

“THRIVE WITH FIVE” • CHABAD ON CAMPUS

Five Wellness Webinars for Shluchos for Inner Growth and Enhancement

Tuesdays, November 1st, 8th, 15th, and 22nd and 29th.

The Power of Positivity - A Torah Prescription for Health and Wellness

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In this 5-part webinar series, we will discuss several themes found in Positive and Humanistic psychology that originate in our Torah and how they are trending in current health and science research. The themes and practice of Positive Psychology have demonstrated significant beneficial effects on our health and wellbeing, yet the Torah knew these truths centuries and millenia ago. In this course, participants will have the ability to see how the Torah’s positive psychology approach enhanced our existence even before the 20th and 21st Centuries’ social and neuroscience discoveries. Attendees will be amazed at the prescience of the Torah and its commentaries, and their benefits to life and longevity. Live experiential exercises will be taught, and group members will have the ability to try out the tools and techniques together with the group as well as more intimately in breakout sessions. Materials for review and practice will be available for use after the series. Additionally, during the program, participants will meet new friends to be able to support them as accountability partners for wellness after the course. Classes will be recorded for those who cannot attend each segment.

The Torah Positive Psychology themes’ acronym is **ACCESS GOOD (or ACCESS G-D)** which includes:

1. **A**cceptance & Equanimity
2. **C**ompassion for Self and **C**ompassion for Others
3. **E**xperiencing the Here & Now
4. **S**taying the Course & **S**trength and Conviction
5. **G**ratITUDE and a Positive Attitude
6. **O**ther-Centeredness
7. (**O**ur) **D**ivine Essence



Session #1 – A Torah Prescription for Health and Wellness – A General Overview.

Along with an overview, additional specific themes to help us in the upcoming sessions will be:

THE STRESS RESPONSE and the RELAXATION RESPONSE and BASIC NEUROSCIENCE CONCEPTS.

The first session will be an overview of the 7 areas of Torah psychology that enhance our lives on many levels – physically, mentally, and spiritually. The class will learn the Torah sources of these themes which pre-existed 20th and 21st Century scientific confirmations of their benefits. In this introduction, each area will be discussed in a general way, showing participants where we are headed, as well as basic ideas from neuroscience and self-regulation. In this and all five sessions we will provide practical tools and tips for “life in the real world,” materials for review, and provide time for Q & A.

Session #2 – “Im Ein Ani Li, Mi Li? - If Momma Ain’t Happy, Ain’t Nobody Happy”

We will discuss the first two Torah psychology themes:

ACCEPTANCE & EQUANIMITY and COMPASSION FOR SELF AND OTHERS

In this session, we will discuss the significance of “letting go” as means of practically diminishing our internal stress response as well as dealing better with people and situations around us. We will take a deep dive into the importance of self-care for physical, mental, and spiritual wellness. Additionally, we will better understand the stress response and the relaxation response so participants will understand the basic foundations of self-regulation, self-maintenance, and staying grounded and embodied.

Session #3 – “Hacking the Here and Now – Living in the Moment”

We will discuss the next two Torah psychology themes:

EXPERIENCING THE HERE (HEAR ;) & NOW and STAYING THE COURSE

In this segment we will discuss the challenges of living in the 21st Century, inundated with digital devices and “weapons of mass distraction.” We will learn practical techniques to maintain our focus and to mitigate stress, distraction, overwhelm, and anxiety. Cognitive strategies will be utilized to develop greater self-discipline and perseverance. Meditation and mindful awareness techniques will be taught for “hacking the here and now.” Additionally, an app, handouts, and recordings for further use will be available to attendees.

Session #4 – An Attitude of Gratitude

We will discuss the next two Torah psychology themes:

GRATITUDE AND A POSITIVE ATTITUDE and OTHER-CENTEREDNESS

This webinar will focus on the ability to look at things from a positive perspective – the “Positivity Bias” of the Lubavitcher Rebbe as well as the approach of the “Chovos HaLevavos,” the Tanach, Chassidus, and more. These traits and states counter the phenomenon of the “Negativity Bias,” which accidentally thrusts us onto the “Merry-Go-Round of the Mind.” Research demonstrates the benefits of positive thinking and gratitude and acts of kindness to others which the Torah taught long ago. We will discuss the various benefits of “other centeredness” and means of developing this “skill” if one is not naturally inclined in this direction.

Session #5 – “How Odd of G-d to Choose the Jews”

We will discuss the last Torah psychology theme:

OUR DIVINE ESSENCE

In our closing session, we will be bolstered with the reminder that we have been chosen by Hashem and we are endowed with a “*cheilek Elokah mima’al* – a portion of G-d above.” This proves our inherent value and intimate connection with the Infinite, infusing us with eternity as a People. Recent studies in the field of neurotheology will describe the advantages of having a spiritual, meaningful and G-d-infused life. The second half of this segment will provide an open venue for sharing and take-aways for “life in the real world.” Those interested in finding an accountability partner will have the opportunity to “break out” and share contact information with one another.