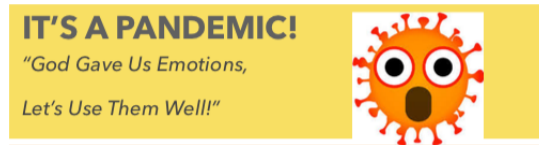

RESOURCES FROM NAJC CHESED WEBINAR

CHAPLAIN SUSAN J KATZ



FROM JUDAISM

- Conservative/Masorti Movement Statement during COVID-19
- "On Shabbat, mind and soul attain menuchah" Texas Jewish Post May 2018
- "Taming the Beast: the Yetzer HaRa and the Yetzer HaToy" Shalom Kantor
- Reform Judaism COVID-19 Resources
- Orthodox Union Torah Resources for the Homebound

PHYSICAL AND MENTAL WELLBEING

- "Myths About Anger" PDF
- The No BS Guide to Protecting Your Personal Space
- Pacing as a Strategy to Improve Energy Management in ME/CFS
- Dynamic Neural Retraining System™ for
- "Wired for Healing" DNRS book
- Tai Chi videos, watch slowness:
<https://www.youtube.com/watch?v=5gDsXbMTBd8>
<https://www.youtube.com/watch?v=rTmwv5yFNPY>
<https://www.youtube.com/watch?v=MgZXBKpVlkw>
- Health Rising blog on Breathing Techniques
- Crocodile Breathing: several teaching videos found online by Google search
- Lewis Black, self expression (mature language throughout!): Red White and Screwed

Humour and Low Impact TV/Movie Suggestions

- on Hypochondria NY Times, by Woody Allen
- "Let There Be Laughter" A Treasury of Great Jewish Humor and What It All Means by Michael Krasny