

Pastoral Care & Wellbeing for UK International Service Team (IST)





Aim

Equip IST volunteers with simple, practical wellbeing tools to maintain their own mental health and support fellow volunteers during the Jamboree.

Learning Outcomes

By the end you will:

- Recognise common wellbeing challenges during your time at the jamboree
- be able to use quick stress-management techniques
- Know how to support a fellow IST volunteer
- Identify where to get help if needed



At the Jamboree, everyone arrives with different energy levels.

Recognising our own state is the first step in looking after our wellbeing.

Challenges



- long shifts
- lack of sleep
- homesickness
- cultural misunderstandings
 - weather
- emotional fatigue
- conflict in teams
 - missing family
- pressure to perform

Spotting the Signs

Physical stress

(Sleep, food, weather)

- headaches
- exhaustion
- muscle tension
- stomach issues

Emotional stress

(Conflict, pressure)

- irritability
- anxiety
- feeling overwhelmed
- sadness

Social stress

(new people, cultures)

- withdrawing from team
- snapping at others
- working excessively
- ignoring breaks

Stress signals are not weakness — they are early warning systems



Wellbeing is not just avoiding burnout
it's about maintaining our energy so we can
enjoy the experience.

Tools



Quick wins

Tool One:
60 second reset

Tool Two:
The HALT check

Tool Three:
Micro-breaks

Tools



Protecting Your Energy (Practical Strategies)

Rest intentionally

Hydration & food

Create a 'reset routine'

Maintain perspective

Set Healthy Boundaries



Being a good volunteer does not mean sacrificing
your health.



Supporting each other

Scenario 1

A volunteer on your team seems exhausted and quiet. They skipped their break and look upset.

Scenario 2

A team member notices a fellow volunteer acting unusually, forgetting their medication, or seeming confused.

Scenario 3

A new volunteer is quiet and not joining the team during lunch or social time, appearing lonely

Scenario 4

After an early start and hours of travel, a team member is visibly exhausted but trying to work.

Scenario 5

A team member avoids eye contact during a sensitive conversation, which a peer interprets as disinterest or lack of confidence, causing frustration.

Listen first, fix later

Personal Wellbeing Plan



Plan to be well Make it your focus rather than firefighting when things have gone too far.

Build your support network

- Build support with your RAFT, your CST, fellow IST, the IST subcamp.
- Make sure you know one person in your team
- One supervisor (or equivalent)
- One wellbeing contact

Identify:

- One thing I will do daily for me
- One sign I'm getting overwhelmed
- One person I can talk to

Jamboree Wellbeing Tool kit



☐ Reusable water bottle

☐ Electrolyte tablets

☐ Earplugs

☐ Small comfort item

☐ Sunscreen

☐ Journal / notebook

☐ Snacks





Happy volunteers create an amazing Jamboree



Thank you

Any questions?