1. **Rav Kook (19-20th century, father of religious Zionism, *Yom Chol* vegetarian)**

   “... The more one is anxious, the more they will fall. When a person becomes worried, difficulty comes from the worry itself... **All forms of fear are like separate colors of a greater picture to be completed, and when they fill in the gaps, they join together to create an incredible sense of solidity, one that fills the spirit with strength and power.** The destructive forces of the world themselves, all the shadows of the shade, **transform into powers of support and aid** which bring joy and expand knowledge, and the existence of negativity and destruction within them is completely eliminated. The **vigor of life that courses through them transforms into a sustained power of holy courage.** “Gladness and joy will overtake them...the joy of the Divine is your strength.”

2. **Brene Brown on Managing Anxiety**

   a) Understand the toll anxiety takes
   b) Move your body
   c) Don’t rank your suffering
   d) It Ok to be vulnerable

From **Brene Browns Tips for Navigating Anxiety During Corona**