The reassuring change of the seasons fills me with content. It doesn’t solve the existential threat of the climate crisis, but it does afford me a daily moment of pause to inhale deeply and enjoy something that feels right in the world. Taking this moment of gratitude for nature pulls me out of an anxious circle of thoughts and grounds me.

Jewish tradition calls this hakarat ha-tov, or “recognizing the good.” Some Jews mark these moments with a blessing as a way of lifting up the sacred in the mundane, the special in the ordinary, the gratitude in the taken for granted. What good will you recognize today?

Rabbi Laurie Hahn Tapper, Office for Religious & Spiritual Life

IN THE SPOTLIGHT

50%

Of Bridge Peer Counseling sessions focus on relationships
Stanford Bridge Peer Counseling Post-Counsel Survey 2021-2022 Fall Year

After more than a year in quarantine, seeking connection and maintaining good relationships feels more important than ever before. The Bridge can help you connect to others and yourself when you are feeling adrift.

For more information: Call 650.723.3392 or visit web.stanford.edu/group/bridge/

TIP OF THE MONTH

Soothe...Recover...Mend.
Engage in some intentional self soothing. Find something easy to experience that brings you comfort, warmth and peace. Lean in to your being selves, relax the doing self, let yourself heal and your energy gradually return.

Build yourself a self-care menu: tinyurl.com/buildaselfcaremenu

Set a caffeine curfew.
Limit caffeine to at least 6 hours before you go to bed. This gives your body time to metabolize the caffeine, without impacting your sleep.