

CJL SHABBAT WELLNESS INITIATIVE

Source Sheet and readings

Blessed are you, Lord, our God, ruler of the universe, who with wisdom fashioned the human body, creating openings, arteries, glands, and organs, marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be impossible to exist and stand before You. Blessed are you, Lord, healer of all flesh who sustains our bodies in wondrous ways. (from Sim Shalom Siddur translation)

בְּרוּךְ אַתָּה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת-
הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ נִקְבִּים נִקְבִּים חֲלוּלִים
חֲלוּלִים. גָּלִי וְיָדוּעַ לִפְנֵי כֶסֶף כְּבוֹדָךְ, שְׂאָם יִפְתַּח אֶחָד
מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם, אִי אֶפְשֶׁר לְהִתְקִים וְלַעֲמֹד
:"לִפְנֵיךְ. בְּרוּךְ אַתָּה ה', רוֹפֵא כָל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת

This is a prayer that is said after going to the bathroom. Why is that an appropriate time to thank God for the miracle that is our bodies? When else do you think it would be appropriate to be grateful for our bodies?

The prayer says that if our body were to fail to function, then we would not be able to stand before God. Do you agree that standing before God is the most important reason we have functioning bodies? What are other things we would not be able to do without our bodies? Why is it important to take care of them?

Take some time to appreciate the intentional and complex design of your body. Think about all of the organs needed to breathe, to eat and digest one bite of food, to walk down the stairs, etc. Write down any thoughts that come to mind.

Benefits of Physical Activities from the CDC

Some benefits of physical activity on brain health happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

- Have you been feeling more anxious than usually lately? Not sleeping well? Try exercising during the day (at least an hour before bed). You may find it soothes you and tires you out.
- Exercising before doing work or an exam can also be helpful. It gets the blood flowing, including to your brain, and can help you focus, and even perform, better. If you are feeling antsy and not able to concentrate, take an exercise break (go for a walk, a run, follow a workout video on youtube)
- Making exercise a part of your weekly routine will help you consistently feel better

Physical wellness definition (Princeton Umatter): Physical wellness comes from making choices to avoid harmful habits and practice actions that support your physical body, health and safety. It includes choices about physical activity, healthy eating, sleeping, safer sex, getting medical care, and use of alcohol, other drugs and tobacco.

Mishneh Torah - Deot Verses from chapter 4

1. Since maintaining a healthy and sound body is among the ways of God - for one cannot understand or have any knowledge of the Creator, if he is ill - therefore, he must avoid that which harms the body and accustom himself to that which is healthful and helps the body become stronger

2. He should not eat until he has taken a stroll which is sufficient to raise his body temperature. Alternatively, he should work or exert himself in some other way. The rule is that he should engage his body and exert himself in a sweat-producing task each morning. Afterwards, he should rest slightly until he regains composure and [then, he should] eat. If he were to bathe in hot water after exerting himself, it would be beneficial. Afterwards, he should wait a short while and eat.

15. [Conversely,] whoever is idle and does not exercise, or does not move his bowels when he has the need, or is constipated, even if he eats the proper foods and takes care to follow the rules of medicine, will be full of pain for all his days and his strength will fade away.

א. הואיל והיות הגוף בריא ושלם מדרכי השם הוא. שיהי אי אפשר שיבין או ידע דבר מידיעת הבורא והוא חולה. לפיכך צריך להרחיק אדם עצמו מדברים המאבדין את הגוף

ב. לא יאכל אדם עד שילך קדם אכילה עד שיתחיל גופו לחם. או יעשה מלאכתו או יתיגע ביעג אחר. קללו של דבר יענה גופו וייעג כל יום בבקר עד שיתחיל גופו לחם וישקט מעט עד שתתישב נפשו ואוכל. ואם רחץ בחמין אחר שיגע הרי זה טוב: ואחר כך שוהה מעט ואוכל

טו. כל מי שהוא יושב לבטח ואינו מתעמל. או מי שמשעה נקביו. או מי שמעיו קשין. אפלו אכל מאכלות טובים ושמר עצמו על פי הרפואה. כל ימיו יהיו מכאובים וכחו תנשש

(if you're curious about the rest of the chapter that talks in detail about what foods to eat, how to sleep, when to exercise, etc -

https://www.chabad.org/library/article_cdo/aid/910344/jewish/Deot-Chapter-Four.htm#v1).

What are ways you can help make your body stronger, according to these few verses? Write down or think about three concrete activities, whether that is eating vegetables twice a week instead of once, sleeping eight full hours one night a week, take a walk every other day etc.

In verse 15, Maimonides, the author of Mishneh Torah, seems to be suggesting that healthy eating is the least important part of a healthy body. What do you think? How would you rank healthy eating, exercise, going to the bathroom, and taking medicine in order of importance for your body? What are other activities that you should prioritize for taking care of your body?

Sleep is a crucial part of our physical health that we often neglect, especially as college students. Here are some reasons why sleep is important and examples of what can happen when we are sleep deprived:

FROM NIH (SLIGHTED EDITED FOR CONCISENESS):

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

During sleep, your body is working to support healthy brain function and maintain your physical health.

The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

Studies show that a good night's sleep improves learning. Whether you're learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Children and teens who are sleep deficient may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, stroke, and obesity.

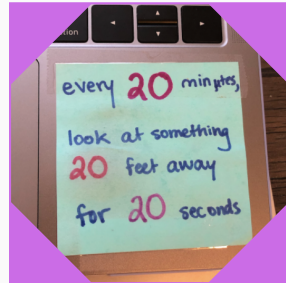
Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.

Sleep also supports healthy growth and development by boosting muscle mass and helping repair cells. Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

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INDIVIDUAL ACTIVITIES

Sleep!! It's one of the best things you can do to keep your body healthy. Pick one day this week to get at least 8 hours. Bonus points if you can sleep 8 hours multiple nights this week



Put up a post in on or near your computer to remind yourself to do the 20-20-20 rule for your eye health (every 20 minutes, look at something 20 feet away for 20 seconds). It might be helpful to set an alarm or a timer for every 20 minutes. It's also good to stretch your legs out every once in a while, so look 20 feet away while standing up, if you can.

Stack books under your computer to raise the screen so that it is at eye level when your head is straight. Have a post it reminder to sit well - feet on the floor, shoulders back and relaxed, eyes looking more or less straight. Take a walk for at least 30 minutes.

PAIRS/GROUP ACTIVITIES

Pick a time with a friend or two that you will exercise together for at least 30 minutes. This can be choosing a workout video on Youtube to follow together at the same time (optional: Facetime with your friend), go on a run at the same time, talk on the phone together as you both walk around outside, ride bikes together (if you're in the same area or not), just be doing the same kind of exercise at the same time with someone else.

<https://campusrec.princeton.edu/fitness-wellness/group-fitness> - Dillon classes that are free. Some are live, but if you scroll down there are prerecorded "10 Minute Workout Videos" and other recorded classes

SHABBAT FRIENDLY ACTIVITIES

Turn off your phone for 25 hours. Not only is it good for your soul, but it's good for your eyes too (that means no computer or TV either!)

Do 10 push ups or sit ups tonight. If you want an extra challenge, try to do 10 every day (set a reminder on your phone if you're worried about forgetting)

Have a vegetable tonight at dinner without dessert

Fill up your waterbottle and have it ready first thing in the morning. Try to drink it all before lunch, then fill it up and repeat in the afternoon.

Physical Wellness Self-Assessment

Physical Wellness: making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety	Never	Rarely	Sometimes	Usually
1. I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).	1	2	3	4
2. I get 6-8 hours of sleep each night	1	2	3	4
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.)	1	2	3	4
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC \leq .06	1	2	3	4
5. I avoid using tobacco products or other drugs	1	2	3	4
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)	1	2	3	4
7. I get regular physical exams (i.e., annual, when I have atypical symptoms)	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.*

TAKE ACTION TO MAINTAIN YOUR PHYSICAL WELLNESS:

- Obtain prompt care for injuries and illnesses.
- Practice good self-care consistently, like eating healthy foods, exercising regularly and getting enough sleep.
- Practice behaviors that support your immune system and prevent illness (e.g., hand-washing, getting immunizations).
- Take care of your sexual and reproductive health (e.g., using barrier methods during sexual activity, getting regular exams)
- Pay attention to and support your emotional wellness.
- Limit your use of alcohol, if you choose to drink at all.
- Avoid tobacco products and illegal drugs; take medications only as prescribed.

ON-CAMPUS RESOURCES

Use these resources to support you on your path towards enhanced physical wellness:

[Campus Dining](#)

[Campus Recreation](#)

[Office of Disability Services](#)

[Princeton Athletics](#)

[University Health Services](#)

[Princeton UMattter](#)

[Center for Jewish Life](#)

*Thank
you!*

Thank you for joining us on this 7 week wellness journey! We hope you found some meaningful and enjoyable new ways to enhance your Shabbat wellness practice. We were thrilled to take this journey together and look forward to a time when we can share our experiences in person.