



# Rifka Schonfeld **STRATEGIES**

THE NEWSLETTER FOR OPTIMUM SUCCESS

TIPS ON SOCIAL SKILLS FOR ADULTS & CHILDREN

## Pump Your Brain Muscles

Dear Readers,

This week's newsletter will discuss the topic training our brains.

Rifka Schonfeld  
**STRATEGIES**

### QUESTION:

It's so easy to figure out how to train your physical body, but how do you train your brain? How do you ensure that you can start things and stick to them? I wish there was a science to that too!

SLOTS FILLING UP QUICKLY!  
**RESERVE TODAY!**

STRATEGIES FOR OPTIMUM SUCCESS

Rifka Schonfeld

PRESENTS

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OF  
**MINDSETS**

NURTURING MOTIVATION, HOPE & RESILIENCE



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**DR. ROBERT BROOKS**

Dr. Robert Brooks is a psychologist on the faculty of Harvard Medical School. He has lectured nationally and internationally and written extensively about the themes of resilience, parenting, family relationships, school climate, and balancing our personal and professional lives. He is the author or co-author of 17 books including *Raising Resilient Children* and *Seven Steps to Improve Your Child's Social Skills*.

TUESDAY

**NOV. 13. 2018**

8:30AM-4:30PM

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ADVANCE REGISTRATION REQUIRED!  
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EARLY-BIRD SPECIAL BEFORE MARCH 2, 2018

**YOU WILL LEARN ABOUT:**

- > A **mindset theory** that incorporates social, emotional well-being as well as academic achievement.
- > **Negative mindset** that burdens many students with ADHD.
- > The most essential factors and strategies to **nurture resilience** in students with ADHD.
- > Reflecting upon the **theory of motivation** that guides your work
- > Creating a **motivating environment** that promotes learning, responsibility and hope.
- > A **strength-based approach** in which each student's "**islands of competence**" are identified and reinforced.

Rifka Schonfeld  
**STRATEGIES**

**ANSWER:**

In their recent book entitled *Willpower: Rediscovering the Greatest Human Strength*, psychologist Roy Baumeister and *The New York Times* science writer John Tierney explain just how important self-control is: "When psychologists isolate the personal qualities that predict 'positive outcomes' in life, they consistently find two traits: intelligence and self-control. So far researchers still haven't learned how to permanently increase intelligence. But they have discovered, or at least rediscovered, how to improve self-control."

## Exercise your Willpower

So, how can you improve your willpower and improve your life? Below I've put together a few quick tips:

- **Start small.** Even small, day-to-day acts of self-control such as maintaining good posture can reinforce longer-term self-control in activities that have nothing to do with your posture. Therefore, choose a few small areas that you'd like to work on: writing out full sentences in text messages, eating a healthy breakfast, or brushing your teeth after drinking coffee. Then, flex those willpower muscles!
- **Sleep well.** Just like your arm muscles need sleep to recharge and rest, your willpower needs the same. Therefore, get enough sleep so that you aren't constantly using your willpower to remain alert during the day and not having any left over for other tasks.
- **Eat well.** Eat lots of slow-burning foods such as whole grains, healthy fats, fruits and vegetables. If you aren't resisting the urge to eat, you'll be more likely to have self-control in other areas.
- **Imbibe some sugar.** This one is a bit tricky if you would like to use your willpower to eat better, but sometimes your willpower can be revived by a quick shot of sugar, just like a regular muscle.
- **Don't do too much at once.** If you try to pump up your willpower all at once, you just might not be strong enough to continue. Start small and work your way toward bigger goals.
- **Avoid temptation.** This way you won't have to use up your willpower resisting it. "People with low willpower," Baumeister says, "use it to get themselves out of crises. People with high willpower use it not to get themselves into crises."

Perhaps this all goes back to the wisdom of *Pirkei Avos*, "Who is strong? One who overpowers his inclinations." Let us build that strength and ultimately live happier, more successful lives!

**Decades of Experience.  
Thousands Helped.**

*Rifka Schonfeld*  
**THE NAME YOU CAN TRUST.**

# **SOCIAL SKILL COACHING**

**Stresses  
and anxieties related  
to social skills are among the most  
compelling components affecting both  
the success and the contentment of children.  
Klal Yisrael is therefore fortunate to have these  
matters presented so effectively by renowned  
expert, Mrs. Rifka Schonfeld. She has produced**

**PRIVATE & GROUP  
SESSIONS**

*Life  
Changing!*

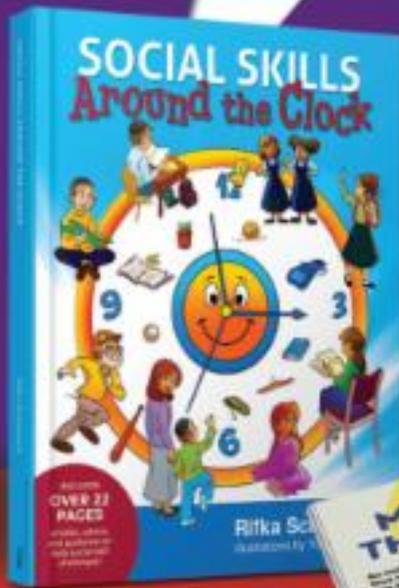
expert, Rabbi Shmuel Klein has produced yet another resource to provide guidance in vital areas of interpersonal skills in the spirit of a genuine Torah perspective.

**RABBI SHMUEL YAAKOV KLEIN**  
*Torah Umesorah*

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