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THE ARIF TIMES

Achieving Resilient and Inspiring Families

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Welcome to The ARIF Times

Join us in this mission to support the New Generation!

As the new year begins, we stop for a moment to reflect on our deeds in 2022. As the saying “New Year, New Resolutions” goes, the start of a brand new year gives us an opportunity to set some goals for ourselves to achieve over the next 365 days. Time is too precious. Yesterday will never come back! Hence, we must seize the moment, every moment.

Let's embrace resolutions as an act to do better as an individual, as a spouse/partner, as a child to a parent, as a parent to a child, as a family member, as a friend, and as a colleague. We all have interconnected roles in this big ecosystem.

The purpose and benefits of renewing your resolutions

An interview with Ustaz Fakhruddin Amin

We are encouraged to renew our resolutions every year, with the purpose of working on making our lives better, individually and as a couple. In the Qur'an, Allah said,

“Indeed, Allah will not change the condition of a people until they change what is in themselves.”

(The Qur'an, 13:11)

Setting or renewing resolutions does not have to be done only during the beginning of a new year; in fact, it can be done at any time. It would be nice, though, to start the year afresh with the desire to be a better version of ourselves.

What are some of the things that we can do to improve our situation this year?

What are we grateful for?

What can I do specifically to help you achieve your goals?



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Log in to
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Tips on setting resolutions for the family

1. Set a date with your partner to talk about the new resolutions for the family.
2. Be ready to listen, and contribute actively and honestly to the discussion.
3. Set goals that are clear and achievable.
Example: "Let's have at least one meal at home together three times a week."
4. Write down those goals and paste them on places where you can see them daily as reminders.
5. Pray and make an effort to achieve it.
6. Conduct quarterly reviews with your partner and chart your progress.



Tips to a Healthier You!

1. Be compliant with your check-up appointments. Look out for routine health screening packages at polyclinics and GPs.
2. Exercise. Start with gradual steps. Engage your family members to join you. You can book an appointment for a Health and Fitness assessment at an Active Health Lab near you via ActiveSG app or simply walk-in!
3. Eat healthily to maintain your healthy Body Mass Index (BMI).
4. Stop smoking. Protect your loved ones from passive smoking.
5. Empower yourself with knowledge.
6. Schedule time to rest and care for yourself.
7. Make time - to do the above. Plan your day.

Make resolutions to effect positive life changes - C.A.S.E

by Dr Suzanna Sulaiman



Commitment

Dedicate time to achieve. Resolutions are meant to be worked upon. Refer to "Tips to a healthier you".



Aspirations

Wanting to be. Looking at our role models, triggers an innate need to be better. Each of us is unique. Some can bake, while others hate it. What others may forget is that to bake well, one needs good teachers, experience, "time to practise", and the dedicated time to be very skilfully good.

Be inquisitive, be innovative, be bold.
If you think you aspire it, just do it.



Success



Accomplishment of an aspiration.

What we envision at the end of the year would be our success story. Always start with small steps and the returns can be like being able to take long walks during the weekends with your elderly parents, or reach home on time to put kids to bed.



Evolvement

Being able to rise to any challenges.

The pandemic has affected us in many ways. Despite the challenges, we are stronger, and learn to reconsider our real priorities in life, especially in health.



Tree of marriage

A tool to create goals for couples



Amalina and Mouhtat and their Tree of Marriage

The "Tree of Marriage" Couple's Therapeutic Workshop was led by veteran social workers and facilitated by Project ARIF KKH team. Couples were invited to share stories about their own marriage or relationship, which constituted their beliefs, values, strengths, the support they receive from others, as well as their aspirations.

Guided by the Narrative Therapy approach, we acknowledge people as experts in their lives and recognise that they have skills, competencies, values and beliefs, abilities and expertise that can help guide and change their lives.

Each couple was tasked to draw their own tree of marriage which represented as a couple. As they embarked on this process together, it was essential for each to be open, compassionate and to adopt a curious and non-judgemental stance, so as to allow one another to tell their stories about their lives, families of origin and past and present relationships in ways that are meaningful and positive.

Ultimately, the couples, through reviewing their trees, decided on the marital life they envision as they move forward together. As the marriage continued to evolve, it was imperative for couples to set aside time together at various points of their marriage, to re-evaluate and set new goals together.

The Tree of Marriage activity is a helpful tool that couples can repeatedly utilise to gain insights and affirmation from each other towards building a positive marital relationship.

To know more about how you can participate in such activity, please email us at projectarif@kkh.com.sg

"AlHamdulillah Tree of Marriage activity had benefitted me and my husband greatly. It has helped us to freshen up our mind after the daily hassle and to stay focused on what we want in our marriage both short term as well as in the future."

Shahinaaz & Abdullah

"It was a pleasure for us to participate in The Tree of Marriage. There are plenty of places to go in Singapore, but we really lack such kind of activities where we can meet other couples with similar values."

Tree of marriage activity shows that we need to hear our partner and always try to put ourselves in their shoes. Before discussing partners' actions and faults, we need to put ourselves in their shoes and only then we can clearly understand why our partner behaves in a certain way and reacts in a certain way. It's also a good exercise that can help each partner learn more about their regrets, current goals and future aspirations. It might be a good counselling activity as well if it can be done over an extended period, having more time to reflect on what is written on each stage of the tree."

Angelina Posazhennikova & Nashmeer Khan