

**What's Jewish about Resiliency?  
Exploring Our Rituals, Teachings and Traditions  
January 18<sup>th</sup>, 2023 – Resiliency Roundtable – Resources**

---

*Please note, this list of resources is not exhaustive but rather a compilation of materials shared by speakers, facilitators, and community members at the January 2023 Resiliency Roundtable.*

---

[View the Splashpage to see our January Time Together](#)

[Recording of January 18<sup>th</sup>, 2023: Framing, Introduction of Facilitators & Closing](#)

---

## RECOMMENDED PRE-SESSION LEARNING MATERIALS

We invite you to explore a rich library of podcast episodes on Jewish resiliency before our time together.

- Follow the link to... [Hashivenu: Jewish teachings on resilience](#)
- 

## SHARED BY OUR FACILITATORS

### The Wellness Institute

- [The Wellness Institute Website](#)
  - **Description:** The Wellness Institute (TWI) is committed to support youth resilience by developing and disseminating behavioral health and suicide prevention education and resources to better equip youth and their families to overcome challenges during adolescence and young adulthood. O
  - **Publications:**
    - [Free resilience publication](#) with articles from world experts – customizable [print](#) or [digital](#) educational booklet
    - Additional publications: <https://www.wellnessinstitute.org/publications/>
  - **Curricula:**
    - [Cultivating Resilience](#) curriculum for middle and high schools
      - Course samples: [click here](#)
      - For inquiries: email [info@wellnessinstitute.org](mailto:info@wellnessinstitute.org).
    - [The Happiness Hack](#) curriculum for middle and high schoolers
  - **Training:**
    - [Upcoming skills training](#) with world experts for youth-facing adults
  - **Get in touch:**
    - Schedule a 45-minute introduction Zoom with The Wellness Institute team: [calendly.com/wellnessinstitute](https://calendly.com/wellnessinstitute)
-

**What's Jewish about Resiliency?**  
**Exploring Our Rituals, Teachings and Traditions**  
**January 18<sup>th</sup>, 2023 – Resiliency Roundtable – Resources**

---

## Bamidbar

- [Bamidbar Website](#)
  - **Description:** Through mental health education, prevention, and treatment programs, BaMidbar encourages participants to **redefine** how they view themselves, **reevaluate** their capabilities, and **rediscover** their vision for a brighter tomorrow.
  - [Education Programs One-Pager](#)
  - **Open Roles:**
    - Follow [this link](#) to view open positions at Bamidbar in Boston, LA, and Remote.
  - **Get in touch:**
    - Contact [Jory Hanselman Mayschak](#) if you'd like to learn more about our work, further our impact, or explore new partnerships with BaMidbar.
- 

## Institute for Jewish Spirituality

- [Institute for Jewish Spirituality Website](#)
  - **Description:** Since its founding in 1999, IJS has pioneered the development and teaching of Jewish spiritual practices that are grounded in mindfulness, draw upon the deepest wells of Jewish wisdom, and enable people to live and lead with clarity, resilience, and a sense of sacred purpose. We do this through teaching spiritual practices and sharing texts from contemplative Jewish traditions. The practices we teach include mindfulness meditation, prayer, contemplative Torah study, yoga and other embodied practices, singing and *niggunim* (wordless melodies), and working with *middot* (character traits) in order to better align our behaviors with our innermost values.
  - **Offerings:**
    - [Free Ongoing Offerings](#)
    - [Free Jewish Mindfulness Meditation Starter Kit](#)
    - [Go Deeper](#) with online courses, retreats and programs
- 

## Mayyim Hayyim

- [Mayyim Hayyim Website](#)
  - **Description:** Mayyim Hayyim is an intimate center for spirituality, learning, celebration and community, an international model of Jewish creativity and vitality. Mayyim Hayyim is a 21st century creation, a mikveh rooted in ancient tradition, reinvented **to serve the Jewish community of today.**
  - **Resources:**
    - [Full list of immersion ceremonies](#), including two focused specifically on mental health
    - [Link to meditations](#) created in partnership with the Blue Dove Foundation
  - **Get in touch:**
    - [Sign up to get updates](#) from Mayyim Hayyim
-

What's Jewish about Resiliency?  
Exploring Our Rituals, Teachings and Traditions  
January 18<sup>th</sup>, 2023 – Resiliency Roundtable – Resources

---

## Jewish Studio Project

- [Jewish Studio Project Website](#)
  - **Description:** Creativity is a transformative practice, a powerful new pathway for engaging Judaism, and an essential tool for bringing about a more just world. The Jewish Studio Process builds resilience and empathy, activates prophetic imagination, and inspires new approaches to society's most pressing problems through the synergy of Jewish learning and creative practice. Read about [JSP's mission and vision](#)
  - **Resources:**
    - Listen to Rabbi Adina's [Podcast](#) episode on Torah of Creativity
    - Watch our [Creativity is... Video](#)
  - **Upcoming:**
    - Join us for one of our upcoming [Public Programs](#)! Most are free and we average two programs a week.
  - **Get in touch:**
    - Join [JSP's newsletter list](#) to stay in the loop on upcoming programs, thought provoking articles and community news.
- 

## Mitsui Collective

- [Mitsui Collective Website](#)
- **Description:** Mitsui Collective builds resilient community through embodied Jewish practice and somatic antiracism. Mitsui Collective designs and facilitates holistic, whole-body Jewish learning and practice. Our work explores the experience of Jewish life & learning through our bodies, and our understanding of how our Jewish identities and experiences are impacted because of the bodies we are in. We augment the spaces and methods through which Judaism prepares, supports, and nourishes both the individual and the collective for greater health, resiliency, and wellness in body and soul.
- **Offerings:**
  - [Explore Mitsui Collective's offerings](#) of programs and engagements
- **Get in touch:**
  - Contact Mitsui Collective Program Manager Ariana Starkman with any program requests: [ariana.starkman@mitsuicollective.org](mailto:ariana.starkman@mitsuicollective.org)