



A MESSAGE FROM THE President

Keith Satter

Dear Members,

When I first went into teaching some two decades ago, my colleagues would tell me how stressed they were. To that I would reply, "If you think this is stressful, you should spend some time in business." I have come to reconsider my response and, yes, I must admit that post COVID, our profession has become more stressful. Demands for data collection, difficult parents, pressure to get more and more taught each day. Now, don't get me wrong, I love what I do, but, yes, even teaching has become stressful.

That's my story. You may be able to relate in your own way. Busy, busy schedules, raising children in the Facebook Age, aging relatives to care for, the stresses and strains as we grow older. Everyone handles stress differently, and if we don't learn how to deal with stress it can lead to severe problems for people of all ages.

We Jews have been given a true gift in that we are commended to rest on the seventh day. My purpose here is not to make a pitch for people to join us at Shabbat services, although I find it a very low stress way to relax for a few hours. I put my phone away and sometimes just close my eyes and let the service "wash over me." For me it is the break I need. People come and go at all times. There is no reason to stay for the entire time if you can't. Kiddush is relaxed and a chance to catch up with friends.

But that is not the only way to handle stress. I believe the key is turning off the electronics for a couple of hours and doing something you find interesting. With the warmer weather it might be the time to take a walk. It might be some vigorous exercise. Maybe it's just putting up your feet and reading a book without interruption, maybe it's asking grandparents to watch the kids for a couple of hours.

As we head into the best part of our New England year, I hope you find some time to relax and leave the stress behind even if just for a few hours a week.

B'Shalom,

Keith