

**Jami**

The Mental Health Service for our Community

# Getting through lockdown

## Taking care of my family and friends

# About Jami

- Specialist provider of mental health services for the Jewish Community
- Founded over 30 years ago
- Supports everyone affected including carers
- Bespoke recovery support delivered through ‘community hubs’
- Mental health on the high street through Head Room Café
- Social enterprise (eBay shop, warehouse, upcycling pop up)
- Head Room Education – training and courses for everyone
- Digital services through QWELL and Kooth Student
- All services have been moved online during the pandemic

THE MENTAL HEALTH  
AWARENESS SHABBAT

BROUGHT TO YOU BY

**Jami**

The Mental Health Service for our Community

# Tonight's Content

- Managing Uncertainty
- Anxiety – an ancient survival mechanism
- Social capital
- What is resilience?
- Empathy
- Taking back a sense of control
- Self-care
- Looking After Others

# Uncertainty

What can we do to manage uncertainty?

- Think about the uncertainties you entered into the chat
- What could we put in place to help us with some of these specific issues?
- Is there anything generally that can help us manage uncertainty?

# What (actually) is resilience?

“Resilience is the capacity to bounce back from adversity...resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience.”

- UCL Institute of Health Equity (2014)

“Resilience is essentially the successful adaptation in the presence of risk or adversity”

- Garmezy, 1986; Luthar, 2003; Olsson, Bond, Burns, Vella-Brodrick & Sawyer, 2003

“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress...it means “bouncing back” from difficult experiences”

- American Psychological Association, accessed 9<sup>th</sup> May 2018

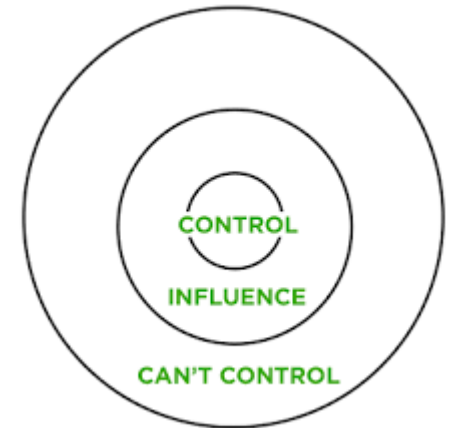
# Jewish social capital

“Social capital has been defined as ‘the features of social life such as networks, norms and social trust that facilitate co-ordination and co-operation for mutual benefit’”

America's declining social capital, *Journal of Democracy* 6 p. 67 Putnam, 1995/ *Bowling Alone*

# Taking Back Control

- When we feel uncertain it can be helpful to take back control where possible
- Think about what you can control, not what you can't control



# Taking Back Control

- “Choose when and what you use”. We know too much access to social media and news can overload.
- Our ‘new normal’, what could our new schedule look like? We know routine is imperative to get us back to a feeling of normality
- Boundaries, we may need to set boundaries on when we are available for socializing and when it’s ‘me time’. If you’re sharing space, when can you be disturbed or are free to help out etc?

# Empathy

- From the Greek *empathia* combining 'em' meaning 'in' and 'pathos' meaning feeling
- Being empathetic means being in a feeling or alongside a feeling with someone
- Responding with empathy means putting ourselves in their shoes as much as possible
- We may have to put our own thoughts and feelings aside

# Self - Care

- Why is self-care so important right now, possibly more than ever?
  - “you can’t pour from an empty cup”
  - Boosts motivation and productivity
  - Aids our physical health
  - Looks after our mental health

# Reaching Out

See the resources page at [www.jamiuk.org](http://www.jamiuk.org)

Shout : Text **Jami** to **85258**

[QWELL: https://www.qwell.io/jami](https://www.qwell.io/jami)

[KOOOTH STUDENT: https://student.kooth.com/jami](https://student.kooth.com/jami)

**Samaritans Telephone: 116 123**

Call Jami's number Monday – Friday 020 8458 2223

Give support • Get support • Get involved

Visit [jamiuk.org](https://jamiuk.org) | Telephone 020 8458 2223 | Email [info@jamiuk.org](mailto:info@jamiuk.org)

[@JamiPeople](#) | [JAMIMentalHealth](#) | [Jami UK](#)



**Jami**

The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.