

## Ramadan: Tuesday 17<sup>th</sup> February - Wednesday 18<sup>th</sup> March 2026

Ramadan is about strengthening one's connection with God - as a time for spiritual reflection. It is not just about abstaining from food or drink, but it is also about re-evaluating your daily habits and being mindful of what other aspects of your life may be hindering your personal/spiritual growth, and making adjustments or abstaining from engaging in these things too.

It's a focus on inner growth so people can connect with Ramadan through an increase in dhikr, qur'an recitation, voluntary prayers, giving money to charity, volunteering, engaging in increased supplication and using it as an opportunity for personal development. We want to stress that the spiritual rewards are not just linked to fasting - they can also happen via other methods.

***"God desires ease for you, and does not desire hardship for you" (Chapter.2 v. 185).***

In Islam, health and wellbeing are prioritised. People who are unwell - including those with eating disorders - are exempt from fasting and there are compassionate alternatives available, such as making up fasts later or offering charity instead.

We want you to know that choosing not to fast in order to protect your health is not a failure. *It is an act of self-care and respect for your body.*

### Where can I learn more?

- [Ramadan - A Brief Guide for Young People, Parents/Carers & Families](#)
- [Ramadan & Eating Disorder Guide](#)
- [Fighting my Eating Disorder in Ramadan](#)
- [South Asian Experiences of ED](#)

*"As a South Asian woman, I didn't understand my eating disorder for a long time... Growing up I struggled with 'traditional' food, but eating it was a sign of respect in my culture... after a while I found therapists who understood my identity and the ways in which this influenced my triggers and fears - they were the help I had desperately been seeking"*  
~ East London resident

