

Stress Management

Posted by geshertzarmeod - 27 Feb 2011 09:37

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Im still learning my way around here so I don't know if this is the best way to pick the experts' brains, but tzaddik90 thought it was a good idea. So any complaints go to him! jk

In a different thread I dealt with and received tremendous feedback about hashkafa, which led me to realize that it wasn't so much wrong hashkafa that got me messed but bad coping habits. Now maybe I need a psychologist, but I figured I would let you guys have a try first. It is cheaper

I feel that even though GYE and the forum have been a tremendous help and I have so much more to gain from it, but its almost like Im counting the days until I have another fall. Im sorry for sounding sacrilegious. I know its important to celebrate the victories, but I feel that its also important to find the source of the problem and deal with it. Am I wrong?

For me, M is a knee jerk reaction to stress. Why?

More specifically, what can I do differently to reduce the stress? Im finding myself staying away from M, but not dealing with the stress. Instead I just fall into a depression.

I feel paralyzed, like I can't do anything which just makes things worse because there are things that can be done but I feel helpless. So I do nothing, which just causes more stress because I am even farther behind. It's a vicious cycle. Sometimes the stressor is not that big of a deal but I blow it out of proportion. Maybe I just need someone to hold my hand and walk me through it. I don't know.

So what are the positive proper ways to deal with stress? I know it sounds like a dumb question, but I obviously need to be taught how to deal with it properly. The hashkafa aspect is already registered. I know all the right answers but Lmaaseh, I need concrete ways to deal with it.

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Re: Stress Management

Posted by Yosef Hatzadik - 03 Mar 2011 20:12

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Oh no! Here we go again..... ???

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Re: Stress Management

Posted by Me3 - 03 Mar 2011 20:32

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I didn't notice he was shutting up. He just said he was stopping to post on this thread because we had so thoroughly proved him wrong, the more he posted the more he proved our point.

Or something like that...

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Re: Stress Management

Posted by oblum - 03 Mar 2011 22:24

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[Me3 wrote on 03 Mar 2011 20:32:](#)

I didn't notice he was shutting up. He just said he was stopping to post on this thread because we had so thoroughly proved him wrong, the more he posted the more he proved our point.

Or something like that...

nice try buddy!

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Re: Stress Management

Posted by pinokio - 04 Mar 2011 05:32

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dear diary gesher tita,

i too realize i have doubts of emunah and struggles with things related to parnassah.

i was thinking about it alot because of u, and i will share a bit.

i heard my spouse say that xy and z live in a certain wealthy neighborhood here in Ey. When i heard her say this, i felt like i hated these ppl.

later, a big rav told a friend of mine abt. how the rav's son in law is doing shiputzim in his apartment. i felt some hatred now for the son in law of the rav, whom i also see around.

I felt kinah from these two stories bec. i said to myself "here i am trying like a rotting in the sun wallabie carcass to finish college, enter a master's program, and god willing make more than a \$6000 kollel check-and these ppl already have houses!? im struggling to buy a house, i even have alotta cash set aside, and in EY right now all you cld do with this big sum of money is buy a huse out in gaza or lud, which ppl are now buying in.

so each day i check the newspapers and realties for a good deal that nver comes, ive spoken to experts, mikubalim abt. if the prices will drop, and THESE NEFARIOUS INFIDELS have the chutzpah to be better than me and own a house, and to add insult to injury, they own nice houses in rechavia while icant afford to buy in giv'at z'ev! nefarious indeed, watson!

also, here is this rav's son in law, making his pad look all nice and pretty, whereas I , after two years, just received permission to put nails into the wall to hang up pictures or a shelf?

THEN I REMINDED MYSELF THAT MY SITUATION IS THE BEST IN THE WORLD, EVER POSSIBLE, FOR ME, TO ENJOY THIS WORLD AND THE NEXT

i don't want their life. Iv'e got it all .Everything. i have health, kids, brains, a job (well, my wife doesnt, oy...she just lost it) EVERYTHING THAT ME MYSELF AND I NEED AND WILL ENJOY

thank you god

you are so nice to me

you do so much for me

i will be sameach bichelki

i will be besimcha and thereby make u happy that i appreciate what u give me-i'll show you!

thank you hashem for everything!

gesher, we're in this together, and Hashem is right here for both of us

keep posting and inspiring with your good attitude

tz90

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Re: Stress Management

Posted by geshertzarmeod - 04 Mar 2011 06:26

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tzaddik tzaddik tzaddik

you sound so much like my wife, no offense

she's a real tzadeikes.

but these things always drive her crazy

I don't look at others, I figure HKBH has his cheshbon

so I cant really relate

I keep concocting all sorts of explanations for HKBH's cheshbonos

who knows.

only HIM

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Re: Stress Management

Posted by geshertzarmeod - 04 Mar 2011 10:50

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The saga continues...

I've been fundraising for a certain organization for several years now. When I first started I

who was also fundraising in the same city

I asked him how it was going. He said "Bad! Really Bad!"

How can a yid say that its going bad?

Everything is from HKBH!

Then I thought to myself, OK Big shot!

What would you say if someone asked you?

Good question, huh?

Well I had to think. I mean Baruch Hashem just leads to the next question. Baruch Hashem good or bad? What d'ya mean everything's good! OK smart alec! Are you doing well collecting or not?

Nu? So I came up with the following:

bumped into a friend (nobody got hurt BH) :  
100% !!!

what does that mean?

I have 100% of what HKBH wants me to have. Not a penny more not a penny less. And that's

the attitude that I've ben using while collecting for the past few years.

Today it finally hit me. (no it didnt hurt. well physically anyway)

You're a big shot a real bal bitachon with someone else's money! But what about when it comes to your own finances? For the past half year if anyone asked me How's it going? I would tell them how difficult it's been. Part of me was hoping that the more people I talked to the more chances of someone helping us out of this mess.

What a hypocrite! 100% huh? Where's your bitachon? As long as its not your worry you've got all the answers! HKBH gives you everything you need Not a penny more not a penny less! C'mon buddy put your money where your mouth is! (well, you know what I mean) And so I decided that thats it! From now on, my answer is the same (bli neder) How's it going? 100% !!!!

Now I know we dont always see it right away (thanks Rage) but I just received an envelope...

An old friend sent me \$\$\$\$ out of the blue.

Good Shabbos GYE. Good Shabbos to the entire Chevra. Good Shabbos Guard. Good Shabbos HKBH.

And finally Good Shabbos John boy (never mind he doesnt keep it) 8)

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Re: Stress Management  
Posted by ZemirosShabbos - 04 Mar 2011 16:49

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wow, gevaldiger story gesher!

great attitude you have

have a wonderful shabbos!

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Re: Stress Management  
Posted by pinokio - 05 Mar 2011 19:03

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Dear Gesher,

I know this isn't meant to be the "Hanoch Teller stroy corner", but here's another real story abt.

Hshm's involvement in parnassah. I just heard it on shabbos.

I had staying by me a talmid chacham this week, and his kids, while his wife was in America. He said that their income did not allow his wife to see her parents for over two years (!) and her parents cld not afford the trip either to come to Ey. His wife began to cry. The next day she received a call from her seminary that she works for as a secretary, that the American office of her seminary desperately needed a secretary within two days that was familiar with the school's particular system of financing and tuition, etc. They, in the US (where most gye's are btw) originally thought they had hired another secretary in new york (it DOES NOT deserve to be capatilized) but really it was a misunderstanding and they had no one for the job. Now, they wanted to know, could this kollel lady fly into N.Y. for free to do the job?

So right then and there she got a free ticket to US to see her parents.

THERE IS A GOD IN THE WORLD

HE IS WITH YOU GESHER

HE IS ALSO WITH ME TOO

HE CALCULATES EVERY SECOND OF OUR DAY, WHAT WE SHOULD HAVE IN THAT SECOND, AND WHAT NOT

WHEN HE DECIDES THAT RIGHT NOW WE SHOULDNT HAVE SOMETHING, IT'S BECAUSE HE'S GOING TO GIVE US SOMETHING MUCH JUCIER AT THE BEST TIME, AND NOT SOME DAFUK MESSED UP TIME FOR IT, LIKE RIGHT NOW

RIGHT NOW EVERYTHING IS THE BEST ARRANGEMENT POSSIBLE

IT TEN MINUTES IT WILL ALSO BE THAT WAY

IT IS ALWAYS THAT WAY

keep strong brother, wer'e in this together

tzaddik90

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Re: Stress Management

Posted by geshertzarmeod - 05 Mar 2011 22:43

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Thank you Zemiros and tzaddik. You know when youre in the dark you just cant see any of this. The stories are not inspiring because youre just seeing black. I realized that when our focus is on the results we cant see right. so these stories dont have an effect cuz all we are thinking is

nu? when is it gonna happen for me? we are so self focused that we cant see beyond ourselves. (Im sorry for saying "we" its just easier than taking all the blame myself) Tonight I went to the kosel to say g'bye to HKBH and daven for hatzlacha b4 my upcoming trip. This whole experience made me realize that parnassah related stress caused me to be missing the boat. The only important thing is Kirvas Elokim. Tirdas HaParnassah and the aveiros that resulted from it, just distanced me from HKBH to the point where I couldnt see things that I always believed and always held to be true.

Boy is it good to be back to myself.

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Re: Stress Management

Posted by Yosef Hatzadik - 06 Mar 2011 17:55

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[geshertzarmeod wrote on 05 Mar 2011 22:43:](#)

Tonight I went to the kosel to say g'bye to HKBH

Please send Him my regards! :-\

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Re: Stress Management

Posted by Rising Up - 06 Mar 2011 18:00

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Hashem is here

Hashem is the there

Hashem is truly everywhere

Up UP



Down Down

Right

Left

and

all around

Here

there and

everywhere

is where

he

can be found

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Re: Stress Management

Posted by geshertzarmeod - 07 Mar 2011 21:53

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OMG ! Rising, you're uncle moishie!?!?

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Re: Stress Management

Posted by ben durdayah - 07 Mar 2011 22:11

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No -just one of the Mitzvah Men...

But Gedalyah Goomber is a cousin of mine!

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Re: Stress Management  
Posted by pinokio - 08 Mar 2011 12:44

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you know what old gedalia is up to lately.....he joined the dushinsky matzah factory, they wanted him to work more but he said his room's messy and that he aint gonna work on saturday

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