

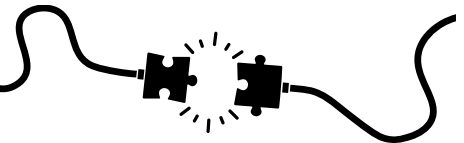
LIVING YOUR VALUES: EMOTIONAL RESILIENCE AND NAVIGATING DIFFERENCE IN TURBULENT TIMES

During turbulent times, it can be challenging to support our mental wellness while also remaining connected to our communities. We each face a unique balance that allows us to honor our values, boundaries and the health of our relationships.

Leaning on our Jewish values can be a powerful tool to support our mental health during difficult periods. The Blue Dove Foundation highlights middot (values) that help draw connections between Jewish values and mental health.

Chesed u'gevurah — balancing loving kindness and discernment — is a particularly meaningful part of creating healthy relationships. It reminds us we need to be kind and loving, we need to take care of others, and we need to have boundaries to practice loving-kindness for ourselves. We also invite you to draw on Jewish values of inclusion, such as those offered by Keshet, that remind us our tradition is one where diverse perspectives are honored, and tikkun olam — repairing the world — is our collective responsibility.

Turbulence as a Vehicle for Deeper Connection



Our relationship with tradition also inspires us to see conflict as a part of relationships that helps us to clarify and connect deeper. Yisrael — or Israel — literally means “to struggle with God.” We are uniquely encouraged to wrestle with our tradition, being asked to study, question and find practices that meet our needs. From this, consider how to wrestle in community and to celebrate our culture of asking questions. Just like Passover is not complete until we ask questions, meaningful connection in times of turbulence is essential to maintaining our community health.



Written in Collaboration with Dr. Dani Rosenkrantz, Licensed Psychologist and Expert in Jewish LGBTQ+ Mental Health

Nothing in this resource is to be construed as medical advice or treatment. For all medical questions, please consult a medical professional or treatment facility.

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We should note that we don't have to be experts to have meaningful conversations. We also want to acknowledge that conflict can feel scary, especially when we don't feel we have the tools for it to feel successful.

We hope to support you in building emotional regulation skills, setting clear intentions in conversations, learning how to balance advocacy and practicing self-care and burnout prevention.

Consider how to navigate turbulence in ways that honor and let you live by your values.



 Making Mentsches: A Periodic Table							
Inspired by Tiffany Shlain's <i>Periodic Table of Character Strengths</i> . Watch <i>The Science of Character</i> & learn more at LetItRipple.org . Adapted by Rabbi Avi Orlow. For additional resources, contact avi@jewishcamp.org .							
1 Wisdom חכמה Hochma Wi	2 Courage אומץ לב Ometz Lev Co	"The Maharal of Prague [Rabbi Yehudah Loeb, d.1609] created a golem, and this was a great wonder. But how much more wonderful is it to transform a corporeal human being into a mensch!" — Rabbi Israel Salanter, Founder of the Modern Mussar Movement				3 Wonder מלכות Malchut Tr	KEY
4 Understanding בינה Bina Wi	5 Zest & Zeal זריזות Zerizut Co	6 Decency & Social Intelligence דרך ארץ Derech Eretz Ho			7 Reverence & Awe יראה Yira Tr	Wisdom Courage Honor Justice Moderation Transcendence	
8 Sensibility דעת Daat Wi	9 Confidence בטחון Bitachon Co	10 Compassion רחמים Rachamim Ho	11 Justice דין Din Ju	12 Calm & Composure מנוחת הנפש Menuchat HaNefesh Mo	13 Contentment הסתפקות Histapkut Mo	14 Love אהבה Ahava Tr	* These 7 Middot, or character traits, are keys to success, according to Paul Tough in his book, <i>How Children Succeed</i> .  Jewish ethics are based on the idea that we are created in the Divine image. The Kabbalah imagined that HaShem is revealed in a number of attributes, or <i>sfirot</i> , which correspond to our highest aspirations for human character.
15 Curiosity הסתקרנות Histakrut Wi	16 Will Power גבורה Gevurah Co	17 Kindness חסד Chesed Ho	18 Community Mindedness ערבות Areyvut Ju	19 Organization & Order סדר Seder Mo	20 Humility ענוה Anavah Mo	21 Gratitude הכרת הטוב Hakarat HaTov Tr	
22 Creativity יצירה Yetzirah Wi	23 Conviction אמונה Emunah Co	24 Loyalty נאמנות Ne'emanut Ho	25 Social Responsibility אחריות Achrayut Ju	26 Patience סבלנות Savlanut Mo	27 Modesty צניעות Tzniut Mo	28 Joy שמח Sameach Tr	∞ The highest <i>sfirot</i> , attribute, not understood in a human context.
29 Appreciation of Opposition מחלוקת Machloket Wi	30 Perseverance & Grit נצח Netzach Co	31 Pursuit of Peace רדף שלום Rodef Shalom Ho	32 Compassionate Criticism תוכחה Tochecha Ju	33 Forgiveness מחילה Machilah Mo	34 Piety חסידות Chassidut Mo	35 Whole & At Peace שלמות Shleimut Tr	
36 Foresight ראוה את הנולד Roeh et HaNolad Wi	37 Integrity ישר Yosher Co	38 Leadership מנהיגות Manhigut Ho	39 Righteous צדק Tzedek Ju	40 Acquiescence הוד Hod Mo	41 Balance & Inner Beauty תפארת Tiferet Mo	42 Grounded יסוד Yesod Tr	43 Majesty כבוד Keter Wi ∞

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Which of these values matter most to you?

Where are you feeling most alignment/struggling?

What/who increases feeling connected/disconnection?



Turbulence can come from being a diverse community that encompasses many different perspectives. **As the saying goes, “two Jews, three opinions!”** Sometimes, others prioritize values differently than we do. When those values feel particularly important or when they are feeling challenged, we can experience disconnection. Part of reconnection means clarifying where we are feeling protective and where we are feeling challenged. We invite you to ask yourself the following questions:

What communities matter most to you?

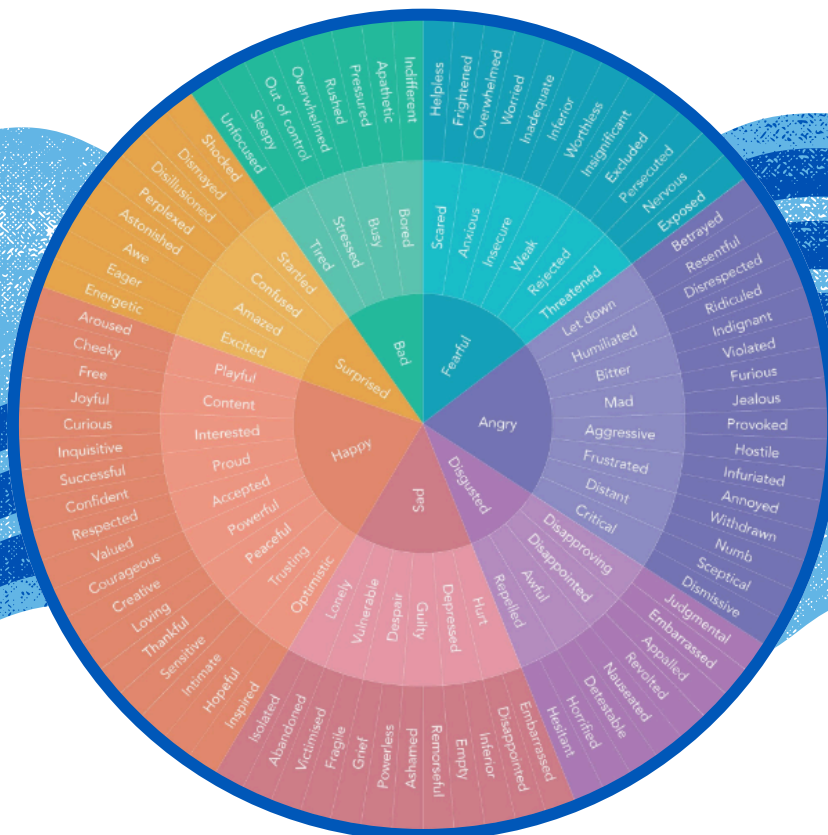
Where are you feeling most alignment/struggling?

What/who increases feeling connected/disconnection?



Part of embracing the turbulence that can come with life today is learning to feel confident in our emotional skills. Here are some skills you can practice to build your emotional resilience.

Practice clarifying what emotions you are feeling. Get specific and nuanced here to really hone in on your emotional experience. Emotion wheels can be very helpful in increasing your emotional vocabulary. If you are teaching little ones about emotions, this activity by [With Love, Ima](#) can be a fun way to start building their emotional language by connecting to Jewish characters. Naming our emotions can help us navigate turbulence more effectively.



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Validation:

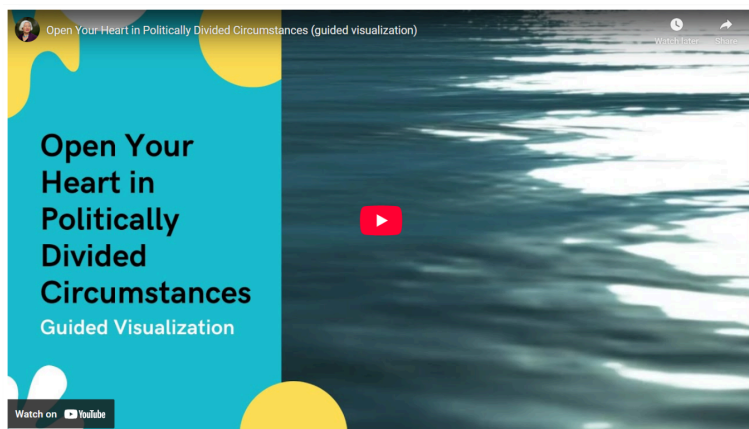
Practice making the connection between your emotion and your experience. For example, you might say, “It makes sense that I feel x emotion because of x experience.” The process of reminding ourselves our emotions make sense in context helps us process the emotions we are feeling.

Boundary setting:

Once we understand and validate our emotions, we can explore what boundaries we need in order to remain present in conversation with others who might share different perspectives than us. Remember, boundaries are tools to practice loving-kindness toward ourselves, which in turn helps us to better support others. You cannot pour from an empty cup, and having no boundaries is a recipe for burnout. Setting boundaries helps us honor our values and needs, even when the turbulence is really challenging. If you need more ideas of how to approach challenging conversations, Jewish psychologist Tania Israel provides a great [resource for approaching differences in perspectives](#).

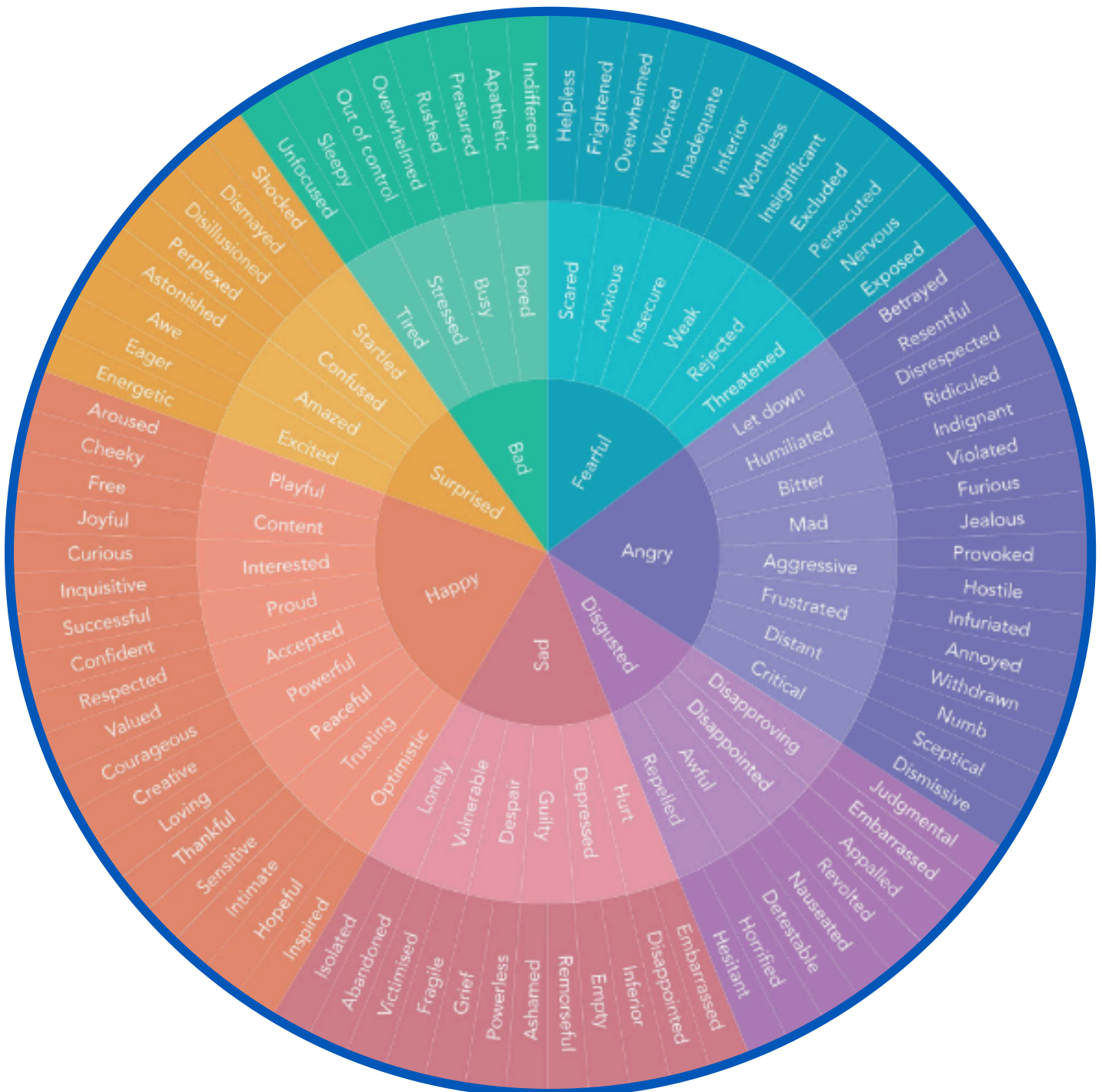
“In the Moment” Coping Tools

Sometimes we find ourselves in an unexpected situation, and our emotions begin to rise. When these challenging moments happen, it can help to have planned coping tools that work for you ready — things like deep breathing, splashing your face with cold water, listening to a favorite song or looking at a picture that reminds you of your values. For example, you might listen to [this visualization](#) to help ground you in challenging conversations with different viewpoints.



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Read through the list of emotions and think about the following questions:



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What emotions most speak to your experience lately?

What coping tools feel most helpful to you that you already use?

What would you be interested in exploring further?

