

MESH

MENTAL, EMOTIONAL, AND
SOCIAL HEALTH

EVERYONE HAS IT!

“HINENI” Here I am - הנני

Help is accessible to you

“KOL YISRAEL AREVIM
ZEH LA ZEH”

All Jews are responsible for
one another -

כל ישראל ערבים זה לזה

Promoting wellness for all

THE HEALTHY MIND PLATTER

to encourage mental well-being and
prevent burnout

GROUNDING EXERCISE

to help with being present and alleviate
anxiety

POSITIVE AFFIRMATIONS

to build confidence and increase
resilience

STRATEGIES FOR GOODBYES

to ease distress during transitions
and provide coping mechanisms for
“camp-sickness” in the off-season



REFERENCES

The Healthy Mind Platter:

https://www.drdansiegel.com/resources/healthy_mind_platter/

5, 4, 3, 2, 1 Grounding Technique:

<https://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-groundingtechnique>

Positive Affirmations:

<https://www.thepathway2success.com/101-positive-affirmations-for-kids/>

LEARN MORE WITH:

HERE.NOW.

<https://www.myjewishlearning.com/here-now/>

THE BLUE DOVE FOUNDATION

<https://thebluedovefoundation.org/>

THE JED FOUNDATION

<https://www.jedfoundation.org/>

MITSUI COLLECTIVE

<https://mitsuicollective.org/>



Jewish Summers. Jewish Future.

‘PACKING LIST’
OF ‘TOOLS’
FOR FIRST YEAR
STAFF



THE HEALTHY MIND PLATTER



FOCUS TIME

When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

PLAY TIME

When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

CONNECTING TIME

When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

PHYSICAL TIME

When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

TIME IN

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

DOWN TIME

When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

SLEEP TIME

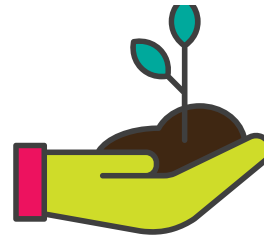
When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

GROUNDING EXERCISE

TAKE A DEEP BREATH. THINK ABOUT...

5 THINGS YOU CAN SEE,
4 THINGS YOU CAN FEEL,
3 THINGS YOU CAN HEAR,
2 THINGS YOU CAN SMELL, AND
1 THING YOU CAN TASTE.

TAKE ANOTHER DEEP BREATH.



POSITIVE AFFIRMATIONS

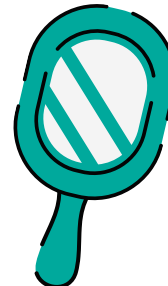
I am a leader.

I can handle whatever comes my way.

I believe in myself.

My mistakes help me to learn and grow.

I am making a difference.



STRATEGIES FOR GOODBYES

- **Validate your emotions.**
 - It's okay to feel happy, sad, anxious, etc. or a mix of emotions.
- **Talk about your feelings with a peer or supervisor.**
 - Putting your thoughts into spoken words can help you process your feelings.
- **Give yourself time for reflection.**
 - Take time for individual processing, as well.
- **Take a small, symbolic object from camp with you.**
 - An arts-and-craft project, camp t-shirt, small rock, etc. are things you can take with you to remember your summer forever.
- **Stay connected with your camp and staff in the off-season.**
 - Following your camp on social media and exchanging contact information with staff members will help to make your goodbye seem less permanent.

