

Bain Hazmanim

Posted by Hashem Help Me - 05 Apr 2019 18:40

---

Please post advice for bocurim and kollel fellows who find bain hazmanim very challenging. The lack of a structured schedule, change of scenery, sibling issues, leaving a more elevated environment, being in a house with unfiltered devices, etc, all present triggers. Lets give these chevra the best advice we can. Thanks.

=====

Re: Bain Hazmanim

Posted by mggsbms - 05 Apr 2019 19:45

---

Keeping a semblance of a schedule, and then reviewing accomplishments and gratitudes on a daily basis is something that has helped keep me sane.

=====