



SID JACOBSON JCC'S DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE



EXPLORING GENEROSITY RESILIENCE CHALLENGE



WHAT IS THE CHALLENGE?

Welcome to the Resilience Challenge, a holistic journey aimed at strengthening our ability to thrive in the face of life's demands.

Resilience is not only about bouncing back from difficult times but also about building a foundation for wellbeing. Throughout each experience, you are invited to engage in activities designed to enhance various aspects of your emotional and physical stability.

The Resilience Challenge recognizes that a well-balanced approach to fostering positive habits is a cornerstone optimal mental health.

Are you ready to be transformed?



WHAT IS THE LINK BETWEEN A GENEROSITY AND RESILIENCE?

Acts of giving, whether big or small, cultivate a sense of purpose and connection. By fostering a spirit of generosity, you not only uplift others but also reinforce your own resilience.

EMBRACE GENEROSITY WITH SID JACOBSON JCC'S CENTER FOR COMMUNITY ENGAGEMENT

The opportunities are endless – whether it's volunteering, donating crucial items, or advocating for the voiceless. Each selfless act makes a meaningful difference in a community and contributes to the greater good.

TIPS FOR EXPLORING GENEROSITY

<h2>1</h2> <p>Start the day by complimenting a stranger or someone you know</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>2</h2> <p>Practice random acts of kindness throughout the day</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>3</h2> <p>Leave a positive online review for a local business you love</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>4</h2> <p>Volunteer your time at a local organization or community event</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>5</h2> <p>Pay for the coffee or meal of the person behind you in line</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>6</h2> <p>Share a skill or talent with someone who might benefit from it</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>7</h2> <p>Organize a small fundraiser for a local cause</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>8</h2> <p>Write a thank you note to someone who has made a difference in your life</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>9</h2> <p>Spend quality time with someone who may be feeling lonely</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>10</h2> <p>Plant a tree or participate in a cleanup day</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>11</h2> <p>Share an inspiring book or article with someone who might enjoy it</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>12</h2> <p>Donate gently used clothes or items to a shelter in need</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>13</h2> <p>Cook a meal for our neighbors in need</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>14</h2> <p>Give a generous tip to a service worker</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>15</h2> <p>Offer to help a neighbor with a task or errand</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>16</h2> <p>Donate to a cause you are passionate about</p> <p><input type="checkbox"/> COMPLETED</p>

PAUSE AND REFLECT

Consider how these self-care activities influenced your mood, energy, and mindset. Journal your thoughts and discoveries to deepen your resilience journey.



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THIS MONTH'S FEATURED TITLES INCLUDE:

*Searching for Happiness: How Generosity, Faith,
and Other Spiritual Habits Can Lead to a Full Life*
by Martin Thielen

Reputation and the Evolution of Generous Behavior
by Pat Barclay

*The Gift of Loving-Kindness: 100 Meditations
on Compassion, Generosity, and Forgiveness*
by Mary Brantley and Tesilya Hanauer



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