



# Hidayah

## Our tips for staying at home

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Staying at home during this time can become quite challenging for many of us, some people may become bored, suffer from conditions, begin to have difficulties with friendships or relationships, or even become angry or frustrated.

### **But it doesn't have to be this way!**

On a positive note, staying at home can become a welcoming opportunity to focus on the things we have been wanting to do for a while, or have put on hold. Recently, it seems that life has been moving so fast, that perhaps something like this was needed to remind us to slow down and just pick up a book! Our committee has put together a list of things you can think about or do if you become bored, or are in need of some ideas:

#### **First of all, please ensure you are staying safe:**

- Limit social contact of course, and do not get close to anyone who may be displaying symptoms. Everything else that is not urgent can wait until the situation improves.
- Ensure that you are washing your hands for at least 20 seconds with anti-bacterial hand wash. Imagine you have just cut up chillies and are about to put contact lenses in.
- Ensure you are using alcohol hand gel (min 60%) at any point when you are out and about or touching any surface that you are not certain is sterile.
- Set up a cleaning routine, using dettol to wipe all surfaces. Think about everything you touch including door handles, taps, remote control, your mobile phone, fridge door etc.
- If you need to be interacting with unfamiliar people, for example because of work, then face masks are advisable. Whether it is to protect yourself, or others.
- Help each other, and reassure each other. And most importantly, stay calm. Be assured that as a species, we will pull through together and overcome this.

- Speak to someone if you are feeling down or just need someone to talk to about any situation you may be in. Remember, the Hidayah group is there for everyone.

**Next, here are our top tips on keeping occupied:**

- [Try Colorfy, an art colouring app.](#) This can be a therapeutic and relaxing way to pass time, whilst also being creative and expressive. It's free!
- Listen to some podcasts. They can provide you with meaning, and a lot can be taken away from them. Some examples of good podcasts are: [Smart Sex, Smart Love with Dr Joe Kort](#), [Dreamer's Disease](#), and of course our very own, [Istame'a: Queer Muslim Stories](#).
- Get your inner calm on! [Journal Your Feelings](#) is the perfect tool if you're looking for guidance in navigating your emotions and staying centered. You can get a 30-day free trial (which may be all that you need!). You could also start a paper-based diary, or pick up the one that you started a while ago.
- Focus on fitness and wellness. YouTube has a whole library of workout exercises, including yoga, tai-chi, HIIT, and many many more. In addition to this, there are plenty of guided meditation videos, calming sounds. [You could also try Headspace](#). Look after your body, pamper yourself with a bubble bath or home facial.
- Read that book which has been sitting on your table for the last year! Start learning a new language or musical instrument.
- Go through all your contacts and reconnect with friends that you haven't spoken to in a while. At times like this, good conversation and revisiting old memories can be refreshing.
- Clean your home. In addition to staying safe, this can be a good opportunity to de-clutter, sort through old photos, re-organise your wardrobe, get that spider web from your ceiling.
- And if none of these apply, or you have already done them, then it's absolutely okay to just binge watch series, play computer games, eat ice cream and be a beautiful sloth for the next couple of weeks!

**And here are a list of some LGBT+ movies you may like to check out:**

- **Blackbird** - (2014, dir. Patrick-Ian Polk) Drama adaptation of the novel by Larry Duplechan. It follows Randy, a devoutly Baptist gay teenager struggling with his sexuality and religion.
- **Moonlight** - (2016, dir. Barry Jenkins) coming of age drama film telling the life of Chiron, a young black man growing up in Miami, told in three stages; his youth, adolescence, and early adult life. It explores his sexuality, identity, and the ramifications of the abuse he endured growing up. Janelle Monae made her film debut in this and it also became both the first film with an all black cast & the first LGBT film to win the oscar for best picture.

- **Naz & Maalik** - (2015, dir. Jay Dockendorf) drama film following two closeted Muslim teenage boys in Brooklyn during one summer afternoon as their secretive (read: closeted gay) behavior sets a FBI agent on their trail. After both boys give her two different excuses for their behavior, they worry about being outed to their families.
- **Pariah** - (2011, dir. Dee Rees) art drama film telling the story of Alike, a 17 year old black girl as she slowly but surely comes to terms with being a butch lesbian while her parents relationship is falling apart. As her mother begins to grow suspicious about her daughter's sexuality, she forces Alike into feminine clothing and pushes her to make friends with a respectable young girl from her church.
- **Rafiki** - (2018, dir. Wanuri Kahiu) Kenyan romantic drama film centering on two Kenyan lesbian teenagers, Ziki and Kena. It explores their blossoming love and friendship as they face political and familial pressure to follow a path of life they aren't really suited for. The film has mostly been premiering in festivals and isn't available for streaming in the US/UK yet but once its out this is a very important, groundbreaking film that we all need to be supporting!
- **Set it Off** - (1996, dir. F. Gary Gray) Crime action film about four close friends who decide to rob a bank for different reasons, but all with the goal to better life for themselves and the ones they love. The character Queen Latifah plays is a butch lesbian!
- **The Happy Sad** - (2013, dir. Rodney Evans) Drama film following the lives of two very different couples in New York City. The first, two gay black men who've been together for awhile and decided to try to turn their relationship into an open one. The second, a gay white couple who decide to take a break and end up experimenting with same-sex sexual encounters.
- **The Skinny** - (2012, dir. Patrick-Ian Polk) Rom-com telling the story of five Brown University classmates as they reunite in NYC for gay pride weekend. Four are gay men, and one is a lesbian woman. Magnus is a medical student in a happy relationship with his boyfriend, Langston is a Yale PhD student, Sebastian just came back from a year in Paris, Kyle is uh...slutty, and Joey's witty as hell.
- **The Wound** - (2017, dir. John Trengove) Alternatively titled Inxeba, The Wound is a South African drama film following the secret relationship between two men during the Xhosa ritual of Ulwaluko, an initiation into manhood.

**Remember - stay safe, and know that we are all here for each other :)**

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