

CJL SHABBAT WELLNESS INITIATIVE

Source Sheet and readings

Avot D'Rabbi Natan 27:3 (source from source sheet by Rabbi Megan Doherty)(3) [Rabbi Yohanan ben Dahabai] would say: Do not keep away from a measurement without boundaries, or from work without end. A parable: To what can this be compared? [It can be compared] to someone who is supposed to take water from the sea and put it on dry land. The sea gets no smaller and the land is not filled up with water. So he becomes frustrated. Say to such a person, Empty one! Why are you so frustrated? Every day you are paid a golden dinar!

אבות דרבי נתן כ"ז:ג(ג) ר' יוחנן בן דהבאי אומר האומר אין הלכה זאת נבראת אין לו חלק לעוה"ב. הוא היה אומר אל תרחק עצמך ממדה שאין לה קצבה וממלאכה שאין לה גמירא. משל למה הדבר דומה לאחד שהיה נוטל מי הים ומטיל ליבשה ים אינו חסר ויבשה אינה מתמלאה היה מקצר בדעתו אמר לו ריקה מפני מה אתה מקצר בדעתך בכל יום טול שכרך דינר של זהב

Questions:

Is Rabbi Natan saying that you should work without end? Why would or wouldn't he say that? What kind of work is it good to do without end, and what kind of work requires a break? Should any work require no break? Should any work require a break? How do you feel when you work without seeing the difference you make? When are there ways to imagine your hidden impact? What can you do when that's not possible?

(16) He [Rabbi Tarfon] used to say: It is not your duty to finish the work, but neither are you at liberty to neglect it;

(טז) הוא היה אומר, לא עליך המלאכה לגמר, ולא אתה בן חורין לבטל ממנה

Do you agree with this statement? Why or why not?

Rabbi Jill Jacobs

Twitter thread, June 26, 201 <https://twitter.com/rabbijilljacobs/status/1144029098924109825> (source from source sheet by Rabbi Megan Doherty)

1) It's a completely brilliant (IMHO) innovation on the part of Judaism/Torah/God to suggest that for 25 hrs/week we put aside our everyday work & take a break. 1/11

2)"Day of rest" doesn't exactly capture what Shabbat is about. I prefer to think of it as one day to enjoy the world as it is/not to create or destroy. It's not that the world was complete after day 6 of creation-- but it was time to take a break from trying to perfect it. 2/11

(anyone who has ever entertained children, hosted huge meals, or shlepped up many flights of stairs on Shabbat knows that "rest" is not the operative term) 3/11

3) Shabbat is also reminder that working harder won't fix everything. The hubris of activists is thinking "if I just stay up later, work longer, we'll win." More often, we burn out. Shabbat is a check against narcissism that one more day of my working will change everything. 4/11

Do you agree with these statements? Why or why not? What ways can/do you find to step back from your work and rest?

Talmud Ta'anit 22a (source from source sheet by Sara Tillinger Wolkenfeld)
 Rabbi Beroka Hoza'ah used to frequent the market at Be Lapat where Elijah often appeared to him. Once he asked [the prophet], is there anyone in this market who has a share in the world to come? He replied, No... While they were talking, two men passed by and Elijah remarked, These two have a share in the world to come. Rabbi Beroka then approached and asked them, What is your occupation? They replied, We are jesters, when we see men depressed we cheer them up; furthermore when we see two people quarrelling we strive hard to make peace between them.

תלמוד בבלי מסכת תענית כב עמוד א
 רבי ברוקא חוזאה הוה שכיח בשוקא דבי לפט, הוה שכיח אליהו גביה, אמר ליה: איכא בהאי שוקא בר עלמא דאתי? - אמר ליה: לא...אדהכי והכי אתו הנך תרי אתי. אמר ליה: הנך נמי בני עלמא דאתי נינהו. אזל לגבייהו. אמר להו: מאי עובדייכו? - אמרו ליה: אינשי בדוחי אנן, מבדחינן עציבי. אי נמי, כי חזינן בי תרי דאית להו תיגרא בהדייהו - טרחינן ועבדינן להו שלמא

What kind of message do you take from this source? What factors do you take into account in considering your own career choice?

Shawn Achor and Michelle Gielan, Resilience Is About How You Recharge, Not How You Endure Harvard Business Review

(source from source sheet by Rabbi Megan Doherty)

The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems. And lack of recovery — whether by disrupting sleep with thoughts of work or having continuous cognitive arousal by watching our phones — is costing our companies \$62 billion a year (that's billion, not million) in lost productivity. And just because work stops, it doesn't mean we are recovering. We "stop" work sometimes at 5PM, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow...

The key to resilience is trying really hard, then stopping, recovering, and then trying again...

So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, that your brain will naturally recover, such that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times where you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day.

That's because rest and recovery are not the same thing. Stopping does not equal recovering...

CJL SHABBAT WELLNESS INITIATIVE

INDIVIDUAL ACTIVITIES

WRITE DOWN ONE GOAL YOU HAVE FOR YOUR CURRENT OR FUTURE WORK.

Now write down one fear related to it. Ask yourself: what is leading to this fear? Why am I afraid this will happen? What will happen if this fear comes true? Are there other ways to accomplish my goal if it does? What are positives that could arise if this fear comes true?

* Now ask yourself: what goals do I have relating to this goal? For each one, list two ways you can achieve your goals while maintaining your own wellness.

Definition of Occupational wellness (Princeton U Matter): Occupational wellness is finding fulfillment from your work and study, contributing meaningfully, and continuing to expand your skills and strengths. Occupational wellness is relevant throughout our lives, encompassing academic study, paid work and volunteerism.

SHABBAT FRIENDLY ACTIVITIES

- Think of other definitions, specific or general, you can add to the meaning of "Occupational Wellness"
- Spend an hour doing something completely unproductive
- Find one text from a book or other material that inspires you to take action. Close your eyes and imagine having a conversation with the writer. What would you tell them? How would this conversation inspire you to take action?

VALUES EXERCISE

Look at the list of values below (not comprehensive – you can add your own). What are your top 5 values that are most core to who you are? What are your top 5 values most important to your family? What are your top 5 values more important to choosing your career. Reflect on where these intersect and where they diverge. Compare your lists with a friend.

Acceptance Achievement Adventure Altruism Attentiveness
 Balance Beauty Caring Charity Cherishing-the-Elders
 Community Compassion Competence Connection Courage
 Creativity Curiosity Determination Dignity Discipline
 Diversity Friendliness Friendship Fun Generosity Gratitude
 Growth Honesty Hopefulness Humor Independence
 Integrity Introspection Joy Justice Kindness Kindness-to-animals
 Knowledge Leadership Learning Love Love-of-the-Jewish-people
 Loyalty Modesty Open-Mindedness Openness
 Peace Philanthropy Positivity Protecting-the-earth Pursuing-Peace
 Reason Recognizing-the-good-in-others Reliability
 Respect Responsibility Saving-a-Life Self-control Spirituality
 Support Sustainability Teamwork Thoughtfulness
 Trustworthiness Wisdom Wonder Work

ON-CAMPUS RESOURCES

Access these resources to improve your professionalism, explore new career opportunities, and set goals for your future:

[Center for Career Development \(for graduate and undergraduate students\)](#)

[Graduate School Professional Development](#)

[Human Resources - Benefits](#)

[Pace Center for Civic Engagement for undergraduate and graduate students](#)

[Working at Princeton](#)

[Center for Jewish Life](#)

[UMatter Princeton](#)

Occupational Wellness Self-Assessment

Occupational Wellness: getting personal fulfillment from your job or academic pursuits, and contributing to knowledge and skills, while maintaining a work-life balance	Never	Rarely	Sometimes	Usually
1. I get personal satisfaction and enrichment from work	1	2	3	4
2. I believe that I am able to contribute my knowledge, skills, and talents at work	1	2	3	4
3. I seek out opportunities to improve my knowledge or skills	1	2	3	4
4. I balance my social life and job responsibilities well	1	2	3	4
5. I effectively handle my level of stress related to work responsibilities	1	2	3	4
6. My work load is manageable	1	2	3	4
7. I explore paid and/or volunteer opportunities that interest me	1	2	3	4

Total

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 it 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 ENGAGE IN OCCUPATIONAL WELLNESS:

Look for opportunities to use your talents and skills to contribute positively to the world around you.

Make it a priority to find paid and volunteer opportunities that interest you.

Learn skills that will help you accomplish your goal, such as time management, study skills, communication, presenting and writing, and project management.

Identify and reduce occupational and academic stress.

Find a balance between school/work and leisure time.

Check out some great virtual volunteering opportunities here:

Corona Connects, a platform that matches volunteers to opportunities in just 60 seconds...**CREATED BY HILLEL STUDENTS!**

Repair the World - is regularly updating virtual volunteer opportunities to their website, as well as sharing ways to support local service partners and caring for ourselves and each other

Gift of Life - Join the registry! If you are between 18 and 35 years old and in good health, please order a swab kit sent to your house.

Catchfire - Catchfire strengthens the social good sector by matching professionals who want to donate their time with nonprofits who need their skills.

Skilled Volunteers for Israel - Skilled Volunteers for Israel, English B'Yachad (English Together) program, is seeking tutors for one on one English language tutoring to Israeli young adults through an online platform.