

Honestly,  
I need to  
chill the  
\_\_\_\_\_ out

(and other self-care resources)

**Terry Wunder, Moishe House Senior Program Director**





# PERSONAL ECOLOGY

**PERSONAL:** adjective

of, relating to, or affecting a particular person:  
private, individual

**ECOLOGY:** noun

a branch of science concerned with the inter-  
relationship of organisms and their environ-  
ment

Personal ecology is it's own idea and practice.  
It is different than work-life balance. What  
does “personal ecology” mean to you. How is  
that different than “work-life balance”?

# PERSONAL ECOLOGY IS ABOUT **YOU!**

**As busy adults, tasked with taking care of others, you face a lot of pressure. It can feel like you are working 24/7 and that there isn't enough time to meet all the demands being placed on you, let alone to take care of yourself.**



**here's your reminder**  
@tinycarebot

Follow



: remember to do a posture check please

6:13 PM - 8 May 2018

this is a real twitter account! go check it out! @tinycarebot

# PIZZA PIE OF ENERGY

## How do you split up your energy on a daily basis?

Reflect on how you currently use your time. Where does your energy go? Envision shifting your time to create space for practices that nourish you. You can do this on your own, with a trusted friend or mentor.

Campers

Worrying about home stuff

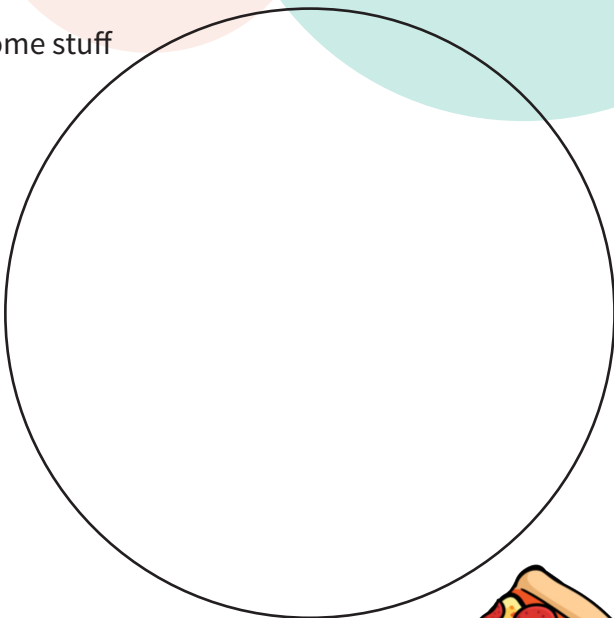
YOURSELF

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*disclaimer: this picture of pizza is not kosher!*

# The Urgency Index

How much does urgency control your life? Circle the number that most closely represents your normal behaviors or attitudes regarding the following statements

**1 = never    2/3 = sometimes    4 = always**

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I seem to do my best work when I'm under pressure.   | 1 | 2 | 3 | 4 |
| 2. I often blame the rush and pressure of external things for my failure to spend deep, introspective time with myself. | 1 | 2 | 3 | 4 |
| 3. I'm often frustrated by the slowness of people and things around me.   | 1 | 2 | 3 | 4 |
| 4. I feel guilty when I take time off.  | 1 | 2 | 3 | 4 |
| 5. I always seem to be rushing between places and events.   | 1 | 2 | 3 | 4 |
| 6. I frequently find myself pushing people away so I can finish what I'm doing.   | 1 | 2 | 3 | 4 |
| 7. When something cancels or I get unexpected free time, my first thought is what I can fill the empty space with.      | 1 | 2 | 3 | 4 |
| 8. I'm often preoccupied with one thing when I'm doing something else.  | 1 | 2 | 3 | 4 |
| 9. I'm at my best when I am handling a crisis situation.  | 1 | 2 | 3 | 4 |

10. The adrenaline rush from a new problem seems more satisfying to me than the steady accomplishment of long-term results.

1 2 3 4

11. I often give up quality time with important people in my life to handle another situation.

1 2 3 4

12. I assume people will naturally understand if I have to disappoint them or let things go in order to handle another situation.

1 2 3 4

13. It's difficult for me to really complete things without the pressure of a deadline.

1 2 3 4

14. I often eat lunch and other meals while I work/on the go.

1 2 3 4

15. I keep thinking that someday I'll be able to do what I really want to do.

1 2 3 4

16. Many items checked off my "To Do List" at the end of the day makes me feel like I've been really productive.

1 2 3 4

17. While I'm working, I feel the pressure of all the other things I have to do that are hanging over me.

1 2 3 4

18. I get irritated when I or others make mistakes, or when things don't go right or get delayed.

1 2 3 4

19. I start thinking about what I have to do today within a few minutes of waking up.

1 2 3 4

20. I feel anxious when I'm out of touch with work/school/friends.

1 2 3 4

Total: \_\_\_\_\_

# URGENCY RESULTS

**0 - 30**

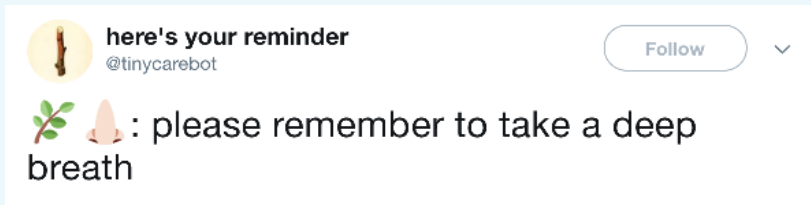
**Low Urgency Mindset**

**30 - 50**

**High Urgency Mindset**

**51+**

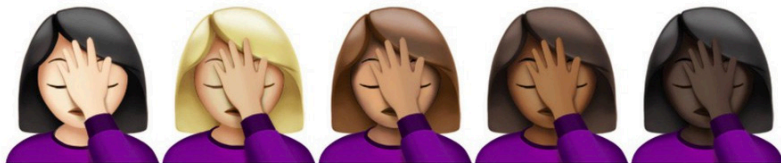
**Urgency Addiction**



## The Urgency Addiction

- Creates predictable, reliable sensations
- Becomes the primary focus and absorbs attention
- Temporarily eradicates pain and other negative sensations
- Provides artificial sense of self-worth, power, control, security, intimacy, and accomplishment
- Exacerbates the problems and feelings it is sought to remedy
- Worsens functioning, creates loss of relationships





# important vs. urgent

	Urgent	Not Urgent
Important	<p>When you spend all your time here you may feel panicked, stressed, or reactive. This is where burnout happens!</p> <p><i>Examples: Things due today or tomorrow, emergencies and crises</i></p>	<p>This area has the potential to make a positive difference in your life! These actions have real impact, creates vision, balance, and a sense of control for what's ahead.</p> <p><i>Examples: Long-term projects, planning ahead, studying in advance, getting started early.</i></p>
Not Important	<p>Spending time here means you're getting things done, but everything is focused on the short term and not on big picture goals.</p> <p><i>Examples: interruptions, distractions, fun events that come up, social invitations</i></p>	<p>Spending too much time here means you're not taking responsibility for things that need to get done, your relationships, or other commitments.</p> <p><i>Examples: Time wasters, procrastination activities, aimless internet holes that end in watching 3 hours of Ellen youtube clips.</i></p>



Set yourself (up for success)  
before you wreck yourself

*Talmud Sanhedrin 17b*

**Did you know that to have a Torah scholar reside in  
your village you have to supply 10 things?**

Basically, if you were going to have a Torah scholar come to your city you'd have to provide a synagogue, a bathhouse, a public bathroom, a doctor, a bloodletter, a scribe, a slaughterer, a teacher of children, 120 men, and fruit.

But, why?  
(that's a weird list of stuff)

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IT'S OKAY IF YOU  
NEED TO TAKE A BREAK  
FROM YOUR GOALS TO  
FOCUS ON YOUR HEALTH  
AND WELL-BEING. YOU  
DESERVE TO TAKE CARE  
OF YOURSELF.

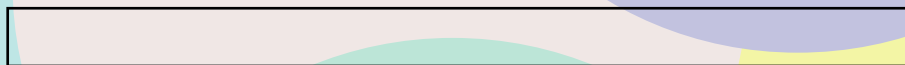
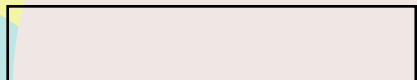
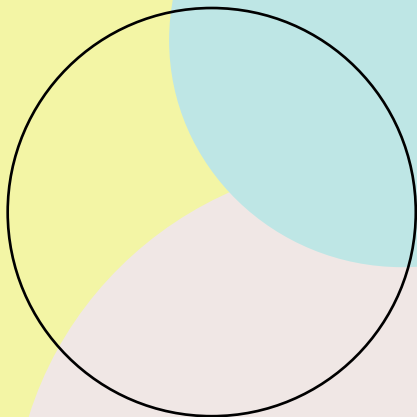

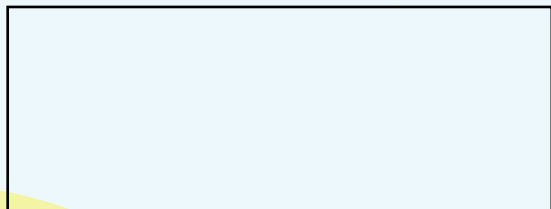


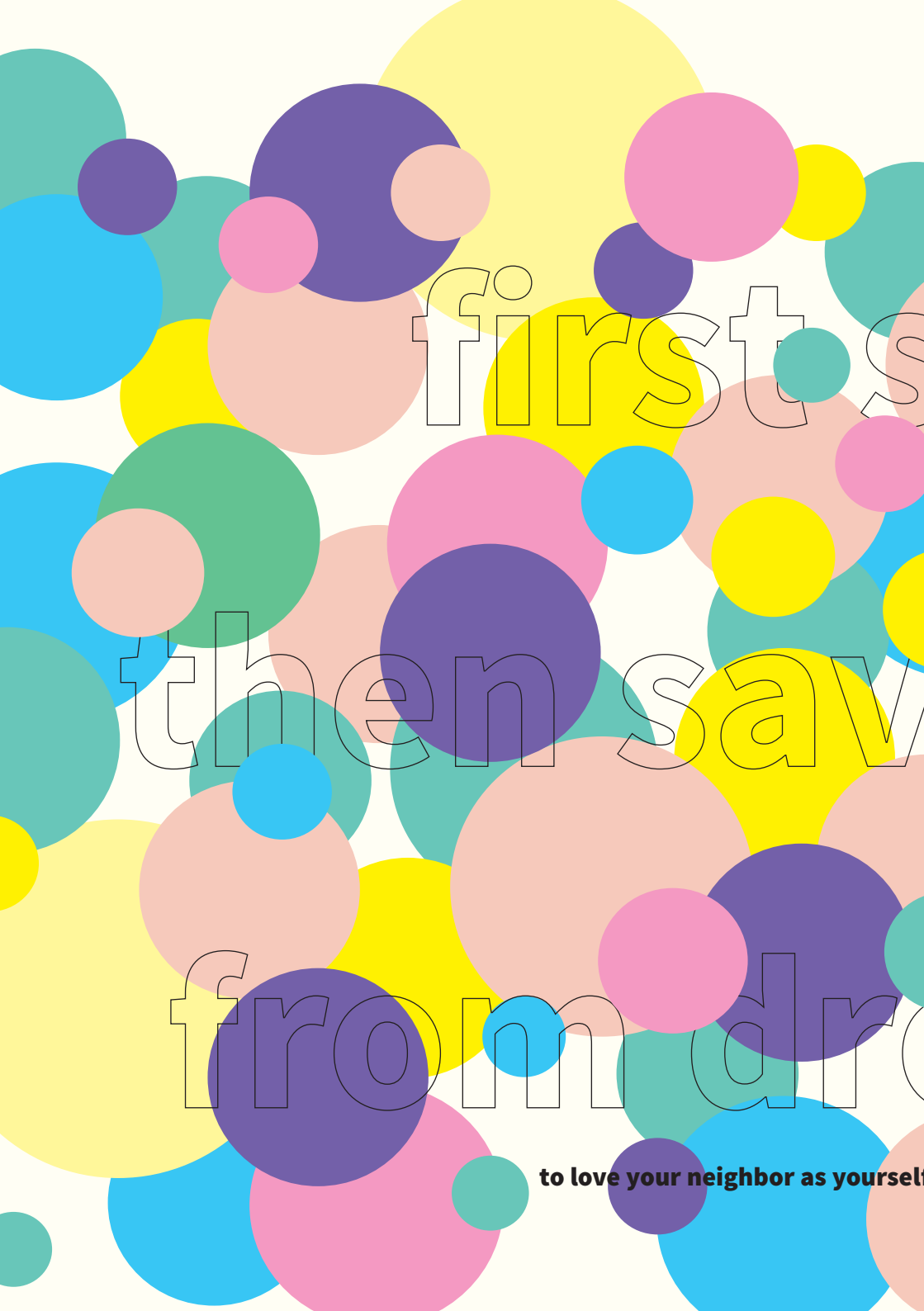
emm  
roy

[positivedoodles.tumblr.com](http://positivedoodles.tumblr.com)

# 10 things

**i Need in Place First  
to be Successful**





first

then saw

from dro

**to love your neighbor as yourself**



Swim.

Love others

owning.

**If, you first have to love yourself.**

# SELF CARE FIRST AID KIT

AKA Things to Do When I Feel Crappy

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## SOME IDEAS...

**scratch** off a lurker on your to do list - heart/head switch - watch a cloud for a full two minutes - check in with your emotions - take ninety seconds of full, deep **breaths** - take another route to work and see what you **notice** - move your body a lot for a few minutes - give someone positive feedback or a genuine compliment - **beauty** scavenger hunt (find five things along the way that are beautiful) - pay full attention to something **you usually** do on autopilot - **goof around** (remind yourself in a new headspace) - have a conversation with someone that you don't usually **talk** to - be totally still for two minutes, stretch out, then be still for three minutes - fix a small annoyance - mini **declutter** session - find a way to exercise a signature strength - take out negative people from your social media - go searching for a new, great smell - nap - cry - **hold hands** - jump - laugh - fix the world

# Everything is Awful and I'm **Not** Okay

## QUESTIONS TO ASK BEFORE GIVING UP

**Are you hydrated / have you eaten?**

Water and snack break!

**Have you showered in the past 24 hours?**

Clean body, clean mind.

**Have you stretched your legs today?**

Walk, run, jump, crawl, stretch, move.

**Have you said something nice to someone in the past day?**

Do it in person or call or text! Be genuine, please.

**Have you moved your body to music today?**

Music totally feeds your soul.

**Have you had human touch lately?**

Hugs, holding hands, hugging the doggo, and cuddling the partner are all good options!

**Have you changed medications recently? Skipped a dose? Switched to generic?**

That may be screwing with your head. Give it a few days and call your doc if it doesn't settle down.

**If daytime: are you dressed?**

Put on real, clean clothes and make yourself look good!

[eponis.tumblr.com](https://eponis.tumblr.com)

**If nighttime: are you sleepy/fatigued, but not going to bed?**

Make tea, hydrate, get comfy, turn off the screens, and cuddle up with your favorite pillow. It's time.

**Do you feel ineffective?**

Pause right now and get something small completed.

**Do you feel unattractive?**

What positive actions can you take to feel good about yourself? Do you need praise? A run? A shower? Do it.

**Do you feel paralyzed by indecision?**

Pause for ten minutes and make a new game plan.



WORRIER POSE

Warrior Pose by Gemma Correll



# How I Keep My Goals Present

*By Rabbi Daniel Sher*

I recall being worried about my ability to prioritize and focus my daily actions. Coupled with the fact that I wanted to actually live a life centered in prayer, I was hoping to use prayer to give me strength in my academic endeavors.

I needed to find a way to ground myself, and found it with my wrapping of tefillin. I begin by counting the seven straps of leather around my arm listing a total of seven goals and initiatives I had for that day.


I would write down the list and say each one while circling my right arm. Some were simple, some more in depth.

‘Finish Dvar Torah, submit application, call grandma’

Throughout the prayer experience, I would try and apply the intention of individual prayers into how I would accomplish these tasks.

I could feel the goals wrapped tightly around my arm, serving as a physical reminder. As I gave thanks to God and prayed these holy words, the prayers gave me the confidence to achieve my goals.





SELF CARE

is a

**PRACTICE**



SUPERMAN  
DOESN'T  
WEAR A  
CAPE ALL  
DAY

# BOUNDARIES

*Many apologies to all my friends  
whose dope events I've missed.  
Right now is grind time but plz  
know the support is consistent <3*

Amanda Parris' social media post

[ArtReach.org](https://www.artreach.org)

## LIST YOUR BOUNDARIES

### EXAMPLES

*Valuing and speaking to my feelings including anger, grief, and rage*


*Disclosing to others parts of my life only when i feel comfortable doing so*

*Becoming aware of when inappropriate aggressions or remarks are made towards me*

*Becoming aware of my needs and wants in personal and work relationships*

*Understanding my personal space needs and expressing them*

*Recognizing FOMO and still doing what i need to do for ME*



# Shabbat and Havdallah require use of all 5 senses

So should your self care!  
Your personal ecology is a  
multi-sensory experience.

i.e. Just eating well isn't as helpful if you're  
not seeing through a healthy  
perspective.

Side question:

Did God create all this in six days and then take a day of rest?

Or is the day of rest *part* of what it took to create the world?

Is rest part of what you need to be successful throughout the  
rest of the week?

# enviSiON

## **YOUR IDEAL PERSONAL ECOLOGY**

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# ASK YOURSELF

How do you currently use your time?

Do these actions nourish you?

What makes them feel good? Are they numbing or invigorating?

Who are your people? The ones in your life who energize you and fill your heart?

How do you want to be cared for by your community?

What are practices of friends you admire?  
Could you incorporate them into your life?



# WEEK 1 PLAN

THIS MONTH, I'M  
GOING TO CHALLENGE  
MYSELF AND TAKE  
CARE OF MYSELF. I'M  
GOING TO ENJOY WHAT  
I HAVE AND WORK FOR  
WHAT I WANT.



EMM  
ROY

## START WITH 1 SMALL SELF-CARE THING A DAY

monday

tuesday

wednesday

thursday

friday

shabbat

sunday



# Make Personal Ecology a team thing

**Self care is much stronger with a  
team looking out for one another!**

## how to do that

Create an evening staff activity centered around self care

Make a Relaxation Room dedicated to quiet time

Cultivate a culture of calling one another in, not out

Check in weekly with an accountability partner

Find a self-care coach/friend outside of work that can give  
you some perspective





Terry and Benji

**TERRY WUNDER**  
**SENIOR PROGRAM DIRECTOR,**  
**MOISHE HOUSE**  
**@twunder on social media**

*Terry Wunder is an architecture school drop out who decided he likes building Jewish community more than building buildings. Terry is the Senior Program Director at Moishe House and runs Moishe House Without Walls (MHWOW). Terry has spent the last two years building the strategy to turn MHWOW into the premier community building tool for Jewish young adults around the world. In 2017, MHWOW engaged over 18,500 individuals in over 3,000 peer-led Jewish experiences.*

*Born in Korea, but raised in Albuquerque, New Mexico, Terry found his path into Jewish communal professional work through Jewish summer camp and going to Hebrew school at a bagel shop. Previously, Terry was the Associate Director of the Center for Youth Engagement at Stephen Wise Temple, Director of Camp Wise LA, Associate Director at Camp Alonim, and was a dishwasher at a little french bakery.*

**SOURCES:**

Caring for Yourself is a Radical Act by [ArtReach.com](https://www.artreach.com/)

Everything is Awful and I'm Not Okay by [eponis.tumblr.com](https://www.eponis.tumblr.com/)

21 Self-Care Resources to Help You Heal and Survive  
Rockwood Leadership Institute

Rabbi Daniel Sher, Youth and Family Rabbinic Intern  
Kehillat Israel, Pacific Palisades, California

**ART:**

Emmroy Art - [positivedoodles.tumblr.com](https://www.positivedoodles.tumblr.com/)

Gemma Correll - [www.gemmacorrell.com](https://www.gemmacorrell.com/)

@tinycarebot on twitter