

# Jewish Family Service: Caring for Jewish Students

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jewish family service



# Mental Health and Wellness Priorities

- **Connection and Support**
- **Share thoughts and feelings**
- **Safely consume news and social media**





# Connection and Support

- **Communication and conversation**
- **Safe space to struggle**
- **Validate and reassure**





# Share Thoughts and Feelings

- **Lead with Empathy**
- **Gratitude and Compassion**
- **Ask questions to understand**
- **Difficult Feelings**
- **Patience. Patience. Patience.**





# Share Thoughts and Feelings

- **Sometimes there are no words.**
  - Mindfulness
- **Engage the parasympathetic nervous system.**





# Safe Consumption of News and Social Media

- Collaborative decision making
- Reliable news
- Familiar Self-Care techniques
  - Timer
  - Time limited Self-Care skills
- Reporting violent images





# Mental Health Care

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