

Shabbos - I can't access GYE

Posted by ILFT-ME - 01 Jul 2018 13:38

During the week if I feel I'm about to fall, I can access the GYE website, or I can listen to shiurim, play games on my phone/computer or a tonne of other stuff, but shabbos is when I struggle with mz"l as I can't do any of the above.

I would like this thread to be for ideas of distractions that can be done on shabbos.

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Re: Shabbos - I can't access GYE

Posted by mzl - 01 Jul 2018 14:04

Go see a friend.

Learn gemara.

Get some captivating books to read (I remember not being able to put down The Hunt for Red October.)

Have a very long lunch with guests.

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Re: Shabbos - I can't access GYE

Posted by ILFT-ME - 01 Jul 2018 14:26

[mzl wrote on 01 Jul 2018 14:04:](#)

Go see a friend.

Learn gemara.

Get some captivating books to read (I remember not being able to put down The Hunt for Red October.)

Have a very long lunch with guests.

Thanks for the suggestions

I read kosher books/newspapers/magazines most of shabbos but I struggle the last few hours of shabbos as there is a limit to how much I can read on shabbos before my head feels like it is gonna explode...

Long shabbos lunches ain't an option as due to ADHD I find it difficult to sit at the meal for long and usually after 20mins I'm on the couch with a newspaper... Also I live with my parents+siblings so I don't get to decide when to have guests... Also for health reasons (mood swings) I barely eat most foods at the shabbos meals (which also makes it difficult to eat out - how do you eat out when you don't plan on eating :-))

Sleep is a common suggestion for shabbos afternoon boredom, but due to mood swings I go to sleep/get up same time every night/day and sleeping on shabbos afternoon ruins the sleep schedule which causes my mood swings to swing...

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Re: Shabbos - I can't access GYE

Posted by mzl - 01 Jul 2018 15:22

Another idea is long board games, like monopoly. We spent five hours playing monopoly on a Shabbos afternoon once.

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Re: Shabbos - I can't access GYE

Posted by ILFT-ME - 06 Jul 2018 18:30

Another idea is to download and print Parsha sheets (the ones you find flying around your shul on shabbos) from parshasheets.com and read them on shabbos. There are alot of different papers - something to suit everyone

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Re: Shabbos - I can't access GYE

Posted by WannabeFree - 08 Jul 2018 06:13

Perhaps you can find a friend to hang out with?

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