

Off Switch:

Managing Work Stress in a Spiritually Grounded Way

Common Signs of Work-Related Stress

- Constant fatigue, even after sleep
- Irritability with loved ones or co-workers
- Avoidance of prayer or spiritual duties
- Physical symptoms (headaches, muscle tension)

Practical Strategies

1. Establish “end-of-day rituals”

- Change out of work clothes.
- Recite evening adhkar.
- Use a digital “sunset” – no emails or work calls after Maghrib.

2. Reclaim Salah as a reset, not a task

- Take 5 minutes before each prayer to breathe and disconnect from work-mode.
- *“I use Dhuhr as my emotional checkpoint. It reminds me I’m more than my job.”*

3. Prioritise high-barakah tasks:

- Start your workday with Bismillah and set a clear intention
- Make a list of 3 key tasks, not 20. Avoid burnout through overcommitment.

4. Use Islamic cognitive reframing:

- Remind yourself, *“My rizq is not from my boss. It’s from Allah.”*
- Make stress a reminder, not an identity.

5. Seek support from an AfiyaEAP counsellor