

with different educational backgrounds were different. In the sense of security score, the score of the elderly with junior high school education after the intervention was 3.76 points, 0.60 points lower than that of the elderly with university education after the intervention, while the score of the elderly with high school education in the control group was 2.61. After the intervention, the scores of helplessness and depression of the elderly with junior high school education in the intervention group were 2.10 and 1.95 respectively.

**Table 1.** Psychological state scores of the two groups of elderly people with different educational background before and after the intervention

Education	Sense of security	Helplessness	Depressed
Junior high school	3.76	2.10	1.95
High school	4.08	1.81	1.74
University	4.36	1.45	1.46

**Conclusions:** Affected by the factors of physical aging and functional decline, the elderly are prone to negative emotions, are sensitive to things around them, are prone to think wildly and lack a sense of security. If one is not satisfied, one will lose his temper and have poor emotional control. Long term negative emotions will affect the physical and mental health of the elderly. Through the combination of sports, medical care and old-age care, a new old-age care mode, i.e., the “integration of sports, medical care and old-age care” mode, is formed, so that the elderly can slowly improve their physical functions and relieve their negative emotions under the personalized old-age care mode. After the intervention, the elderly with university education in the intervention group scored 4.36 points, 1.75 points higher than the elderly with university education in the control group, and the intervention group obtained a higher sense of security.

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## GLOBAL MENTAL HEALTH AND CULTURE OF EMPATHY: A JEWISH PERSPECTIVE

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This presentation explores and discusses the need in our time for an active culture of empathy to assist global mental health challenges from a Jewish perspective. The presentation focuses on the issue of refugees as one of the challenges of global mental health. The first part of the presentation discusses empathy in Judaism, as derived from Jewish sources such as: the commandment to love humanity, the strict prohibition against bloodshed and as an imitation of G-d to acquire his attributes among them. The second part of the presentation analyses practical empathic behaviour by discussing the attitude of Judaism towards the weak strata of the society, such as the orphan, the widow and the stranger. In this context, the national Jewish history is used by Judaism as an educational source for empathy. Finally, the empathy that an individual and a state must show towards a stranger who ran away from distress, must be done in a proper manner while exercising responsible judgment regarding the existence of a true fear of harm to the economy, society, demography or security of the hosting country. In this presentation, the author uses many sources from rabbinical literature since Talmudic times through the Middle Ages until modern times.

**Key words:** Empathy, stranger, Judaism, Torah, Talmud, rabbi

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## GLOBAL MENTAL HEALTH AND CULTURE OF EMPATHY: ISLAM'S PERSPECTIVE

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“That is why We ordained for the Children of Israel that whoever takes a life of an innocent, it will be as if they killed all of humanity; and whoever saves a life, it will be as if they saved all of humanity” Qur’an 5:32.

Almost every individual strives to find the answer on the question: “What is the purpose of human’s life”. The interest in Global Health (GH) has increased in the last decade. The interest for the Global Mental Health (GMH) increased particularly after COVID-19 Pandemic and war in Ukraine. The information about GMH is diffuse and limited, with a greater focus on clinical aspects. Besides clinical aspects there are cultural, historical and religious/spiritual perspectives that we need to properly understand to achieve the best GMH today and in the future.

The aim of this paper is to give the Islamic perspective on GMH.

Through belief in God who created everything and everyone equally from His Mercy and Love, believers are invited to show the human fraternity and empathy in order to preserve security of creatures and universe and to be of help to all people regardless their political, racial, religious/spiritual backgrounds, especially to the children, poor, weak and elders. In order to give contribution to the fostering of peace and stability in the world we need rethinking of our positions in the modern world and try to give diagnosis as well as the cure for the modern illnesses. Fraternity through humanity is a guarantee for the better mental health and better and peaceful future on global level. Healthy spirituality, sound religiosity and normal nationalism may contribute significantly to public and global mental health and promotion of empathic civilization.

**Key words:** Global mental health, empathic civilization, Islam’s perspective, nationalism, qur’anic verses and prophet’s hadiths, religiosity

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## **SPIRITUALITY AS THERAPY FROM THE PERSPECTIVE OF THE CATHOLIC FAITH**

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Integral anthropology teaches that man is a physical, psychological (emotional), social and spiritual being. According to his spiritual dimension, man surpasses himself. Spirituality is a person’s openness to the absolute, to transcendence. The author approaches the phenomenon of spirituality from an existential and therapeutic perspective. Spirituality, as the main mark of personality, helps a person to design his life and answer the fundamental questions that arise: “Who I am? Where I come from? Where I am going? What is the meaning of my life?” The right answers to these questions bring peace and joy to the soul and thus contribute to a person’s mental health, i.e., it has a therapeutic effect. Spirituality helps a person to better understand her/himself and the world he lives in and helps him to find a way towards the ultimate goal of his life’s journey, to find happiness, love and joy that will never end. In this sense, spirituality serves as therapy because it motivates the person to be more empathic, less selfish. Spirituality enables person to be united with God, the source of love. “With the decline of spirituality or religious practice, neuroses increased,” claimed the great psychologist and psychotherapist Carl Gustav Jung. This means that by activating the spiritual dimension in a person, neuroses will be significantly reduced or disappear. Numerous scientific studies have indeed confirmed this. There are such difficult situations in life that you cannot get out of them without faith in God. The author presents the characteristics of authentic faith from the perspective of Catholic theology.

**Key words:** spirituality, empathy, therapy, faith, love

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## **HEALING OF THE SOUL: IN SEARCH OF “COMPLETE WELL-BEING”**

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**Introduction:** The well-being is one of the key words in the definitions of health from the World Health