

The Mental Health Ushpezin

Much like we invite ushpezin into our sukkot, what qualities or practices would you like to invite into your life in the new year?



Day 1 Self-Care



If I am not for myself, who will be for me? - Hillel

Day 2 Gratitude



"The real gift of gratitude is that the more grateful you are, the more present you become." — Robert Holden

Community Day 3



"If there is anxiety in a man's heart, let him quash it" (Proverbs 12:25)...It means he should tell others his concerns, which will lower his anxiety. - Talmud Yoma 75a

Day 4 Self-Worth



The King of all Kings mints every human being with the stamp of the first, and yet not one looks like another. Hence, every single person must proclaim, "The world was created for me." - Mishnah Sanhedrin 4:5

Day 5 Mindfulness



Guard yourself and guard your soul very carefully. Deuteronomy 4:19

Day 6 Self-Love

To love yourself, is to identify yourself as part of the Shekhinah. - Baal Shem Tov

Day 7 Kindness

"Our days are happier when we give people a piece of our heart rather than a piece of our mind" - UNKNOWN