

THE MENTAL HEALTH  
AWARENESS SHABBAT

BROUGHT TO YOU BY

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The Mental Health Service for our Community

# YOUNG PROFESSIONALS

## IN COLLABORATION WITH YOUNG JAMI

Being open to talking about our mental health and listening to others can help us maintain a positive state of wellbeing and help to break down the stigma that surrounds mental health. Continuing these conversations is more important now than ever.



Bringing light to mental health

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### CONVERSATION STARTERS

1. What do you think the main concerns are facing young professionals today in relation to their wellbeing?
2. What have you found most challenging about the pandemic? i.e. stresses with: redundancies, furlough, working from home, lockdown, lack of socialising (in and outside of work), living with family/flatmates.
3. How have you practiced self-care during the pandemic?
4. How supported did you feel moving from High School to University and from University into the workplace?
5. How do you think employers can better look after the mental wellbeing of their employees?
6. What role does a healthy lifestyle play in the prevention of mental health problems in young people?

### SAD OR 'WINTER BLUES'

Each year, many people suffer from 'seasonal affective disorder' (SAD) in the winter – a form of depression triggered by lack of sunlight. On top of this, we have experienced a second lockdown, bringing with it job uncertainty, concerns about health and limited social interaction, all set against the backdrop of a global pandemic. Here are some ideas that may help you or someone you know who is going through a difficult time:

Particularly if you are still working from home, make sure to get out for a walk in the morning or at lunchtime to increase your exposure to sunlight. In keeping with local restrictions, try finding a walking buddy so that you can hold each other accountable for getting out. Continue to interact virtually and make sure to check in on those who are on their own.

Some people find light therapy helpful. It is meant to increase melatonin levels and so can boost your mood during the darker months.

Do up your room or workspace – maximise natural light and add some lighter, brighter decorations.

### GET TO KNOW YOURSELF

Many of us feel that one of the upsides to the pandemic has been time to reflect and reframe what is really important to us. Here's our list of questions to help you with your gratitude jar:-

- What are you grateful for?
- What do you value most?
- What skills or qualities do you have that other people notice?
- Lastly, we all need a passion in life – what's yours?