

Coping with Islamophobia outside the Workplace

Purpose

This tip sheet provides practical strategies to help educators and school staff cope with Islamophobia

Strategies to Try

- **Know Your Rights:** Familiarise yourself with your State's anti-discrimination and complaints policies.
- **Document Everything:** Keep written records of any Islamophobic incidents or microaggressions.
- **Speak Up Safely:** Address inappropriate comments respectfully or seek support from leadership.
- **Build Allies:** Connect with colleagues, family, friends, who understand or support your concerns.
- **Practice Spiritual Resilience:** Make du'a, recite dhikr, and take strength from Prophetic examples of patience.
- **Access Support:** Reach out to culturally competent professionals like Afiya EAP.
- **Report the Incident to Islamophobia Registers**
<https://islamophobia.com.au/report-an-incident/>

What Islam says

"Indeed, Allah is with those who are patient." (Qur'an 2:153)
Islam teaches us to stand up for justice with wisdom and dignity.

When to Seek Help

- Emotional exhaustion
- Physical symptoms of stress
- Avoiding work or school events
- Feeling isolated

Take our Afiya Wellbeing Assessment (insert link)

Take our Afiya Coping and Resilience Assessment (insert link)

Contact Afiya EAP at salam@afiya.au for confidential and culturally-safe support.