



**THE SPIRIT INITIATIVE:
Stimulating Program Initiative for Retirees* That Inspires Thought**

***For Retirees, Not-Yet-Retirees, Empty Nesters,
Sandwich generation parents, and Seniors**

THRIVING DESPITE ISOLATION

Sarah Hiller-Bersson, LCSW

- Assessing and taking an account of your feelings
- All feelings are normal
- Our emotional state (such as anxiety or depression) comes from our thoughts: Our cognitive beliefs and how we judge ourselves, others, our environment and the situations we are in.
- Thought content--impacting feelings
- Shifting thought content from negative to positive
- If overwhelmed by feelings and loneliness seek professional help
- Society shut down for those vulnerable now its older adults time to give back
- Resilience-As Jews, resilience is in our DNA
- Applying our strengths, skills and wisdom
- Older adults have a special opportunity to empower themselves, reach their potential and make the world a better place, especially during the epidemic
- Allow your soul to soar
- Scheduling your days. Plan and schedule promising things into your routine to enhance your life
- Self-care: Physical-exercise, eating well, sleeping enough, getting outside into nature

- Self-Care: Mental-Faith, prayer and emunah as a way to address anxiety and the unknown
- Gratitude-Actively identifying gratitude.
- Mindful-Being aware of your thoughts, responses and actively trying to modify the thoughts.
- Meditation exercises to help your mind stay on positive thoughts.
- Mantras-a shortcut to dealing with life disappointments or putting you in a positive mood
- Taking steps to ensure you don't overdose on news and the media
- The importance of staying social, participating in activities and combating loneliness.
- Virtual Volunteering-CoronaConnects many social service agencies offering opportunity to volunteer
- Developing check in partners to call every day
- Pursuing passions online, shiurim, music concerts, art classes, exercise classes, virtual tours and museum visits etc.
- Home and family projects-family and friends cookbook, family stories to pass down as a legacy, deep insight essays on life -all benefiting family and friends in younger generations
- Being a role model and the important impact on younger generations
- Hanging in there as society returns to normal and preparation for older adults extended isolation
- Try different activities and opportunities till you find the right fit
- You can do this!

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