



SID JACOBSON JCC'S DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE

FINDING SAFETY AND RESILIENCE IN UNCERTAIN TIMES

In this challenging and uncertain time, we understand the importance of finding feelings of safety and resilience. The impact of the conflict in Israel can be deeply emotional and unsettling and leave us feeling powerless.

It is a priority of SJCC to support our staff and the community members who rely on our services. To that end, we would like to offer some actionable recommendations on how to navigate these difficult times.

SOCIAL CONNECTION AND OPEN COMMUNICATION: Honest conversation allows us to express thoughts concerns and feelings without judgment. Sometimes just talking with others can provide a sense of relief and community. If you can, reach out to friends and family in Israel – even those you are not in regular contact with – and share words of care, support and concern.

SELF-CARE: Remember the importance of taking breaks, practicing relaxation techniques and maintaining harmony and balance in your work-life activities. Think about the activities and tasks you need to accomplish each day and set

COMMUNITY SUPPORT: We are privileged to find ourselves surrounded by colleagues and friends who find solidarity in one another and our shared challenges. Attend rallies, vigils and prayer groups if that feels like an activity that will engage and comfort you. However, large gatherings are not for everyone. Give yourself permission to do what feels right for you.

STAY INFORMED, BUT LIMIT EXPOSURE: Staying up to date is important, but also can magnify feelings of distress. Constant exposure to news and images can be overwhelming. Social media can make one particularly vulnerable, due to its inherently invasive (and often misinformative) nature. Choose a trusted news outlet carefully and thoughtfully, and create a schedule for interaction.

FOCUS ON RESILIENCE: To the best of your ability, focus on setting small achievable goals and maintain your routines and daily activities.

RESPITE AND HOBBIES: Prolonged stress takes its toll, so taking a break from worry is a good thing. Sometimes we just need to give ourselves permission to spend time away from our worries and thoughts. Do something that gives you joy a sense of choice and control. Dip into a hobby, grab a workout, turn on a favorite playlist and dance or straighten up a long-ignored closet.

ACKNOWLEDGE YOUR EXPERIENCES: We have all been through difficult times before. Reflect on what you have learned about yourself as you met challenges in the past, and what you did to get through them. Lean in to those lessons and remind yourself that you can tolerate and persist in difficult times.

MINDFULNESS AND MEDITATION: Yoga, prayer, mindfulness, gratitude, faith-based practice, relaxation exercise, meditation... Identify a practice that centers you and brings you a sense of peacefulness and calm, and make time for it.

BE IN YOUR EXPERIENCES AND FEELINGS: It is okay to be sad. It is okay to be frightened. It is okay to be angry. Own what you are feeling, and allow yourself to feel it. Of course, it is important to make time to experience other aspects of your life and emotions as well.

PROFESSIONAL HELP: Seek professional help when needed. Mental health resources, including in-house referral services, are available.

ENGAGE IN MEANINGFUL AND PURPOSEFUL ACTIVITIES: Seek opportunities to get involved in activities that promote a sense of purpose and meaning. This could include volunteering, community service, or giving to charity organizations.

FINALLY, DRAW STRENGTH AND HOPE: Remind yourself who you are and who we are as a community. Replay your value statements in your mind and in your conversations with others.

Please remember that we at Sid Jacobson JCC are here to support you through these challenging times. Please feel free to reach out to any member of our team for assistance or guidance. Together we can work toward finding strength, resilience, and a sense of safety even in the face of uncertainty.

Thank you for your dedication to our community and your commitment to helping others. Always, but especially now.

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