

# Stress Release: Noah and the Dor haMabul

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## STRESS RELEASE

In retrospect, it is not off base to suggest that Noah was under severe stress. The world as he knew it was coming to an unhappy end, and he was responsible to oversee the demise, so to say.

Massive responsibility of Noahide proportions, if taken seriously, can be overwhelming. Possibly, his becoming drunk (escaping) after the waters subsided was the result of Noah realizing the enormity of it all.

Getting drunk and removing oneself entirely from the world is not a good idea, as the subsequent events following Noah's becoming drunk proved.

But having a small, temporary escape hatch is not a bad idea, a place to unwind after the stress of, say, a Rabbinically heavy month like Tishray. Even a day or two away can be of immense help.

After all, stress is often an indicator of taking one's responsibility seriously. There is nothing wrong, and much right, with that.

And knowing one's limits is critical to being able to rabbinate effectively.