

CJL SHABBAT WELLNESS INITIATIVE

Source Sheet and readings

"I have no special talent. I am only passionately curious." Albert Einstein

Pirkei Avot 1:6(6) Yehoshua ben Perachiah and Nitai of Arbel received from them. Yehoshua ben Perachia says, "Make for yourself a mentor, acquire for yourself a friend and judge every person as meritorious."

משנה אבות א'ו(ו) יהושע בן פרחיה ונתאי הארבל
קבלו מהם. יהושע בן פרחיה אומר, עשה לך רב, וקנה
לך חבר, והוי דן את כל האדם לכף זכות

Do you have a mentor? Do you wish you had a mentor, and if so, what kind and for what? If not, does this quote speak to you in other ways? How might friends and judging people as meritorious relate to intellectual wellness?

Pirkei Avot 4:1(1) Ben Zoma says: Who is the wise one? He who learns from everyone, as it says, I have gained more insight than all my teachers, for Your decrees are my study. (Psalms 119:99)

משנה אבות ד'א'
א בן זומא אומר, איזהו חכם, הלומד מכל אדם, שנאמר
(תהלים קיט) מכל מלמדי השכלתי כי עדותיך שיחה לי

Do you agree that students can and/or should gain more insight than their teachers? Do you think it's possible to learn from everyone?

Ivan Moscovich

Facts and Quotes

All excerpts from <https://jewishjournal.com/culture/arts/301059/the-brain-games-that-saved-93-year-old-ivan-moscovich/>

- The 93-year-old, who lives in the Netherlands, has spent the past 75 years creating brain games like his globally successful board game, The Amazing Magic Robot, as well as hundreds of puzzles and artwork for people ages 4 to 104."
- "A renowned scientist, mathematician, author and founder of Tel Aviv's Israel Museum of Science and Technology in 1964."
- "His persistence to create comes from spending the first 18 years of his life surviving the Novi Sad raid in Hungary (after the annexation of former Yugoslavian territories); two Nazi work camps; and four concentration camps including Auschwitz and Bergen-Belsen."
- "'Creativity is the thing that joins [math, science and art] together,' he said. 'I learned from my father to be creative. I didn't have it before. [My father] was killed later by the Hungarians. Doing what I did for 75 years was enough time to make me become a creative person.'"
- "Moscovich went on to work with Mattel and later with European publishers. He sold his puzzles in "The Big Book of Brain Games" and all its editions. Then, in 1968, he decided to invent his own kinetic art. He developed and patented the Harmonograph, an analog machine that creates drawings in a pendulum motion. He has made more than 100 pieces from the Harmonograph — called harmonograms."
- "My mind worked to save me. I needed the escape. The escape was a workaholic game inventor, which is what I became."

Definition of Intellectual wellness (Princeton U Matter): Intellectual wellness is engaging in creative and mentally-stimulating activities, expanding your knowledge and imparting knowledge to others. You can develop intellectual wellness through academic pursuits, but also through cultural, artistic or skill-based learning.

PIRKEI AVOT 3:17

(Rabbi Elazar ben Azariah) would say: Anyone whose wisdom exceeds his deeds, to what is he compared? To a tree whose branches are many but whose roots are few; and the wind comes and uproots it and turns it upside down; as it is said; "And he shall be like a lonely juniper tree in the wasteland and shall not see when good comes, but shall inhabit the parched places of the wilderness, a salty land that is uninhabitable." (Jeremiah 17:6). But one whose deeds exceed his wisdom, what is he like? Like a tree whose branches are few but whose roots are many; since even if all the winds of the world come and blow upon it, they do not move it from its place, as it is said; "He shall be like a tree planted by the waters, and spreads out its roots by the river, and shall not perceive when heat comes, but its leaf shall remain fresh; and it will not be troubled in the year of drought, nor will it cease to bear fruit." (Jeremiah 17:8).

Do you think it is difficult to balance wisdom and deeds? Do you agree with the advice and conclusions given here?

הוא הִיָּה אומר, כָּל שְׁחַכְמָתוֹ מְרַבָּה מִמַּעֲשָׂיו, לָמָּה הוּא דוֹמֶה, לְאֵילָן שֶׁעֲנָפָיו מְרַבִּין וְשָׂרְשָׁיו מְעֻטִין, וְהָרוּחַ בָּאָה וְעוֹקְרָתוֹ וְהוֹפְכָתוֹ עַל פָּנָיו, שֶׁנֶּאֱמַר (ירמיה יז) וְהִיָּה כְעֶרְעֵר בְּעֶרְבָה וְלֹא יִרְאֶה כִּי יָבֹא טוֹב וְשָׂכַן חֲרָרִים בְּמִדְבָּר אֶרֶץ מְלַחָה וְלֹא תִשָּׁב. אָבֵל כָּל שֶׁמַּעֲשָׂיו מְרַבִּין מִחֻכְמָתוֹ, לָמָּה הוּא דוֹמֶה, לְאֵילָן שֶׁעֲנָפָיו מְעֻטִין וְשָׂרְשָׁיו מְרַבִּין, שֶׁאֶפְלוּ כָּל הָרוּחוֹת שֶׁבְּעוֹלָם בָּאוֹת וְנוֹשְׁבוֹת בּוֹ אֵין מְזִיזִין אוֹתוֹ מִמְקוֹמוֹ, שֶׁנֶּאֱמַר (שם) וְהִיָּה כְעֵץ שֶׁתּוֹל עַל מַיִם וְעַל יוֹבֵל יִשְׁלַח שָׂרְשָׁיו וְלֹא יִרְאֶה כִּי יָבֹא חֹם, וְהִיָּה עֲלֵהוּ רַעֲנָן, וּבִשְׁנַת בְּצֻרַת לֹא יִדָּאָג, וְלֹא יִמִּישׁ מַעֲשׂוֹת פְּרִי:

Don't forget to balance the other dimensions of wellness while focusing on your intellectual well-being!

WHAT IS INTELLECTUAL WELLNESS?

SOURCE: [HTTPS://NEWS.ILLINOISSTATE.EDU/2014/03/SEVEN-SIMPLE-STEPS-INCREASE-INTELLECTUAL-WELLNESS/](https://news.illinoisstate.edu/2014/03/seven-simple-steps-increase-intellectual-wellness/)

While we are in college we are oftentimes so focused on studying and earning good grades that we forget about our intellectual wellness. When discussing intellectual wellness, we often mistake it for learning or the amount of knowledge we have accrued in our current life, but it is so much more than that. Intellectual wellness includes our ability to learn and grow from experiences while utilizing various intellectual capabilities. It encourages personal creativity while also focusing on stimulating mental activities. In order for people to be considered intellectually well, they must be capable of using resources available to them to expand their knowledge and improve their skills along with expanding their potential to share with others.

Our intellectual wellness is important because it helps to encourage learning and it inspires our exploration. It also helps to stimulate a person's curiosity, which helps to motivate him or her to try something new and develop an understanding of personal relationships and the relationship held with his or her environment. So how do we improve our intellectual wellness? It's easier than you may think. Intellectual wellness is about doing things that expand your view of the world and the way that you think. It's about learning to be creative in something that you enjoy, which in turn expands your mind and your intellectual wellness.

CJL SHABBAT WELLNESS INITIATIVE

INDIVIDUAL ACTIVITIES

Watch a TedTalk or read an article on a topic you're interested in (not academically!) Just for the sake of learning, l'shem shamayim.

- "Lshem shamayim literally means literally means "in the name of heaven". When you are learning for the sake of learning and growing, as opposed to learning for a job or a degree
- It may be hard to do when you are spending most of your time doing required homework and readings, but try to find time during the morning, night, or weekend to sit down and read or watch something for fun.

If you speak another language (and are not fluent yet), try reading an article or watching a video in that language.

- Learning a foreign language can be beneficial to your intellectual health. When learning different ways to communicate, your mind expands. This not only helps with being receptive to new knowledge, but also helps broaden information already learned.

Play a musical instrument.

- Music has a powerful impact on our minds. Playing a musical instrument can increase intellectual wellness by learning how to create sounds, make patterns, and emote through music. Any instrument can work to increase intellectual wellness, so start today and take up a new hobby!

Do a crossword or sudoku puzzle.

- Working through puzzles or finding words in patterns uses a great amount of brain power. Increasing your ability to work through these activities can maintain and build your intellectual wellness.

Get a fidget toy (or just something to fidget with) if you feel you can't focus in class.

PAIRS/GROUP ACTIVITIES

- If you and a friend speak another language (the same other language), have a lunch date in that language. If there are more of you who speak that language, organize a language table over Zoom one day during the week!
- Fill out crossword puzzles with a friend!
<https://www.downforacross.com/>
- Find an [online escape room](#), and complete it with a friend. Or play an [online board game](#).
- Debate an issue with a friend, but choose the viewpoint opposite the one you hold. Focusing attention on information that is different than your beliefs can improve intellectual wellness! When you expose the mind to opposing ideas, it expands the mind to grasp new information.

SHABBAT FRIENDLY ACTIVITIES

Read a book for fun!

Play a board game or cards.

ON-CAMPUS RESOURCES: Access these resources to connect with others who have different views, expand your knowledge and improve your academic or job performance:

[Arts at Princeton University](#)
[Davis International Center](#)
[Graduate School Academic Support Resources](#)
[McGraw Center for Teaching and Learning](#)
[ODUS Student Organizations](#)
[Office of Community and Regional Affairs](#)
[Office of Disability Services](#)
[Office of International Programs](#)
[Princeton University Events Calendar](#)
[Princeton University Library](#)
[Princeton Writing Program](#)
[Center for Jewish Life](#)
[UMatter Princeton](#)

Intellectual Wellness Self-Assessment

Intellectual Wellness: engaging in creative and mentally-stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others	Never	Rarely	Sometimes	Usually
1. I am curious and interested in the communities, as well as the world, around me	1	2	3	4
2. I search for learning opportunities and stimulating mental activities	1	2	3	4
3. I manage my time well, rather than it managing me	1	2	3	4
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks	1	2	3	4
5. I enjoy learning about subjects other than those I am required to study/in my field of work	1	2	3	4
6. I seek opportunities to learn practical skills to help others	1	2	3	4
7. I can critically consider the opinions and information presented by others and provide constructive feedback	1	2	3	4

Scores of 20-28: Outstanding! Your answers demonstrate that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high.

Scores of 15-19: Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.

Scores of 14 and below: Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review resources provided in today's Wellness Resources handout to help you develop and set achievable goals.

HOW TO SUPPORT YOUR INTELLECTUAL WELLNESS:

- * Listen to and consider the perspectives of others to improve critical thinking. Attend conferences, talks and programs that increase your knowledge in various areas.
- * Seek opportunities to learn practical skills that you or a friend might need (e.g., drinking choices that minimize negative consequences; what to say if a friend discloses assault or abuse; and the best ways to intervene in problem situations.)
- * Participate in a new activity or group on campus to stay open-minded and expand your horizons.
- * Pursue off-campus opportunities to experience a new language or culture.

Shabbat Wellness Word Search

A X C Z N M G Z Z U D U B K E J Z Y M Z S A R I E L L E N G
 O L U A Y T B G O G Q Y K H T E B W A R H S H A B B A T U O
 K E O X H Z E E E S A V P Z S D B I R X F S P J E Z B A M Y
 D N M K B P G S U M A T T E R C A S L E V O V B B D R B X I
 H A D A R N R H S Z U D A U S O L V J J O C M C Z A G K Y A
 W A G R B O J I J K J W Y B L N R M T Y N I X K N M O W H V
 D A J L B A K A N H Y M U C Q U G D M G O A L H V L K L V Q
 K N D Y N L F B M C K P H Y S I C A L W H L V D G L H G C
 T M W Y J S B G O E E Z N H V X A C P F K M G H W J F M A J
 I Z T H Z E A X L W S T A D L B V A G S X Z W C W W K H U B
 Z U P I F U M P V V V X O K A J O R R O S T M J L E T F G B
 K Q A S O H U Q H O O I N Z P R H D P W L H L E L M V E X
 V D I N T E L L E C T U A L J S V Z G H Z S L R R L D D G A
 B Z B T A T R K B Z E F L U S V A R X I F X V I I N R M R J
 Z J U I C O R G U Q L Y B G O W E V G E I C J T T E B X U M
 J T R T T V I I X S J W S V E F P N O F R F U K T S A K H T
 Q D P U N F X C P C P P V T C G C L V N L Z C P S S M P K D
 T L T C Y A R C L A I R E Y T H A R E I K R Z N I Y N N B X
 B R E M O T I O N A L P S A S R R Z B C R O L I M Q A G E W
 E T P Q R U X A V N E B L Z L B E L M A O O H K O A T D C M
 M Z X N E E G T Z Y T A F X J H D H T M L V N O N U A B K T
 B U R Z V O B D F R P H L V L Y N N R Q T G M E K L J Y P
 X Z M F L G E E C E L I A P P E Q M B N F T N A E D I H D A
 P A G I W L J V C J T E O C C U P A T I O N A L P N E N O Z
 C P L P Z Y A T X C L B W E H M D Q U A K I T X L Z T V U P
 N T N E M I M C R L A H J T T L M L O E S F G S T P G A H M
 O A L V E L I U B U W H K S Q A J P P S P I R I T U A L L E
 M F J M H Z E I L I N D S A Y X J G B U K N L V F I D S H G
 K A D I R A A A A S N Z W Q V L Y S G L Z Y A W N X F M U M
 T L C K E I M J N O M I G V Z M E T I I R C J F M N Y L E Z

- | | | | |
|---------------|--------------|--------------|-----------|
| Environmental | Occupational | Intellectual | Spiritual |
| Emotional | Princeton | Wellness | Physical |
| Shabbat | Natalie | Rebecca | Lindsay |
| UMatter | Aleeza | Arielle | Claire |
| Social | Simone | Sophie | Becky |
| Adira | Celia | Hadar | James |
| Nomi | Jamie | Tess | Noa |
| CJL | | | |