

## HOW TO COPE

**The OBJECTIVE** 🎯 - Help Your Teen Cope with the situation:

Each teen after a traumatic event handles trauma in their own way, some teens may need extra support. They may have difficulty coping.

**The TARGET AUDIENCE** 👥 -Teens from the Israeli and the Jewish community

**The METHOD** 📖 - Healthy coping methods and things you can do to help reduce stress and improve well-being:

Spend time with friends and relatives.

Maintain routines for meals, exercise, and sleep

Engage in exercise, mindfulness, or other activities that help reduce stress

Set realistic goals and focus on what you can manage

relax include:

- ✅ Deep breathing exercises
- ✅ Going for a walk in nature
- ✅ Listening to relaxing music
- ✅ Meditation \ yoga
- ✅ Controlled news consumption
- ✅ Avoiding political discussions
- ✅ Screen time limit
- ✅ reach out to an adult

## HOW TO ADVOCATE FOR ISRAEL

**The OBJECTIVE** 🎯 - to create empathy for the Israeli people in global public opinion. This is no less important than the statements of Biden or Macron and it will serve us in the next operations.

**The TARGET AUDIENCE** 👥 - non-Jews in Western democracies (other messaging is needed for Jewish audiences)

**The METHOD** 🗣️ - control the narrative by emphasizing personal stories accompanied by touching photos and videos of personal stories, photos of our people, moments from our everyday life

❌ **DO NOT** distribute videos posted by Hamas themselves.

❌ **DO NOT** explain Israel's policy, the issue here is not the Israeli-Palestinian conflict as a whole.

❌ **DO NOT** respond to anti-Israelis who seek to draw the discourse into a discussion about the Israel-Palestinian conflict.

✅ **DO** share images of the hostages.

✅ **DO** share photos of our soldiers, without revealing too much, in humane moments.

✅ **DO** document our day to day life.

## RESOURCES

### **History**

[Hama's Control Over Gaza | A History Explained](#)

[Why does Hamas fire rockets into Israel?](#)

### **IAC Act & Impact**

[IAC Activism Program](#)

[IAC School Watch](#)

### **Stand with Israel Statement**

<https://www.whitehouse.gov/briefing-room/statements-releases/2023/10/09/joint-statement-on-israel/>

13. Get into nature however you can.
14. Bake, a lot! And eat extra tasty food.
15. Take a mental health day.
16. Lean into comedy and humor.
17. Gather supplies to donate.
18. Stretch and take gentle care of your body.
19. Say the Shema, recite Tehillim, or pray however you want to.
20. Dissociate.
21. Meditate for 5 minutes every morning. Be mindful throughout the day, and practice breath work.
22. Cuddle your pets.
23. Attend vigils and rallies. Gather with likeminded people.
24. Write, journal, get the thoughts out of your head and onto the page.

