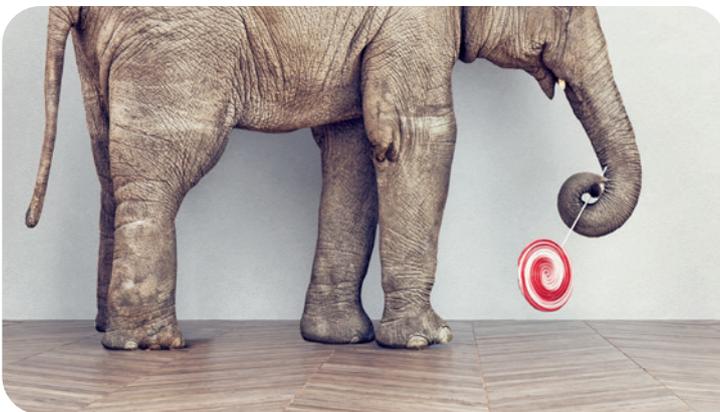


*Wellbeing for
Youth Pack*



Head Room

Jami
The Mental Health Service for our Community

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With grateful thanks for the support of the Casey Trust for making this all possible

Welcome to the Wellbeing for Youth Pack

We hope you will find this pack a great resource that will develop your understanding of how a range of factors can contribute to young people's wellbeing on camp and in a youth work setting.

Jami, the mental health service and educational resource for the Jewish community, has brought this wellbeing pack together as a response to discussions we have had with madrichim and roshim across the spectrum of Jewish youth affiliations. That conversation is about our mental health and wellbeing; how we raise awareness of mental health to decrease stigma and encourage young people to seek help in a timely way. We have also included information about self-care to both your chanichim and to each of you as madrichim.

In this pack you will find hints and tips for creating an environment that promotes wellbeing and some good practice principles for education about mental health on camp and practical examples of age appropriate ideas for sessions.

Camp can play a role in boosting our chanichim's mental wellbeing and self-esteem by providing them with opportunities to meet new people, challenge themselves and learn something new. Our madrichim have a key role to play here. You create a thoughtful, fun and safe atmosphere on camp, where chanichim feel safe to leave their comfort zones and challenge themselves. As a madrich/a it is your role to inspire your chanichim to access these new opportunities, whilst recognising that each young person will have a unique camp experience, the best it can be for them.

Many youth movements feel justly proud of what they provide young people in terms of developmental opportunities. As we learn more about young people's mental health and wellbeing through the media and each other we are beginning to appreciate the vital role we play in providing mental health friendly spaces that support young people to thrive and be as happy as possible.

We hope this pack further develops the dialogue between Jami and Jewish youth organisations. We are committed to skilling up the community to be able to better support our mental health together. Jami offers a range of training and courses including Youth Mental Health First Aid and other bespoke sessions to "transform the landscape of mental health in the Jewish

community", so that we are all in touch with our mental health and more able to support each other.

We would like to take this opportunity to thank **Shelley Marsh**, Executive Director of **Reshet: the Network for Jewish Youth Provision**, alongside the organisations listed below who shared their valuable insights and thoughts into how to make this pack a useful resource.

- **BBYO**
- **FZY**
- **LJY-Netzer**
- **Maccabi GB**
- **Noam**
- **RSY-Netzer**
- **Streetwise**

Thanks also to our peer review panel:

- **Sharon Daniels, Reform Judaism**
- **Deborah Harel, UJIA**
- **Joe Woolf, FZY**

We have included information and ideas to inform your programme on mental health and wellbeing. Please feel free to send us your ideas and keep an eye on our website as we will be adding examples online.

Thank you for taking the time to read this pack, please send us your feedback and stay in touch with us.

Email us at headroom@jamiuk.org
• @JamiPeople | • JAMIMentalHealth

Warmest wishes
The Head Room Education Team

Maintaining Young People's Wellbeing on Camp

New routines and opportunities

Camp is an opportunity to take young people away from their everyday lives and create a new environment. Camp can be loud and exciting, full of fun and new opportunities; it can also be overwhelming at times.

It is vital that we create a safe space for chanichim. Of course, not everything we facilitate will be perfect for each child or young person, but we can endeavour to make camp a social success for as many as possible.

A busy routine can be overwhelming for young people. They may find disruption or change in routine hard to manage so here are a few tips to consider:

- Share the plan for the day with chanichim to help them know what to expect.
- Keep daily activities and mealtimes at approximately the same time every day to help chanichim establish a routine on camp. This helps with adjustment to the new environment.
- There is rarely a quiet moment in the day - even mealtimes are an opportunity to stand on chairs and sing so create quiet spaces for chanichim during meal times or free time where they can have a break from the action.
- Respect people's comfort zones and be flexible in facilitating participation. Recognise that everyone's comfort zone is different.

Whilst camp is an opportunity for young people to challenge themselves, this needs to be on their own terms. We can help young people try something new, this is good for boosting their wellbeing, but we need to make sure we don't push them too far. For example, not every young person enjoys being the centre of attention by leading a song or being in a play.



Recognise that everyone's
comfort zone is different.

Socialising and Relationships

Perhaps the most important element for young people coming on camp or attending a youth activity is the social environment. Socialising in a safe Jewish context is a huge factor for parents and chanichim when making the financial and time commitment to camp.

Young people have a network of relationships that include both people and other organisations. They have family, friends, school, synagogue and charities they are involved with and all these connections help them feel safe and valued. Usually young people grow up in smaller networks or groups; a “constellation” which forms their “secure base”. This enables young people to become independent, leaving that base and returning to it, in the knowledge that it will still be there when they return.

Your chanichim will be bringing their ideas about relationships and friendships from their family of origin and their experience of socialising to date. For some coming on camp is exciting as they are looking forward to making new friends and deepening existing relationships. But for others coming on camp is daunting and scary. Perhaps they have been bullied at school or have difficult relationships with teachers or parents. A part of them may fear being rejected, ridiculed, being left out or put down.

It is your role as a madrich/a to ‘tune’ into your chanichim. Work out how they like to socialise and support this. Accept them as they are. We can’t make the shyer kids the life and soul of the party. We need to respect the way they want to socialise, indeed the way they will manage their interactions. We also need to offer to show the way, but not force or insist. Help young people to make friends and support that process.

It’s important that young people begin to create new secure bases on camp and it is vital for their wellbeing that we support these. They will create new groups that feel safe and they need to know that they can be in these groups with consistency. So, although it is great to encourage mixing, once young people have a few friends around them that they have a connection with, don’t see it as your job to challenge these. Rather support these groups. They may then have the confidence to include others.

A part of them may fear being rejected, ridiculed, being left out or put down.

It is your role as a madrich/a to ‘tune’ into your chanichim.

Phones and Wellbeing

Phones can have an impact on the camp environment and youth movements all have different policies.

Phones no longer exist simply to keep us connected. Young people use phones for a variety of other reasons whether as a camera, a music player or to read a book. Some young people may be accessing counselling online as well as a variety of apps which help young people look after their mental wellbeing. A phone can be a 'safety blanket' if young people need some space away from the intense sociability of camp.

Phone usage can range from no phones, use of phones without sim cards to the use of phones during specific times like bed time or in free time. Also consider that young people may need their phones to access emotional support from friends and family.

Social media can also be an important consideration. For many young people camp can be a breath of fresh air away from the demands of social media and the need to be seen as having an AMAZING time 24/7. On the other hand, some may find it stressful being separated from a social network that social media can provide.



Creating a Warm and Inclusive Environment that Promotes Wellbeing

Warmth, Kindness and Ruach

It sounds like a no-brainer but when you are tired and have been on camp for a week it is easy for these human qualities to begin to wane.

We need to lead from the front and demonstrate that warmth, kindness and ruach, by being inclusive, go hand in hand. Being warm without being gushing, being caring without being like someone's mum and demonstrating kindness by helping young people complete a task that has outfoxed them or enabling them to access an activity with a little extra warmth can go a long way. This can make camp an experience to remember and to return to.



Thinking about Inclusivity

What does it mean to create an inclusive environment? You could do a training day on this alone. Leaders who can facilitate an environment that lends itself to inclusivity rather exclusivity understand what their role on camp is. It is complex and requires thinking and sensitivity.

Here are some starters for you:

- Check in with your chanichim on a regular basis about their camp experience. Really listen to what you hear. Showing that you are listening respectfully will help young people feel safe. They may not say what you would like to hear. They may have reservations about camp. That's okay. You can help ensure that they have a camp experience that suits them. It might not be AMAZING for everyone but a 'good enough' experience can be fine. It will have 'highlights' which can become important memories.
- Provide some meal times that are quieter. Give these a theme and make it okay to be quiet sometimes.
- Provide a range of activities. Not every young person likes debating and discussing. Some love and need to 'do', to be active.
- Be fair and friendly to all. Don't 'play favourites', try to spend time with a variety of young people. However, if you are assigned a group to look after, take time to relate to them and be available to them.

It might not be AMAZING for everyone but a 'good enough' experience can be fine.

Be fair and friendly to all.
Don't 'play favourites'.

Creating a Warm and Inclusive Environment that Promotes Wellbeing

How do we know if young people are happy on camp?

We're often asked what does mental health look like?

There are several definitions out there regarding children and young people's mental health and we address and discuss this concept as part of Youth Mental Health First Aid training. This training provides information about a variety of mental health problems and treatments and can help you increase your confidence in supporting young people.

We want to ensure that our youngsters are happy on camp. Of course, they will not be ecstatic 24/7, why should they be? They will experience rejections, fallings out, feeling embarrassed, perhaps homesick, perhaps a bit hormonal or just under the weather.

But there are some basic wellbeing indicators that can reassure us that our chanichim are happy and thriving on camp: -

Are they connecting with other chanichim? They may be the sort of young person who likes some alone time, indeed being alone may be a positive attribute to them, however most young people also like to feel included in a relationship or group.

If you are concerned that the young person is isolated on camp: -

- Gently check out with them how they are doing, are they enjoying themselves? What could make things more fun?
- Provide structured opportunities for engaging with others through games, challenges, art projects or sports activities.
- Make a shidduch! Not the romantic sort, but encourage a group of chanichim to participate in an activity together if you have a hunch they would get along well.
- Do you see chanichim laughing? Not all the time, but laughter is a great indicator that the person feels they can trust their environment and can be a part of it.
- Is the young person comfortable with the food on offer? It is not your job to conduct an analysis of eating habits but rather to check in that they have enough of what they like and that they are not hungry or unhappy with the food.
- Are chanichim taking care of their own personal appearance? – we know this is a bit personal! But is the young person happy to use the wash facilities and do they feel relatively comfortable with these.
- Keep your ear to the ground. If you pick up gossip about a young person's behaviour you need to be able to gently investigate whether there are any causes for concern.



Laughter is a great indicator that the person feels they can trust their environment and can be a part of it.

Confidentiality and Mental Health

With so much information out there about mental health, wellbeing and young people it is not unusual for a young person to talk to you about mental health issues they or a friend are going through.

As a madrich/a you may be in the privileged position of being a role model to chanichim and trusting relationships may form. This may lead a young person to confide in you particularly if they are looking for an adult to talk to.

It is important that you do not promise confidentiality if a chanich/a asks to speak to you. You are not a healthcare professional and do not have the skills to support a young person through traumatic times. It may feel wrong to break a bond of trust with a chanich/a but you must remember that you have a responsibility for their welfare which overrides confidentiality.

By passing on information you are fulfilling your responsibility to the chanich/a and this is where your responsibility ends unless otherwise specified.

Some of us may find it difficult to know what the appropriate response is if a peer or chanich/a shares information that is pertinent to their mental health. A good response may sound something like "I'm so glad you told me this. I can't imagine how difficult this is for you and I'd like to tell xxx as they may be able to help". It's not your role as madrichim to provide advice or share personal experience about mental health. Rather you should reinforce that talking about the issue is the right thing to do and that you will support the young person to share their problem with the relevant welfare senior on camp.

This also applies if a madrich/a confides in you. You may feel that they are talking to you as a friend. The person's health and safety is always paramount and overrides confidentiality. Your movement or organisation has a responsibility for everyone including madrichim on camp. Encourage the person to share their welfare or mental health concern or offer to do this with them.

It is important to ensure that all madrichim know who the correct person is to support people with mental health problems on camp. There must be a clear pathway within your organisation where sensitive information about a young person or madrichim is shared.

We recommend that every camp has at least one Youth Mental Health First Aider present so if there is a disclosure about a young person's mental health, there is immediate support available.

It is important that you do not promise confidentiality if a chanich/a asks to speak to you.

It's not your role as madrichim to provide advice or share personal experience about mental health.

Boundaries

It is important to set boundaries on camp. There are different types of boundaries for different situations.

Socialising

Set the rules of socialising so that everyone knows it is not okay to bully or put others down. We may have a group who respect authority or a group who hate being told what to do! We must hold compassionate boundaries that don't seem punitive or harsh. Being 'fair' is very important.

Personal Boundaries

It can be tempting to support a chanich/a by sharing our own personal experiences whether about our own mental health or personal relationships. It is important to remember that there is no guarantee that any information we share with them will remain private. We must also consider the impact on ourselves. Sharing personal information on camp can make us vulnerable and can be a cause for regret later. We need to have boundaries about what information we share with our chanichim. Thinking about this in advance of camp can be helpful. Some tzevets may choose to discuss this as a group on pre-camp too.

Sharing stories of people's experiences, during activities, can be a powerful educational tool for the appropriate age groups. If you feel that this would be helpful or useful for an activity on camp we recommend using online resources and avoid using personal experiences. Technology has provided us with a multitude of resources where people share their personal stories via video or on a blog which we can access. For example, Time to Change and Mind both provide real life personal stories which can be found here:

www.time-to-change.org.uk/personal-stories

www.mind.org.uk/information-support/your-stories

There are also suggestions for alternative mental health related activities at the back of this pack.

Hold compassionate boundaries that don't seem punitive or harsh. Being 'fair' is very important.



Sharing personal information on camp can make us vulnerable and can be a cause for regret later.

Self-Care for Madrichim

Camp can be a wonderful albeit exhausting experience for madrichim. We can get caught up in the camp atmosphere and the close bonds we form with our chanichim and forget to look after ourselves. There are a few things we can do on camp to ensure we are all looking after our wellbeing.

- Do we have someone we are close to who we can talk to? Is there a particular hobby which can take our mind off things? Do we listen to music, read a good book or meditate? Whilst all these things are not always possible on camp, it's worth thinking about how and what we can do on camp. We all need some time to ourselves now and again.
- It can seem impossible to find time to have a break but it is important that we do. When chanichim have a break it's important that some madrichim are around to socialise but not everyone has to be. If you have had a busy day it's ok to take some down time, you don't have to be with the chanichim 100% of the time provided someone else is.
- Camp can be an immersive experience where we take ourselves and our chanichim away from our daily lives and essentially create a new world for a few weeks. This can be exciting but also exhausting when we focus all our energy on those around us. Having madrichim only spaces where you can take that much needed break or relax can be a haven from the camp whirlwind.
- Days can be long and extremely busy on camp. Sometimes it can be hard to unwind or stop thinking about what needs to be done the next day in order to get those much-needed Zzzz's. Some of us may find it useful to have a short debrief with other madrichim or the senior tzevet towards the end of the day. This can give madrichim the opportunity to discuss the day's events and then put them to one side.

If you have had a busy day it's ok to take some down time, you don't have to be with the chanichim 100% of the time provided someone else is.

A Holistic Approach to Residential Youth Work Settings

By Shelley Marsh, Executive Director, Reshet

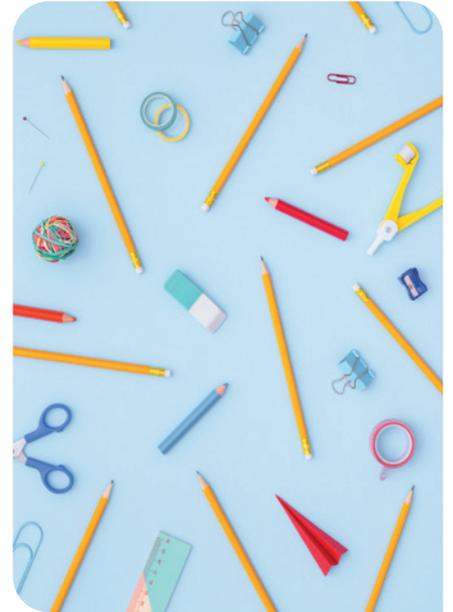
Educate each child

In our youth movements, we care deeply that the educational content and the atmosphere at our camps meet the needs of each and every young person in our care. We spend time training our madrichim about educational perspectives, theories and pedagogy. Our work always aspires to meet the needs of our camp participants as well as our leaders:

Educate each child according to their own way, advised King Solomon, so when the child grows, the essence of that learning will remain with the individual child. (Proverbs 22:6).

The central focus of informal education is on an individual and their growth. Quite simply, the impact of our work is maximised when each young person experiences an environment where they are heard, valued and nurtured.

It is for this reason that it is essential for camps and activities to have a well-defined structure, which enables opportunities for conversations with individuals and with small groups. Opportunities to come together as a larger group, recognising the needs of each young person and educator, can create an environment like no other.



Holistic Education

The art of holistic education lies in its responsiveness to the diverse learning styles and needs of developing human beings. To deliver holistic education and increase emotional wellbeing, the importance of words, actions, empathy and kindness in every interaction cannot be underestimated.

Anxiety in the heart of a person causes dejection, but a good word will turn it into joy. (Proverbs 12:25)

Camp leadership and interactions with young people shape the camp. At their best, residential experiences model caring behaviour including a relaxed environment that is a secure place for young people to grow and develop.

Behold how good and how pleasant it is for brethren to dwell together in unity (Hine Ma Tov) Psalm 133:1

Through modelling considered language, a supportive structure, transitional times which are tremendous fun as well as gently attentive, young people will feel safe to be themselves. With an emphasis of listening as much as telling, collaborating over coercing, each of these core components build together to create a holistic approach, enabling each young person to gain confidence in their own abilities and learn from the role models who are their leaders. Ron Miller, www.infed.org writes:

“Holistic education is based on the premise that each person finds identity, meaning, and purpose in life through connections to the community, to the natural world, and to spiritual values such as compassion and peace.”



Holistic education, where madrichim and chanichim can have their needs met in a constructive and positive environment creates a sense of peace, simply because each individual gains and gives.

Interactive and introspective

Youth camps should be transformative, offering learning and growth through engaging social interaction, which stimulates ideas, pushing individuals to think and rethink views, helping everyone in the camp environment to re-conceptualise beliefs and ideologies. Part of that work involves actively supporting young people's learning in how to be kind to another, articulating the need we have to receive kindness. Texts or scenarios, which express supportive interactions, enable young people to consider their own potential to accept and give support to each other.

During adolescence, a wide gamut of emotions might be experienced. It is important to recognise that we can support each other simply by being a good friend, perhaps a supportive listener, when someone experiences low mood.

Jewish texts, song lyrics, poems and storytelling often stir emotions in us. Snippets of texts, such as those in this chapter, can be used as springboards into discussions. Madrichim and chanichim can interact with materials like these, allowing time to interact as well as time to think.

In Samuel 1, chapter 16, King Saul felt alone and downhearted. Saul called David (his future son in law, and eventual successor as King) to play music to help restore his spirit and dispel his sadness.

Listening or playing music with a friend who is feeling lonely, is one way of expressing kindness and empathy. Considering the needs of another needs to be balanced with recognising our own needs. In essence, residential activities create opportunities to learn more about ourselves and how we build healthy relationships with others.

The strength of the group

Through holistic education and by giving young people both the tools and the time, the group process itself is a powerful social network to teach ideas and values. The strength and power of each group offers every young person numerous opportunities to learn about themselves and others in a supportive Jewish setting. At the end of Birkat HaMazon (grace after meals) we sing Psalm 29:

May G-d grant strength to all G-d's people;

May G-d bless G-d's people with peace

The words strength and peace are connected in the psalm we often sing together at the end of a camp mealtime. Each camp can create a strong active environment as well as peaceful downtime. That's a blessing we should all sing about.



Activities

In this section there are a variety of activities and discussions which can be run as part of peulot or tochnit either in a camp or in weekly youth group settings.

You can mix and match these activities to create your own peulah or tochnit on the topic of mental health or wellbeing.

If you are creating your own peulah or tochnit we suggest focusing on looking after our mental health, recognising we all have it and how to manage our wellbeing to protect it.

We recommend taking note of the adaptations dependent on age.

Activity 1: Graffiti Wall

Divide the room into two groups each with a large piece of paper and some felt tips. One group should write or draw words or images they associate with mental health or mental wellbeing. The other group should do the same for mental illness. Give the group 5 minutes to do this.

After 5 minutes switch the groups around. The groups cannot disagree with what the other group has written or drawn – they can only add to this.

This is a good activity to use as a trigger at the start of a session to get the conversation going and find out what information is in the room.

Here is some key messaging about the difference between mental health and mental illness:

- We all have mental health just as we all have physical health.
- Mental health is about the way we feel about ourselves and the world. Our feelings and thoughts are part of our mental health.
- We need to look after our mental health, just as we would look after our physical health
- We can support our wellbeing by doing things we enjoy or help de-stress us.
- No one can see inside our head, so we need to tell people how we feel.



Activities

Activity 2: The Coke Bottle

This activity is a good introduction to how small things in life mount up and can impact our overall wellbeing. If you have a big group you may want to split up into smaller groups (maximum 10-12 people) with a madrich/a each leading the activity with their group.

Demonstrate this to the group first. Begin by mentioning something which might be frustrating such as “Someone finished the Coco Pops at breakfast this morning before I had any” then shake the bottle. Then suggest another everyday annoyance which may happen next and shake the bottle again. It is important that you go first and model the low-level frustrations that we are talking about.

Then pass the Coke bottle around the group allowing each person to say something, shake the bottle and pass it on.

(If you have a younger age group instead of passing the bottle around you could use the script below and model the activity yourself)

Suggested Script

- “Someone finished the Coco Pops at breakfast this morning”
- “I forgot something at home which I really needed for camp/school etc.”
- “It rained last night and some of my things got wet”
- “The chocolate I wanted was sold out of the tuck shop/newsagent”
- “I missed the next episode of my TV show and I can’t wait to find out what happens next”

Once everyone has had a turn ask the group “Why would I not want to open this bottle now?”. The answer is that it will go everywhere and will make a mess! Then ask, “If I wanted to open this bottle without the coke going everywhere, how would I do this?” Wait for an answer such as “You have to do this slowly”.

Get the group to be quiet and slowly release some of the gas that has built up in the bottle.

Ask the group what the activity with the coke bottle might tell us about ourselves. If these things happened to us during the day or a week how might we feel?

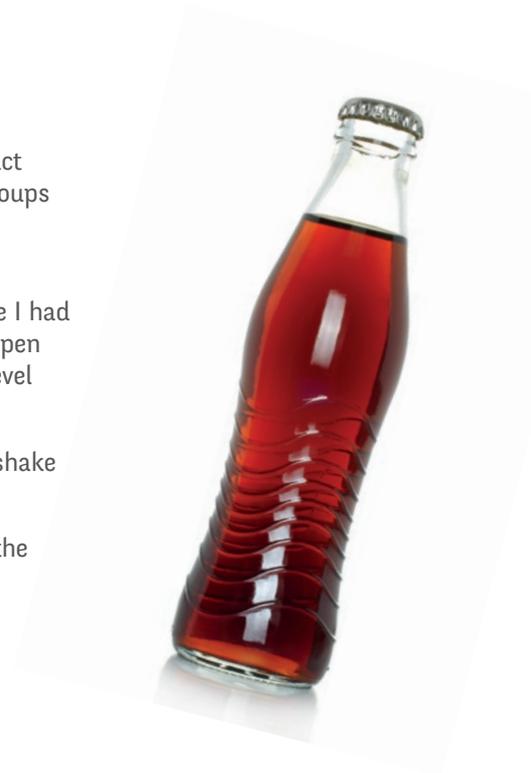
The bottle shows how even small things can mount up and begin to affect our mental health and how we feel. To make sure we are looking after our mental health we need to ‘release the pressure gradually.’

We can do this by making sure that every day we are doing things that help us let go of whatever is on our minds.

Ask the group what some of these things might be? Get them to think about what helps them de-stress or what they do to enjoy themselves.

Some examples might be: exercise such as football, dance class or walking the dog, listening to music, writing lyrics or poems, doing something kind for other people, or socializing with friends or family.

See the key messages about mental health on page 14.



Activities

Activity 3: The Postcard Activity

Show the group a selection of Jami postcards. The postcards included in the pack are the following:

- Labels Are for Jars Not for People
- The Cat and the Lion
- Elephant in the Room

Ask the group to consider the following questions about the images:

- Encourage people to say whether they like the images or dislike them.
- What do they think the postcards are saying to us about mental health?
- Are they surprised by any of the images?

Tell the group these postcards were designed by Jami to raise awareness of mental health in the Jewish community. They have featured in Jewish newspapers and appear on our publicity and leaflets.

Ask the group, if they were going to create a mental health awareness campaign what images would they use?

You might want to use art materials to explore these ideas.

This is a great activity for any age group.

For younger years we recommend asking them to make their own poster and get creative with art materials.

For older years make the tochnit dragon's den style and in small groups ask the chanichim to create their own mental health awareness campaign. Give them at least 15 minutes to plan their campaign and then each group will present to the dragons.

You may want to share some key messages about mental health to facilitate ideas. These can be found on page 14.



Activities

Article Discussion:

How Does the Media Discuss Mental Health?

We recommend this activity for age 14+

Set the scene for this activity by telling the group that over the last 7 years or so, the media has started to support mental health awareness by promoting stories from famous people talking about mental health as you will see in these articles.

Give the group the articles we have supplied in this pack.

Give them time to read them and then lead into a discussion.

You can prompt the group to think about the following:

- Is it good to have famous people sharing their experiences of mental health difficulties in the media? (Encourage both sides of the argument to be aired and various opinions shared)
- What impact do you think it has on people going through mental health difficulties, when they see stories like these in the media?
- How does having the royals speaking up about their lived experience of mental health help people?

Social Media Debate

Split the group into two. Give the groups up to 10 minutes to discuss their topic. One group should discuss how social media can boost our mental health and wellbeing and the other group should discuss how social media can deplete our mental health and wellbeing.

You can go around the group to hear their discussions. You may want to prompt them with ideas about how social media may help someone feel connected to a group of friends, keep in touch with someone abroad or different apps that people may use for their wellbeing e.g. mindfulness apps. For the other side of the argument ask the group to think about what happens when you spend too much time on social media or see someone's holiday pictures.

After 10 minutes tell the groups they are about to take part in a debate. Each group will get 2 minutes to present their position. After each group has done this they will each have a chance to ask the other group questions.

Encourage the group to respect each other's opinions but to think about why and when social media can boost our wellbeing and when we might want to use it less.

Mental Wellbeing and Judaism

The sources below can be a starting point to discussing how wellbeing fits into religion and culture. How does Judaism recognise the importance of looking after ourselves? What ideas from Judaism can we use to boost our own wellbeing?

You can present these sources as a talk or discussion group with your chanichim. You may want to encourage them either to think about other textual sources or ideas in Judaism which support wellbeing e.g. trying to use technology less or not at all over Shabbat can boost our wellbeing by giving us a break from screen-time and giving us time to maximise face-to-face communication or focus our time on other hobbies and activities we enjoy.

Activities

A Valuable Lesson

1. “It is long past time for us all to break the silence and speak openly about mental illness...It is time for this last stigma to fall and fall quickly in the...recognition that we are all created b’tzelem Elokim (in the image of G-d)” – Rabbi Nathaniel Helfgot, 2001

A key part of chinuch (education) is leading from the front. Just by educating about mental health on camp we are raising awareness that we all have mental health and we need to look after our wellbeing to maintain it. We are rolemodelling the importance of looking after ourselves and teaching a valuable lesson.

Do we have the concept of mental illness in Judaism?

2. רפואת הנפש ורפואת הגוף, / Prayer for the Sick

Refuat Ha’Nefesh, V’refuat Ha’guf / Healing the soul and healing the body

Judaism shows us a connection healing the soul and healing the body; there is no division between mental and physical illness. There is only illness. Likewise everyone has both physical and mental health which changes over time and needs looking after.

Does Judaism help?

3. “The support individuals derive from the members, leaders and clergy of religious congregations is widely considered one of the key mediators between spirituality and mental health...spiritual or religious support can be a valuable source of self-esteem, information, companionship and practical help that enables people to cope with stress and negative life events” - Mental Health Foundation, The Impact of Spirituality on Mental Health

Religion and culture can provide us with a sense of community and belonging. Within these communities we know that there are people we can turn to and trust when we need them.

How does Judaism help?

4. עשה לך רב, וקנה לך חבר – Pirkei Avot 1:6

Aseh Lecha Rav, V’Kaneh Lecha Haver

Make for yourself a Rabbi (teacher) and acquire for yourself a friend.

We all need someone to talk to sometimes. Whether we turn to a Rabbi or Rebbetzin for guidance or a friend for support. Most of us will have a community, family and friends who we can turn to.

5. שמור את יום השבת – Parshat Va’etchanan 5:12

Shamor et Yom HaShabbat

Keep (Guard) Shabbat

However we choose to mark Shabbat, Judaism recognises the need to “switch off” from our busy lives and reconnect with those around us. Whether we spend time with family and friends, find comfort in or feel connected to familiar routines and rituals or choose not to use technology for a while, these are great ways to boost our wellbeing.

Can you think of anymore?

For any advice on delivering these activities or to discuss training contact the Jami Head Room (Education and Awareness) team via email headroom@jamiuk.org or on 020 8458 2223.

Appendix: Postcards



Appendix: Postcards



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The Mental Health Service for our Community

Appendix: Postcards



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The Mental Health Service for our Community

Appendix

Prince William: No more stiff upper lip over mental health



The Duke of Cambridge has praised the high-profile public figures now speaking openly about their mental health, as he warns no-one should try to keep a stiff upper lip at the expense of their own wellbeing.

The Duke, whose brother Prince Harry has disclosed he has had therapy to help come to terms with their mother's death, said there has for too long been a "taboo" about speaking about such important issues.

Saying the idea that successful, strong people do not suffer their own emotional difficulties is false, he added: "We all do. It's just few of us speak about it."

The Daily Telegraph published an exclusive interview with Prince Harry in which he spoke candidly about the difficulties he endured after shutting down his emotions after the death of his mother, Diana, Princess of Wales.

In it, he told how the Duke had tried to help him, telling him: "This is not right, this is not normal, you need to talk about stuff, it's OK."

In an interview for CALMzine, the charity magazine aimed at tackling mental health in men, the Duke has now said: "Attitudes are changing and this is being helped by high-profile people talking about their experience."

"Men like Professor Green, Freddie Flintoff and Rio Ferdinand have led the way and made films for Heads Together showing the conversations they have had about pressures on their mental health."

"The recent interview by Stormzy about his depression was incredibly powerful and will help young men feel that it's a sign of strength to talk about and look after your mind as well as your body."

"There may be a time and a place for the 'stiff upper lip', but not at the expense of your health."

One how best to tackle stressful situations, he added: "Sometimes, emotions have to be put to one side to get the job done, but if you have been through an especially traumatic or stressful situation it is essential to talk it through after the event."

"If you don't acknowledge how you feel it will only bottle up, and could reassert itself later as illness."

The interview, released now but conducted before Prince Harry's podcast was aired, also saw the Duke speak of his hopes for the future after noticing a new generation of emotionally articulate children during his work in schools.

"Catherine and I are clear that we want both George and Charlotte to grow up feeling able to talk about their emotions and feelings," he said.

Prince Harry also told the magazine: "We will all go through tough times in our lives, but men especially feel the need to pretend that everything is OK, and that admitting this to their friends will make them appear weak."

"I can assure you this is actually a sign of strength."

The Prince, 32, was roundly praised yesterday after speaking to Bryony Gordon's new podcast Mad World about the "total chaos" he experienced in his 20s as he struggled to process his mother's death.



Appendix

Paul Farmer, chief executive of mental health charity Mind, said: “Prince Harry speaking so candidly is a true turning point that shows that as a society we must no longer adopt a ‘stiff upper lip’ attitude and that we need to talk openly about mental health, something that affects us all directly.”

Rosa Monckton, charity campaigner and one of Diana, Princess of Wales’ close friends, said: “It is a very courageous act and I hope it will encourage many others to confront their own demons.

“I am sure Diana, who was always brave in the causes she embraced, would have been proud of him.”

Julia Samuel, founder patron of Child Bereavement UK and author of Grief Works, who was also a friend to Princess Diana and is godmother to Prince George, said: “I wholeheartedly support the campaign and I’m so grateful for him having the courage to speak out.

“To open up and model that it’s very important to speak about grief helps change and move the dial in our understanding about grieving, because it’s still a taboo.”



Dr Fiona Pienaar, from children’s mental health charity Place2Be, said: “Prince Harry’s willingness to talk so intimately about the impact of the loss of his mother 20 years ago, as well as how he has processed his grief, is a gift from the young royal.

“Friends and family are vitally important when we experience grief and loss, and we would hope that everyone would have a Prince William in their life to gently keep nudging them towards seeking help; but a professional will have the skills to guide the grieving process so that we may - rather than ever ‘get over’ a loss - begin to ‘grow around’ it, taking our memories of, and connection to, the person we have lost with us through life.

“As a charity that supports children and young people’s mental health in schools, we are immensely grateful to Prince Harry for his willingness to share his own experience of the impact of the loss of his mother, and to talk so openly about how he has sought help to process his grief.”

Furness, Hannah, 2017, “Prince William: No more stiff upper lip over mental health”, telegraph.co.uk

<https://www.telegraph.co.uk/news/2017/04/17/prince-william-mental-health-attitudes-changing-thanks-high/> (Accessed on 13.08.2018)

Appendix

Celebrities speak out about the shame and stigma surrounding mental health issues

On last week's episode of *The Surgery* with Gemma and Dr Radha our experts discussed feelings of shame surrounding mental health, why they happen and how everyone can help stop them.

Even celebrities aren't immune to these feelings, but thankfully they're opening up to try and stop the stigma of mental health issues, whether that be depression, anxiety, eating disorders or any number of other afflictions.

Here are just a few of the famous faces who are getting vocal about shame - and why it shouldn't be a thing.

Olly Alexander



Appearing on *The Surgery* back in January, *Years & Years*' Olly Alexander spoke out about feeling like he couldn't tell anyone about his bulimia and self-harming. "All throughout school I really struggled with mental health problems, loads of different things, and I never told anyone," he said. "Never told my mum. And I think, looking back, it began to eat away at me. I wish I had talked sooner."

Now, Olly knows the importance of speaking up, after seeking help from a therapist. "Today and for the rest of my life I think I'll be using the tools I've learnt from medical professionals, from what I've learnt from therapy, from what I've learnt from friends and talking about things."

Kristen Bell



In an interview with *The Off Camera Show*, *Veronica Mars* star Kristen spoke out about her anxiety and depression, and how nobody should feel shame over taking medication to control their mental health.

"I got on a prescription when I was really young and I still take it today and I have no shame in that because my mom had said to me, 'If you start to feel this way, talk to your doctor, talk to a psychologist, see how you want to help yourself,'" she said.

"If you do decide to go on a prescription to help yourself, understand that the world wants to shame you for that, but in the medical community, you would never deny a diabetic his insulin."

Dwayne 'The Rock' Johnson



Appearing on an episode of *Oprah's Master Class*, Dwayne – who suffered from depression in his early 20s – emphasised the importance of not hiding or being ashamed of mental health issues.

"I found that, with depression, one of the most important things you could realise is that you're not alone," he said. "You're not the first to go through it; you're not going to be the last to go through it... I wish I had someone at that time who could just pull me aside and [say], 'Hey, it's gonna be okay. It'll be okay.' So I wish I knew that."

Appendix

Kerry Washington



Speaking to Essence magazine in 2009, the Scandal star talked about her unhealthy relationship with food and compulsive exercising.

“I used food as a way to cope - it was my best friend,” she said. “I’d eat anything and everything, sometimes until I passed out.

“But then, because I had this personality that was driven toward perfectionism, I would tell people I was at the library, but instead go to the gym and exercise for hours and hours and hours. Keeping my behaviour a secret was painful and isolating. There was a lot of guilt and a lot of shame.”

Kerry went to therapy, after being approached by her dance teacher about her eating disorder, and continues to see a therapist – as well as a nutritionist – to help her communicate her feelings instead of using food as a crutch.

“Celebrities speak out about the shame and stigma surrounding mental health issues”, bbc.co.uk

<http://www.bbc.co.uk/programmes/articles/18zsJNQQSjHfrZXRtWsRyqC/celebrities-speak-out-about-the-shame-and-stigma-surrounding-mental-health-issues>
(Accessed on 13.08.2018)

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