

SEVEN PRACTICES TO CULTIVATE JEWISH JOY

Embracing our identities in turbulent times

**Reform
Judaism.org**
JEWISH LIFE IN YOUR LIFE

We can't control antisemitism but we can proudly express our values, live our lives with joy, and find both comfort and strength in community. Here are seven meaningful ways to live out your Jewish identity with resilience:

1. Start your day with an attitude of gratitude

Every new day is an opportunity to be thankful for all that is good in our lives.

- Begin your day with this classic morning prayer: Blessed are You...who has made me a Jew.
- Create your own daily practice by naming aloud some of the ways in which being Jewish enriches your life.

2. Celebrate your Jewish identity in community

Gather with friends, family, and community to celebrate and enjoy all kinds of Jewish.

- Get together with friends for a Shabbat dinner. Whether you order in, meet up at a local restaurant, cook a feast, or arrange a potluck, you'll find strength in community. Explore [OneTable](#) (for ages 21-39ish) or [OneTable Together](#) (for ages 55+) to find resources and support for making the most of your Friday nights with peer-led dinners.
- [Find a local congregation](#) for Shabbat services, holiday programs, cultural events, social justice activities, and community building. Can't go in person? Many communities live-stream services.

3. Explore Jewish culture

Experience or learn about something Jewish and new-to-you-ish.

- Jam out to [Jewish music](#) while you exercise, run errands, or fold the laundry. Explore Jewish playlists and artists on Spotify; search "Reform Judaism" under "playlists" to find a curated selection that will last for hours.
- Explore the Jewish year through challah with Rabbi Vanessa Harper's beautiful cookbook, "[Loaves of Torah](#)," or [find your new favorite recipe on ReformJudaism.org](#).
- There are lots of great shows with Jewish content streaming now. Invite people over for a watch party or stream separately before getting together at your favorite hangout spot to talk about it.
- Watch a movie or read a book with Jewish content. [Find great books](#) through the Jewish Book Council and [movie reviews](#) on [ReformJudaism.org](#).

4. Share your Jewish joy on social media

Flood your feed with positive Jewish content and what makes you happy.

- Post about what inspires you - holiday greetings, recipes, and book and show recommendations. Repost interesting articles and share influencer posts. Follow content creators who share their Jewish identity proudly.



5. Use the power of the pen (or keyboard)

Make your opinions known to your elected representatives and to the media.

- Do you have something to share about your Jewish experience? Write a letter to the editor of your local news outlet. [The Op-Ed Project](#) provides tips for choosing your message, step-by-step guidelines for writing, and guidance for getting your opinion published.
- [Explore the latest legislative alerts](#) on antisemitism and hate crimes from the Religious Action Center of Reform Judaism (RAC). Use the "[find your legislator](#)" (United States) or "[find your legislator](#)" (Canada) tool to look up how to contact your elected officials and send them a message.

6. Stand up and speak out

When you encounter antisemitism, speak up.

- When someone says something antisemitic, it is normal to feel anger, disappointment, and fear. Responding with anger might feel gratifying, but it often has the effect of further raising the temperature of the interaction.
- Ask questions that spark reflection: I wonder what you thought might happen when you made that remark? What made that funny to you? Where did you learn that?
- Be straightforward: "Saying what you said was antisemitic and here's why..." The individual may not realize that their words perpetuate antisemitism. Or, "I'm Jewish and what you said was offensive because..."
- It's okay to choose not to speak up in the moment. Your emotional and physical safety always comes first.

7. Wear it proudly

Wearing Jewish symbols - like a Magen David, hamsa, or a Hebrew tee - can be powerful expressions of pride.

- Purchase Jewish-themed jewelry and/or apparel from your favorite local Judaica store, Etsy, or another online vendor. Choose a t-shirt design with your favorite band or tv show or rep your college or sports team, all in Hebrew. Not sure what symbol suits you? [Learn more about popular Jewish symbols like the six-pointed Star of David, hamsa, and seven-branched menorah.](#)
- As you wear the symbol of your Jewish pride, reflect on those who came before you and those who will draw strength from your courage.
- If you are wearing a new or new-to-you item, you might also say [this blessing for experiencing something joyous for the first time.](#)

