



JEWISH WELLNESS

TANYA'S TOOLS FOR FINDING YOUR BEST SELF

OVERVIEW



CTEEN U IS A JOINT INITIATIVE
OF YESHIVA UNIVERSITY
AND THE CHABAD TEEN NETWORK



LESSON 1



Am I Selfish?

Have you ever been driven to do something crazy? Well, that's totally normal. Meet your natural self, AKA your animal soul. This soul is driven by instincts of survival, self-preservation, gratification, and enhancement. It is not bad per se; it is animal-like. The key to setting yourself up for success is knowing who you are! Explore your inner "animal" so that you can be the best you!

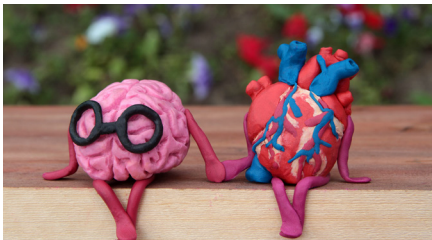
LESSON 2



Oh My! G-dly Soul

Is everything we do ultimately self-serving? Do holy feelings even exist? If so, where do these holy feels come from? Oh my! You have a G-dly soul too! Every Jew possesses a G-dly soul which instinctively desires to cleave to G-d and fulfill His will. This soul is the true source of our faith. When we tap into our pure G-dly soul, we are tapping into infinity and beyond!

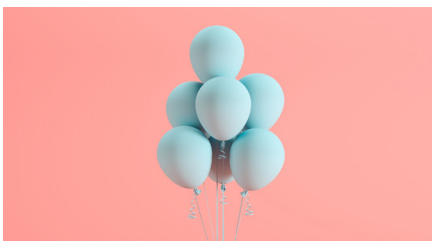
LESSON 3



Impulse Control

When I look in the mirror, who I am does not match what I do... Our homes shape us, and our two souls are shaped by their homes, too. The animal soul lives in the heart, breeding instinctive feelings, while the G-dly soul lives in the mind. Sometimes, one can ignore the other. For example: *I don't feel like doing something even though I know it's right.* Find out why we cannot always control how we feel, but we can very much control what we do.

LESSON 4



Make G-d's Wish!

Why is Judaism so action-oriented? Picture this: It's your BFF's birthday. You definitely don't sit at home and watch the day pass. Because of your appreciation for your friend, you throw her an over the top birthday bash! That's how the soul feels toward G-d. It loves G-d so much that it wishes to express and experience that love; it wants to throw whopping mitzvah celebrations at every possible opportunity.

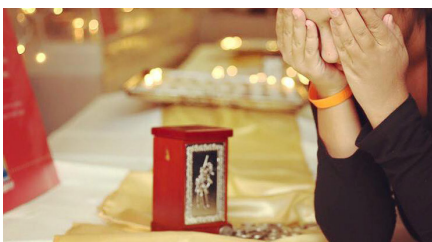
LESSON 5



Emotional Attachment

Sometimes, I feel like a tennis ball tossed around in the air, from racket to racket, from mind to heart. I want my decisions to be justified and logical. After all, that's what really makes sense. But what about listening to your heart? Am I supposed to snooze my feelings and let my mind lead the way? I have a bucket list of things I want to do and achieve, but sometimes, I'm just not feeling it. How do I make sure I stay in it to win it? How can I maintain commitment for the long haul?

LESSON 6



Innate Love

Help! I'm not the spiritual type! How can I do mitzvot if I'm not "in love with G-d"?

A Jew's innate love for G-d resides in the G-dly soul. Proof: When our Judaism is threatened, we naturally defy the demon and clutch tightly to our inner identity. Each mitzvah is an "aye" affirming our innate love for G-d. A sin, well, that's a "nay" denying the existence of that love.

LESSON 7



Essentials: Fear of God

I love you ice cream. Slurp. Slurp. Hey, where did you go? Without respect, love is completely selfish.

FWIW, Our relationship with G-d begins with the understanding that it's not all about us. There's something beyond that dictates what we should or shouldn't do. If we think about how G-d is always observing us, it will likely trigger an elevated level of self-awareness and reverence.

LESSON 8



Mood Swings?

Joy + Skill = Success

IMHO, I can work many hours to gain the skill, but the joy? My mood swings are on rotation – definitely beyond my control.

FYI, our thoughts and thoughts patterns have a tremendous effect on our mood. Hence, good thoughts = good mood, and vice versa. To change our mood we need to change our thoughts and sometimes even our beliefs.

LESSON 9



I am... perfect-Perfectly Imperfect

We are our own biggest critics, and we are usually convinced of our own criticism. Have you ever had this conversation with yourself? *I am a failure and a bad person. I am past the point of return, so I may as well go farther into the abyss.* #IYKYK These negative thoughts are vicious. They promote bad ideas and faulty streams of thought. Instead, say this: *I have many strengths and some faults too. I am just as I am meant to be. I am perfectly Imperfect.*

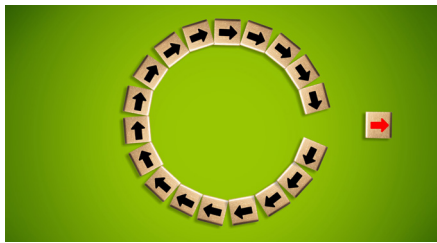
LESSON 10



Don't Carry Overweight Guilt!

If it's too much of anything, drop it. Too slow, too fast, too heavy – it must be no good. If you made a bad choice and you feel too guilty, you are carrying overweight baggage. Don't let it weigh you down! This isn't escapism, this is pragmatism. Oversized guilt won't let you travel on. What to do? Real change happens when your baggage isn't bulky. There's a time and place to reflect and feel remorse, but that time is not when you're trying to travel on.

LESSON 11



Stop! and Drop the Sin

"Insanity is doing the same thing over and over while hoping for different results." Instead of just saying sorry, showing remorse is far more effective. The same is with teshuva. "I'm sorry" is a cop out, keeping you treading in the same waters, but being proactive, even just a small step in the right direction, shows you're ready to make a lasting change.

But what happens to the dusty residue staining you?

LESSON 12



Can I Be a Sunshine Person?

I try to stay upbeat and positive, but when I look at my life, well, it feels empty. That thought alone is enough to summon Negative Nancy to highlight all the empty spaces in life. Sometimes, when we reflect on externalities, a sense of emptiness can bog us down. Don't let it get to you. Explore how to cultivate a sense of purpose and joy in your personal life. #Positivity

LESSON 13



Beyond the Wrapping

The person who grates on your nerves – *ugh!*

The friend turned backstabber – *ouch!*

The new kid in class – *weird!*

You have to love them just the same as yourself... No excuses!

Hint: It might take X-ray vision, but when we see beyond the wrapping, we can discover valuable gifts.

LESSON 14



Haven of Heaven on Earth

"This world needs a makeover," said G-d. We are the movers and shakers fulfilling that desire. For the world to be picture-perfect, we have to cultivate the plot of our personal reality. Explore how to harness your two souls, your own dream team, so that you can use your superpowers to transform your space and make G-d comfortable in His home called Earth.

