



Israelite Men's
Association
Israelite Brothers Unite!

02/06/2018

KNOWLEDGE IS POWER!

IN THIS ISSUE

The Impending Crisis of Internalized Stress Among Black Men

by Rabbi Buna Ben Yosef, PhD

Black men are particularly impacted by internalized stress in today's society primarily because of the institutionalized nature of racism and how it manifests itself in our daily lives and interactions with others. Based on these realities, we have to take the time to examine and seek ways to understand what is going on. Everyone feels stress from time to time. But what is internalized stress? How does it affect your health? And what can you do about it? Internalized stress can be caused by family relationships, finances, work, major life changes and health problems. It can surface in our lives through aches and pains, low energy levels, disrupted sleep patterns, depression, forgetfulness and inflammation in the body. There are however, practical ways to mitigate the impact of internalized stress in our lives. This can be accomplished therapeutically, by talking with others whom you respect and know that these conversations will remain confidential, by maintaining a structured exercise regimen, changing only those things

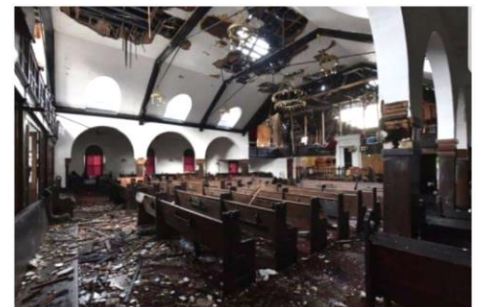
that are in your control to change, and letting go of the things that are beyond your control (leave that to the Most High), making sure you take some time to laugh and enjoy good humor, getting plenty of sleep, slowing down, relaxing and taking time to enjoy special times with close friends, meditating, praying, and giving up bad habits. An important point to keep in mind is that long-term internalized stress can harm your health, resulting in chronic stress that weakens your immune system and negatively impacts your digestive tract. Different people may experience stress in different ways. For example, some people may have headaches, sadness, anger or irritability. People who are under chronic internalized stress are more prone to more frequent infections, such as flu or common cold.

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The Impending Crisis Of Internalized Stress Among Black Men

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Help Rebuild Bnai Adath

The Impending Crisis of Internalized Stress Among Black Men

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The conundrum is that often, because of our busy lives, routine internalized stress may not even be noticed or even acknowledged. But, over time, the continued strain on your body from routine internalized stress can contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and mental health disorders like depression or anxiety. I know from my own personal experience that the male macho mentality can be a pervasive factor in our communities. These are "learned behaviors" that we must struggle to unlearn, lest it become a silent killer and contributing factor to a lower life expectancy which now hovers at around age 72, while the life expectancy for our women is currently at age 78. Let's make the commitment to begin embracing those things that can help mitigate some of the stressful

conditions we face as Black men and move toward our destiny, *Am Kodesh*. The very next time you find yourself approaching or encountering a stressful situation, remember the words of the Psalmist, *Even in darkness, a light shines for the upright* (Psalms: 112:4). Selah!!

STRESS AMONG BLACK MEN

"Internalized stress can be caused by family relationships, finances, work, major life changes and health problems."



Help Rebuild Bnai Adath Kol!



We at Bnai Adath are sure that we know how our ancestors felt on Tisha B'Av ... our temple has been destroyed. But immediately, G-d refocused our thoughts to Chanukah and the rededication of the temple. We will rebuild ... we will restore!

We need your help! The damage to the building is extensive but things happen all according to the CREATOR'S plan. Instead of accepting defeat, we are looking forward to the bright future that will rise from this tragedy. This journey began in May of 1954 and it will not end on November 14th. Rather, it's the first day in the new chapter for Bnai Adath Kol Beth Yisrael. Please help us get into our temple by Passover that we may rejoice in the season of our birth as a nation.

Please share so that this spreads quickly. We are grateful for all donations, kind words, prayers and support. All donations can be sent to <https://www.gofundme.com/helpbnaiadath>

Israelite Men's Retreat 2018

Changing a Vision into a Reality:

Israelite Brothers Unite!

We are happy to welcome you to the 4th Annual IMA Brotherhood Retreat! Come and enjoy a weekend of fellowship, praises and personal development with your Hebrew brothers from around the country.

Thur., May 10th - Sun., May 13th

Camp Louise

24959 Pen Mar Road
Cascade, MD 21719

Nearest airports: (All within one and a half hours away)
Baltimore/Washington International Thurgood Marshall Airport (BWI)
Harrisburg International Airport (MDT)
Dulles International Airport (IAD)

Cost Per Person:	\$300 (Ages 22 & up)	\$200 (Ages 15-21)
Payment Schedule:	\$50 Due Sept. 1st, 2017 \$100 Due Nov. 1st, 2017 \$50 Due Jan. 1st, 2018 \$100 Due Mar. 1 st , 2018	\$50 Due Sept. 1st, 2017 \$50 Due Nov. 1st, 2017 \$50 Due Jan. 1st, 2018 \$50 Due Mar. 1 st , 2018

Includes:

- Housing accommodations
- Meals and refreshments
- IMA Brotherhood T-shirt
- IMA Membership

Activities Available:

- Basketball Courts
- Volleyball Courts
- Baseball Fields
- Soccer Fields

Raffle

To subsidize the cost of teenagers aged 15-21 we are selling raffle tickets. Each ticket costs \$2.

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| 1. 55" Television | 2. \$200 | 3. \$100 |
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Please include a working e-mail address with your raffle ticket purchase. You will be contacted afterwards to receive your physical ticket(s).

***Vending Tables Available** – Please contact Cohain Zadok for more information.

*Please visit <http://israelitemensassociation.org/index.html> to make payments and purchase raffle tickets.

