

# CJL SHABBAT WELLNESS INITIATIVE

## Source Sheet and readings

*First four sources from source sheet by Shayna Herszage*

### AVOT 1:6

Yehoshua ben Perachia says, "Make for yourself a mentor, acquire for yourself a friend and judge every person as meritorious."

יהושע בן פרחיה אומר, עשה לך רב, וקנה לך חבר, והוי דן את כל האדם לכף זכות:

In your opinion, why are these three things grouped together in the Mishna? Why not just quote Yehoshua ben Perachia in multiple mishnayot?

### TA'ANIT 7A

I have learned much from my teachers, but more from my friends.

הרבה למדתי מרבותי ומחבירי יותר מרבותי

How could a person learn more from their friends than from their teachers?

### PIRKEI AVOT 2:10

Rabbi Eliezer says: The honor of your friend should be as precious to you as your own.

רבי אליעזר אומר, יהי כבוד חבירך עליך כשולך

What kind of honor is precious to you? What kind of honor of others might you be able to feel is precious to you, as well?

### UNCLE MOISHY AND THE MITZVAH MEN

Don't walk in front of me, I may not follow; Don't walk behind me, I may not lead; Just walk beside me, and be my friend; And together we will walk in the way of Hashem (God).

Do you agree with this children's song lyric (referencing a quote by Albert Camus)? What do you think it means and how might it be interpreted in different ways?

**Definition of Social wellness (Princeton U Matter):**

**Social wellness refers to the quality of the relationships you have and how you interact with others. Building supportive relationships, dealing with conflict effectively, and making the time for socializing contribute to your overall wellness.**

## *With a Little Help From My Friends*

THE BEATLES

Verse 1: What would you think if I sang out of tune? Would you stand up and walk out on me? Lend me your ears and I'll sing you a song And I'll try not to sing out of key

Chorus: Oh, I get by with a little help from my friends Mm, I get high with a little help from my friends Mm, gonna try with a little help from my friends

Verse 2: What do I do when my love is away? Does it worry you to be alone? How do I feel by the end of the day? Are you sad because you're on your own? Chorus

Bridge: Do you need anybody? I need somebody to love Could it be anybody? I want somebody to love

Verse 3: Would you believe in a love at first sight? Yes, I'm certain that it happens all the time What do you see when you turn out the light? I can't tell you, but I know it's mine  
Chorus Bridge Chorus

What is your personal equivalent of singing out of tune?

Who are your friends who will listen to you sing out of key?

Who will stand up and walk out?

What are supportive qualities you look for in a friend?

How can you try and support your friends when they are singing out of tune?

If you do feel sad and alone at the end of the day, know that that is ok, especially during this pandemic.

Who is one person you can reach out to today?

## *The Implications of COVID-19 for Mental Health and Substance Use*

WNIRMITA PANCHAL, RABAH KAMAL, KENDAL ORGERA, CYNTHIA COX, RACHEL GARFIELD, CAILEY MUÑANA, AND PRIYA CHIDAMBARAM PUBLISHED: AUG 21, 2020

A broad body of research links social isolation and loneliness to poor mental health, and data from late March shows that significantly higher shares of people who were sheltering in place (47%) reported negative mental health effects resulting from worry or stress related to coronavirus than among those not sheltering-in-place (37%). In particular, isolation and loneliness during the pandemic may present specific mental health risks for households with adolescents and for older adults. The share of older adults (ages 65 and up) reporting negative mental health impacts has increased since March. Polling data shows that women with children under the age of 18 are more likely to report major negative mental health impacts than their male counterparts.

What mental health risks are applicable to you? What kinds of steps could you take to reduce those risks?

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## Suggested Activities

### INDIVIDUAL ACTIVITIES

- Print out a picture of you and a friend and hang it in your room
- Create your own [affirmation tree](#)
- Make IOU gift cards to mail to your friends for coffee dates when you return to campus (students - CJL will pay for the coffee!)
- If you read the Beatles song in the source sheet and thought of one person you can reach out to today, text them to say hi or how's it going, or give them a call.

### PAIR/GROUP ACTIVITIES

- Host a game night and invite someone new to your group
  - >4 people: Play [CodeNames](#) online
  - [Monopoly](#).
  - Cards
- You and a friend can print out the same picture and both hang it up in your respective spaces

### Shabbat Friendly Activities

Designate a comfort zone wherever you are spending Shabbat  
 Play a game with a roommate or family member

- Bananagrams if you don't have the tiles, Scrabble tiles work, too
- CodeNames If you don't have the set, you can make one before Shabbat. Write out 80-100 random words on little squares of paper for your game board. Make 8 red squares, 8 blue squares, 1 red/blue reversible, 1 black, and 7 neutral (can leave them white). Create 5-10 5x5 grids, with 8 blue squares (randomly assigned), 8 red ones, 1 black, and the rest neutral. Draw half with a blue border and an extra blue square and half with a red border and an extra red square. Now you're ready to play!
- Card games
  - Hearts
  - Spit
  - Gin Rummy

#### ON-CAMPUS RESOURCES

Use these resources to establish and maintain relationships by connecting over common interests and experiences, working to resolve conflicts and communicate effectively, and practicing healthy relationship skills:

- [Center for Jewish Life](#)
- [UMatter Princeton](#)
- [Campus Recreation](#)
- [Carl Fields Center](#)
- [Davis Center for International Students](#)
- [Graduate School Events and Programs](#)
- [Graduate School Student Organizations](#)
- [LGBT Center](#)
- [ODUS Student Organizations](#)
- [Ombuds Office](#)
- [Pace Center for Civic Engagement](#)
- [Sexual Harassment/Assault Advising, Resources and Education \(SHARE\) Office](#)
- [Princeton CPS](#)

## Social Wellness Self-Assessment

	Never	Rarely	Sometimes	Usually
1. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others	1	2	3	4
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices	1	2	3	4
3. I feel supported and respected in my close relationships	1	2	3	4
4. I communicate effectively with others, share my views and listen to those of others	1	2	3	4
5. I consider the feelings of others and do not act in hurtful/selfish ways	1	2	3	4
6. I try to see good in my friends and do whatever I can to support them	1	2	3	4
7. I participate in a wide variety of social activities and find opportunities to form new relationships	1	2	3	4

**Scores of 20-28:** *Outstanding! Your answers demonstrate that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high.*

**Scores of 15-19:** *Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.*

**Scores of 14 and below:** *Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review resources provided in today's Wellness Resources handout to help you develop and set achievable goals.*

### HOW TO SUPPORT YOUR SOCIAL WELLNESS:

- Build trust and show support in relationships with friends, family members and significant others.
- Learn how to communicate effectively with others and understand your communication style.
- Reflect on personal conflicts and identify areas for improvement.
- Respect the needs and wants of others, and yourself.
- Make it a point to interact with people from diverse backgrounds, beliefs and cultures.
- Join a club, team or group on campus.

### SOCIAL SELF-CARE CHECKLIST

- Schedule regular dates with my partner\_\_\_\_\_
- Make time to see friends\_\_\_\_\_
- Call, check on, or see my relatives\_\_\_\_\_
- Spend time with my companion animals\_\_\_\_\_
- Stay in contact with faraway friends\_\_\_\_\_
- Make time to reply to personal emails and letters and send cards\_\_\_\_\_
- Allow others to do things for me\_\_\_\_\_
- Enlarge my social circle\_\_\_\_\_
- Ask for help when I need it\_\_\_\_\_
- Share a fear, hope or secret with someone I trust\_\_\_\_\_