

# COPING: ADDRESSING THE DIFFICULT MOMENTS AS THEY ARISE

As we are approaching the year anniversary of the attacks on October 7, we should think about the ways we can create space to support our community members and Jewish professional staff during the Chaggim, High Holidays, this year. We should also be thinking about the ways we can be compassionate to ourselves as well as others.

***Rabbi Hillel used to say: If I am not for me, who will be for me? And when I am for myself alone, what am I? – Ethics of our Fathers 1:14***

In other words, “If your compassion does not include yourself, it is incomplete.” – Jack Kornfield

## Coping: Addressing the difficult moments as they arise – The ABC's of Coping

### Awareness

- How does your history of trauma affect the way you view and do this work?



### Balance

- What are realistic goals for yourself?
- How do you know when you need to readjust?
- How do you know your limits?
- How can you give yourself permission and space to fully experience emotional reactions?



### Connection

- How can you engage with your support system?
- Who do you turn to when you need to debrief difficult situations?



Adapted from "The Complete Compassion Workshop" by Dr. Brandy Nicole Brooks, LICSW, LCSW, CCTS-I