



The
Jewish
Board



Caring for Community, Caring for Self: A Guide for Jewish Professionals

TIPS FOR MANAGING STRESS WHILE SUPPORTING OTHERS DURING A CRISIS

In times of global unrest, Jewish professionals carry dual roles: caring for their communities while navigating their own emotional and spiritual needs. Here are some simple, restorative practices to help you de-stress, find grounding, and stay present – for yourself and for those who turn to you.

SELF CHECK-IN

Take 30 seconds before a meeting, conversation, or program to ask yourself:

- What am I feeling—emotionally and physically?
- What do I need in this moment?
- Can I offer myself a moment of compassion or stillness?

MINDFULNESS EXERCISE: BOX BREATHING (THE 4-4-4-4 METHOD)

This calming breathing technique that can be done anytime, anywhere:

1. Inhale slowly through your nose for 4 seconds
2. Hold your breath for 4 seconds
3. Exhale through your mouth for 4 seconds
4. Hold your breath (again) for 4 seconds

Repeat a few rounds while noticing the air filling and leaving your body. You can also try saying to yourself: “Inhale calm... Hold peace... Exhale tension...” while going through those steps.

MINDFULNESS EXERCISE: BODY AWARENESS

If you prefer to ground yourself through movement, try this:

1. Place both feet on the ground.
2. Press toes and heels downward.
3. Notice the weight of your body.
4. Name three things you see, hear, or feel.

We're Here to Help

If you are in need of additional support, professional or personal, we are here for you. Please reach out to us by emailing jcssupport@jbfcs.org.

Our team of experts can also provide crisis intervention and listening circles to organizations and groups.

RECITE A SHORT PRAYER

Reciting a traditional prayer or personal words of peace can offer grounding. Choose your own or consider one of these options:

Mi Sheberach

jewishboard.org/jcsprayer1



Oseh Shalom

jewishboard.org/jcsprayer2



Prayers for Times
of World Conflict

jewishboard.org/jcsprayer3



Prayers for Strength
and Healing

jewishboard.org/jcsprayer4



Throughout history, Jews have also often turned to the Book of Psalms for comfort, guidance, and strength during times of hardship. Consider finding a chapter that brings you strength or comfort. If you don't know where to begin, Psalm 121 or Psalm 130 can be good starting points.

MANTRAS AND REFLECTIONS

You can also let these words of wisdom ground you when words feel out of reach. Choose one that brings you strength, and place it somewhere you'll see often:

"I am not required to fix it all. I am here to bear witness, to offer care, and to take the next right step."

— Inspired by Pirkei Avot

"This, too, is Torah: when a person brings another comfort."

— Talmud Yerushalmi, Peah 3:9

"To save one life is to save an entire world."

— Mishna Sanhedrin 4:5

"Hineni – I am here. I am present."

— Based on Genesis 22:1

"May we nurture our relationships—with the Power, our world, our friends, family, and ourselves."

— Harriet Rossetto, Founder of Beit T'Shuvah

And remember:

- You are not expected to "solve" everything.
- Listening and being present is enough.
- **You are human, too.** Feeling fear, grief, or fatigue doesn't diminish your ability to help others.

Naming What You're Feeling: "Traumatic Invalidation"

If you're feeling unseen while holding space for others, you're not alone.

Jewish therapists Miri Bar-Halpern and Jaclyn Wolfman explained how this experience—having the emotional toll of abuse and neglect minimized or ignored—is Traumatic Invalidation.

Visit jewishboard.org/jtatrauma or scan the QR code to learn more.



We're Here to Help

If you are in need of additional support, professional or personal, we are here for you. Please reach out to us by emailing jcssupport@jbfcs.org.

Our team of experts can also provide crisis intervention and listening circles to organizations and groups.