

# Waiting with Awareness

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In the current security situation, many of us find ourselves in a state of "waiting for the unknown." The waiting can be difficult and weigh heavily on us emotionally.

The more aware we become of the influence this has on our wellbeing, the easier it becomes for us to cope more efficiently and feel relief.

The manner in which parents cope with the situation of waiting, and the way they present the situation to their children, is of great importance.

Parents who cope effectively ensure that their children have more effective coping skills

# Focusing too much on waiting is harmful to our quality of life



**Thinking-** We have a reduced ability to think and we focus instead on threat/danger/uncertainty.

**Body** – Our muscles contract especially in the area of the head and neck.

**Emotionally** – We feel restless, on guard, anxious, fearful, irritable and impatient.

**Functioning** – We have difficulty focusing and sleeping, difficulty making decisions, confused.



# So What Can We Do?

Ensure that we are "Waiting with Awareness"  
Create a sense of certainty in an uncertain situation.

**Awareness** – Pay attention to what is happening to our body, to our behavior

**Reduce exposure to Media** – There is almost nothing new and greater exposure can lead to a lot of damage.

**Time Out** - Engage in activities that give us strength, that are interesting and enjoyable for us.

**Control** – Plan for what we can within our daily routine.

**Social** – Spend time with people who we enjoy being with and who give us strength.

# And Practically?

- Reduce screen time (mainly on the phone)  
*And with your spare time.....*
- Maintain routine as much as possible
- Exercise
- Spend time and chat with family and friends
- Cook and eat meals together
- Get creative and play with your children
- Get a massage
- Take time out for yourself



# And Most Importantly!!

We need to turn our attention to ourselves and our families and focus on the "here and now".

Where do our thoughts take us? Our Feelings?

How are we behaving?

Who and what can help us?



# Change *Waiting* to **Opportunity**



## Don't allow the Waiting to triumph!!



This presentation is dedicated  
to all those who are waiting.

May we all succeed in **Waiting with Awareness**  
and receive good news.

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