

Daily Well-being Checklist for Muslim School Staff

Faith-Informed and Trauma-Aware

Spiritual

- Did I pray all five prayers on time?
- Did I begin my work with Bismillah?
- Did I recite any Qur'an or make dhikr today?
- Did I ask Allah for strength or guidance today?
- Did I remind myself that my efforts are a form of worship?

Emotional

- Did I notice how I felt during the day?
- Did I speak gently to myself in a stressful moment?
- Did I take a moment to pause and breathe mindfully?
- Did I allow myself to feel rather than suppress?
- Did I seek support if I needed it?

Physical

- Did I eat nourishing meals and hydrate properly?
- Did I stretch, walk, or rest during the day?
- Did I take a break from screens and marking?
- Did I prioritise physical rest (even briefly)?
- Did I take care of any physical pain or tension?

Social

- Did I connect with a student or colleague meaningfully?
- Did I check in with someone struggling?
- Did I receive appreciation or give it?
- Did I maintain appropriate boundaries to protect my energy?
- Did I seek comfort in shared prayer or staff support?

Mental

- Did I complete one important task with focus?
- Did I reflect on what I did well today?
- Did I learn or teach something new?
- Did I avoid overloading my to-do list?
- Did I mentally disengage after school hours?

Reflect: *What do I need from Allah and myself tomorrow, in shā' Allāh?*
