

Ideas to combat boredom and keep strong

Posted by DavidT - 23 Mar 2020 20:59

We all know that many people are sitting home and going nuts... I keep on getting complaints about renewed nisyonos and falls..

please help with ideas to combat boredom and keep strong....

If i may suggest, if someone needs a remote chavrusa they can go to chavrusamatch.com or torahmates.org Other ideas might be doing exercise, listening to or playing music, hobbies...

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Re: Ideas to combat boredom and keep strong

Posted by the.guard - 23 Mar 2020 21:49

GYE has started a special bi-weekly email series to help us stay inspired in these trying times. The emails contain inspiration, stories and practical tips to help us in our struggle - and a joke at the end to keep us smiling :-)

See the last 3 editions in our archives here: guardyoureyes.com/articles/archive

Sign-up here: guardyoureyes.com/signup.html

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Re: Ideas to combat boredom and keep strong

Posted by shalom18 - 23 Mar 2020 23:15

yes I fully agree, Boredom is a major problem now, for those of us who are temporarily at home, not working, not going to minyan, not going to yeshiva or learn w our chavrusas.

what we need is structure. we still must somehow maintain the same schedule every day. daven shacharis at the same time, try to set up chavrusas over the phone at the same time. to

keep a schedule like this requires motivation & effort, which in itself is a challenge.

I dont have any more suggestions at the moment. I myself am bored, unmotivated, & lacking structure. I'm looking for solutions.

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Re: Ideas to combat boredom and keep strong
Posted by Hashem Help Me - 24 Mar 2020 00:28

[DavidT wrote on 23 Mar 2020 20:59:](#)

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Thanks David for starting this important thread. Too many guys who came so far having a rough time. Your remote chavrusa idea is very wise.

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Re: Ideas to combat boredom and keep strong
Posted by DavidT - 24 Mar 2020 00:46

Here are some Pesach activities for the kids to download

Also see this <https://www.theyeshivaworld.com/news/general/1842180/covid19-activity-list.html>

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Re: Ideas to combat boredom and keep strong
Posted by DavidT - 24 Mar 2020 10:56

People are asking where they can find the GYE ebooks...

guardyoureyes.com/ebooks

I also would like to recommend listening to theshmuz.com/series/the-fight/ or the other great free lectures there or www.torahanytime.com

if you are looking for inspiration on bitachon you can call the life of bitachon hotline which is updated daily 732 719 3898

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Re: Ideas to combat boredom and keep strong
Posted by the.guard - 24 Mar 2020 13:47

Hundreds of GYE shiurim: <https://guardyoureyes.com/articles/shiurim>

Hundreds of short GYE chizuk clips: <http://gyeboost.org/archives>

Hundreds of interesting and inspiring video clips gathered by GYE according to interesting categories: <https://gye.vids.io/>

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Re: Ideas to combat boredom and keep strong
Posted by DavidT - 27 Mar 2020 15:11

<https://www.turesponse.org/pesach/>

An amazing collection of activities for kids

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Re: Ideas to combat boredom and keep strong
Posted by DavidT - 29 Mar 2020 19:34

Shiurim

1. Large collection of shiurim <https://www.torahanytime.com/>
2. Large collection of shiurim

1. (718) 701-5157

2. <http://www.kolhalashon.com/>

3. Hashkafa/Mussar: Chovos Halevavos – Shaar Habitachon

1. Speaker: HaRav Simcha Bunim Cohen *Rov in Lakewood NJ*

2. Time: 1:25-1:35pm, daily

3. Call in number: 205-825-9057

4. OU live – ou.org/oulive.

1. Each afternoon at 1:00PM EDT – Recitation of Tehillim (chapters 20, 27 and 130) and divrei chizuk (words of inspiration) from our rabbanim.

2. Monday-Thursday at 8:00 PM EDT nightly hour-long program, bringing you front row seats to our conversations with some of our community's most inspiring and uplifting personalities.

5. Daily shiurim via zoom from 4:30-5:00 pm – www.2ndseder.com

Next to each speaker is a link to the zoom info for that shiur

6. Mishnayos phone system for men and boys ages 9+. Shiurim, tests, weekly raffles

Call: (929) 299-6700

7. Night Seder America – Nightly Gemara learning program via zoom for boys 6th-8th grade. 8:00pm-8:45pm. Gemara Meseches Tamid – celebrating a siyum on Erev Pesach

Zoom meeting ID: 897-063-4419

8. live ?????? on the ?????? of ?????? ?????? given by ?????? ?????? ?????? and ?????? ??????.

The number for the live ???????? is:646.726.9977

All throughout the day you can call 732.363.6713 Or 718.766.4572 to hear a ?????
???? for this ?????, as well as the ??? ???? for the ????? itself. A Sunday night's –
live shmues and shiur will be given at:

*8:45 – Divrei Chizuk from Harav Mendel Slomovitz

*9:15 – Shiur from Harav Aryeh Sherwinter

*10:00 Shiur Harav Tzvi Berkowitz B. Monday night's – live shmues and shiur will be
given at:

*8:45 – Divrei Chizuk

*9:15 – Shiur from Harav Michel Handelsman

*10:15 Shiur Harav Avrohom Bromberg

Online Libraries

1. Otzar HaChochma (tons of seforim for viewing/searching) is currently free for everyone: <https://tablet.otzar.org/>
2. Sefaria: <https://www.sefaria.org/>
3. HebrewBooks.org has many seforim for download; you can easily get any Masechta in Shas [here](#) or Mishna Berura [here](#)
4. Halacha Academy has a bunch of clear, concise Halacha summaries in English: <http://halacha.academy/>
5. Artscroll digital library – free 30 day subscription <http://kb.artscroll.com/article/AA-20714>
6. Otzar Chachma – currently free <http://www.otzar.org/otzaren/indexeng.asp>

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Re: Ideas to combat boredom and keep strong
Posted by DavidT - 02 Apr 2020 15:17

Here are some good things to download and read...

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