

Other issues

Posted by ?????????? ??? ????? - 11 Feb 2021 20:29

Aside from my problems with the main issue this website is dedicated to, I have a new issue for which I need some eitzah. This past week I've been horrible at getting out of bed. One cause of this has been going to bed too late, which admittedly I need to do go to sleep earlier, but the main issue is this. Whenever I wake up, if I hear my alarm, I usually hit snooze a couple of times. If I'm lucky, I get out of bed, but sometimes I'll snooze it past minyan times at my yeshiva. At that point, I guess in my tired state I'm just so upset that I failed to get out of bed for minyan, that I make it worse for myself, ditching my chavrusa and sleeping in for morning seder. If anyone has any advice or tips, I would really appreciate it.

Thanks

=====
=====

Re: Other issues

Posted by DavidT - 11 Feb 2021 21:36

"One should strengthen himself like a lion to get up in the morning to serve his Creator."

These are the opening words of the *Shulchan Aruch*, the standard code of Jewish law. A Jew should not be lazy, but rather have an excited, upbeat attitude about the upcoming morning prayers, and toward life in general.

If life is a bore, you feel more like sleeping. Someone who loves life doesn't want to go to sleep at night. He just keeps on going until he falls asleep – then jumps out of bed the next morning like a lion.

Did ever try putting a baby to sleep? No way! He's afraid of missing all the excitement.

To capture this zest for living, you need to focus on the deeper purpose and meaning of life. Look for fascinating, fulfilling activities. Learn how to create joy in living, instead of just "waiting for it to happen." When excited and looking forward to a new day, you are fully alert.

=====
=====

Re: Other issues

Posted by Captain - 12 Feb 2021 14:03

Try an sunrise simulating alarm clock. They start with a low light about half hour before the alarm goes off and then it slowly gets brighter, so your body slowly awakens and by the time the alarm rings, you're more ready to get up

=====

=====

Re: Other issues

Posted by Lou - 12 Feb 2021 18:45

I once asked R Avigdor Miller ZTL this exact question. It was while he was walking so it was not time for an extended conversation. he just smiled at me and said "Buy an alarm clock!" I was bit taken aback by his lack of comprehension at first. However,after some thought, I realized he comprehended my question just fine. and his answer was stop looking for ideas of how to motivate yourself to do it. Just do it!! This fits in very well with his general outlook on self confidence,self esteem etc. He would say that he really was not confident to speak publicly (or something similar to that) but he just knows he has a job to do in this world so he just does it!

Is it the perfect solution for those of us that are not on his level? No. But it can help boost you a bit to realize that if it something you are supposed be doing then stop thinking and just do it!

Hatzlocha

=====

=====