

Five tips to get you through the day

1. Go to a variety of sessions

In a normal year, you may prefer to sit in the marquee all day, or to go to every study session. This year that may feel harder. So, try going to something else. This might be a good year to experiment with something new.

2. Take breaks

It is almost impossible to be on zoom all day. Make sure that you take breaks. We have tried to schedule the day to allow for some pauses by shortening the morning service. There will be a break at the end of the Torah service, periods of transition between sessions, and an hour to walk and listen to the podcast or try relaxation in the afternoon. Take advantage of the breaks that are provided.

3. Listen

If you are finding it hard to keep watching on Zoom or YouTube, try turning off, turning away from the screen, or sitting in another chair and just listen for a while. Engaging just one of your senses might make it easier, and be a different way of connecting.

4. Think about fasting differently this year

We normally think about fasting as something we do or don't do, and if we need to eat or drink it can feel like we have failed.

This year fasting might be extra hard, so think about it differently. If you need to drink, have a glass of water; if you need to eat have a cracker or banana. It is not all or nothing.

5. When you are 'on', be 'on'

When you are in a session or service, especially when you are on screen, try to be wholeheartedly there.

Join in with the reading, or to say amen; Sing along (this may feel strange at first but will make the experience much more grounding); stand up and sit down at the appropriate moments.