



MENTAL HEALTH ROSH HASHANAH SIMANIM

On Rosh Hashanah, it is a tradition to eat simanim, symbolic foods that represent blessings we hope to receive in the new year. Over time, various communities have added different foods to this list, assigning each one a specific meaning. Infuse your year with mental wellness with our mental health simanim!

May it be Your will, God, our God and God of our ancestors, that our year be good and sweet.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֵלֵהֶם אֲבוֹתֵינוּ, שְׁתַּחֲדֵד שָׁנָה טוֹבָה וּמְתוּקָה.

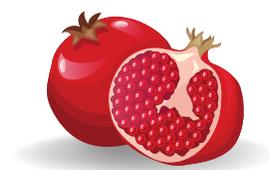
The **honey with apples** represents our desire for a sweet new year. As you eat it, think of ways you can practice self-care and love to ensure a sweet new year.



May it be Your will, God, our God and God of our ancestors, that our merits multiply like a pomegranate.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֵלֵהֶם אֲבוֹתֵינוּ, שְׁתַּרְבֵּה זְכוּתֵינוּ כְּרִמּוֹן.

With its many seeds, the **pomegranate** symbolizes the many good deeds we hope to do this year. Performing acts of kindness can be a great tool in harvesting mental wellness. As you eat a pomegranate, think of the many ways you can help others this year.



May it be Your will, God, our God and God of our ancestors, that we be the head and not the tail.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֵלֵהֶם אֲבוֹתֵינוּ, שְׁנִהְיֶה לְרֹאשׁ וְלֹא לְזָנָב.

The head of a **fish** represents our wish to be "like the head and not the tail" and to engage with the year proactively and with strength. How can you leap into the new year with strength and intention?



May it be Your will, God, our God and God of our ancestors, that enemies and accusers be decimated.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֵלֵהֶם אֲבוֹתֵינוּ, שְׂסִתְּלַקּוּ אוֹיְבֵינוּ וּמִשְׂטֵינּוּ.

The **beet** represents a desire to remove our antagonists in the new year. What can you do to approach people with whom you may be having trouble and resolve any tension you may be experiencing?



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תפוח | APPLE

May it be Your will, God, our God and God of our ancestors, that our year be good and sweet.

יהי רצון מלפניך יהוה יהוה אל-הינו ואל-הי אבותינו, שתתחדש עלינו שנה טובה ומתוקה.

The **honey with apples** represents our desire for a sweet new year. As you eat it, think of ways you can practice self-care and love to ensure a sweet new year.

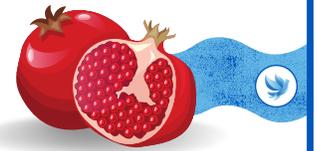


רמון | POMEGRANATE

May it be Your will, God, our God and God of our ancestors, that our merits multiply like a pomegranate.

יהי רצון מלפניך יהוה יהוה אל-הינו ואל-הי אבותינו, שתרבה זכותינו כרמון.

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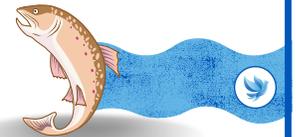


דג | FISH

May it be Your will, God, our God and God of our ancestors, that we be the head and not the tail.

יהי רצון מלפניך יהוה יהוה אל-הינו ואל-הי אבותינו, שנהיה לראש ולא לזנב.

The **head of a fish** represents our wish to be "like the head and not the tail" and to engage with the year proactively and with strength. How can you leap into the new year with strength and intention?



סלק | BEET

May it be Your will, God, our God and God of our ancestors, that enemies and accusers be decimated.

יהי רצון מלפניך יהוה יהוה אל-הינו ואל-הי אבותינו, שישתלקו אויבינו ומשטינינו.

The **beet** represents a desire to remove our antagonists in the new year. What can you do to approach people with whom you may be having trouble and resolve any tension you may be experiencing?

