



מסע masa
ISRAEL JOURNEY

How are you?

מה שלומך?



Notebook





How are you?

מה שלומך?



This year has shaken our sense of security and identity, from the loss of loved ones to the breakdown of friendships and communities. Since October 7th, nothing feels the same, and many now hesitate to openly express their Jewish identity, fearing for their safety.

The question "How are you?" feels heavier now. But you're not alone. This notebook is here to help you pause, reflect, and acknowledge how you truly feel. In these times, connecting with yourself - and with others - is an act of resilience.

Fill out and share your reflections by tagging us on Instagram @masaisrael, and let's remind each other we're not alone on this journey.



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How are you?

מה שלומך?

How are you feeling today?

—

Who can you share your feelings with?
(friends, community, family)?

—

How are you?

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How have the events of October 7th and their aftermath affected you?

■

What is one thing you wish your Jewish and non-Jewish peers understood about how you are feeling since the 7th?

■



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How are you?

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What connects you to your Jewish identity nowadays?

■

What gives you hope in the current reality?

■

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A series of horizontal lines for writing.



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