act of faith.

The Prophet Muhammad ﷺ exemplified balance in mental, physical, and spiritual wellbeing through practices like Salah, walking, and archery, activities that not only nurtured his body but also the mind and soul. Embracing these Sunnah based practices allows us to integrate faith with the benefit of wellness strategies.

Islamic mindfulness practices, such as Dhikr, Quranic recitation and muraqabah, not only enhance spiritual connection but also align with psychological methods like mindfulness and cognitive behavioural therapies, reinforcing emotional resilience. True wellbeing comes from embracing physical, spiritual and professional support.

Supporting neurodiversity is also essential. By creating inclusive spaces that honour diverse cognitive needs, we create belonging, reduce stigma and cultivate a stronger, more compassionate community, one that reflects the Islamic values of acceptance and mercy.

Ultimately, achieving better mental and physical wellness in Muslim communities is not just about preventing illness, it's about creating thriving, supportive and resilient communities. This journey requires open conversations, a willingness to challenge outdated notions and the courage to embrace positive change. The path forward is clear: one rooted in faith, strengthened by knowledge, and driven by the collective commitment to wellbeing.

May Allah ﷻ send infinite peace and blessings upon the Prophet Muhammad ﷺ, his Household and noble Companions.

Signposting & wellbeing services

Helplines

Muslim Community Helpline (0208 904 8193 / 0208 908 6715) – confidential, non-judgemental listening and emotional support service. Available Monday to Thursday 10am-1pm and Friday 10am-4pm.

Muslim Youth Helpline (0808 808 2008) – free, faith and culturally sensitive support service provided by phone, live chat, WhatsApp or email. Available everyday 4pm-10pm.

Mind's Support Line (0300 102 1234) – free, safe and confidential option for people needing some emotional support. Available Monday to Friday 9am-6pm.

Other services and support

Inspired Minds – faith-based, grassroots mental health charity predominantly supporting those from Islamic faith. They provide a charged for counselling support via telephone, video and face-to-face.

Hub of Hope – enter your postcode to find mental health support in your area.

Young Minds: Self-care guide for young Muslims – provides tips and advice on self-care from an Islamic perspective.

Mind's Side by Side – an online peer support community where you can talk about your mental health and connect with others who understand what you're going through.

Mind's Self-care library – provides a range of free activities to support your wellbeing. These include wellbeing, grounding and breathing activities.