



The Blue Dove
FOUNDATION

"A little bit of light can dispel a lot of darkness." Rabbi Schneur Zalman of Liadi

THE MENTAL HEALTH HANUKKAH JOURNAL



HANUKKAH AND MENTAL HEALTH

When constructing the Hanukkah ritual, the sages of the Talmud entertain two possible methods of lighting a Menorah. One is to begin Hanukkah by lighting all eight candles on the first night and subsequently removing one candle from the Menorah nightly. The other option — the one we practice — is to add a candle each night over the course of the holiday. On the surface, this debate might seem insignificant, but it actually cuts to the heart of the role Hanukkah plays in our lives and the mission we are called upon to realize.

At the darkest point of the year, the light of Hanukkah is there when we need it most, bringing a sense of warmth and comfort to an otherwise cold and worrisome season. But if that light were to suddenly diminish, our comfort would subside along with it.

So we begin the holiday by lighting one candle and adding an additional one each night rather than starting with eight candles and slowly removing them. Because on Hanukkah we are tasked with adding light to the world, not taking it away.

When our world feels dark, “The proper response, as Hanukkah teaches, is not to curse the darkness but to light a candle.” (Irving Greenberg). We hope our Hanukkah and mental health resources can help brighten up your life this Hanukkah — and help create a brighter world for everyone.

This resource is designed to educate individuals but not replace treatment. If you are struggling, please contact a medical professional.



TABLE OF CONTENTS

[How to Use this Journal | 3](#)

[Hanukkah Candle-Lighting Blessings | 4](#)

[Menorah-Lighting Rituals to Promote Wellness | 5](#)

[Meditation by the Flames: A Hanukkah-Guided Meditation | 7](#)

[Journal Entry Night One: The Lessons We Learn | 8](#)

[The Mental Health Menorah | 12](#)

[Journal Entry Night Two: The Gift of Gratitude | 16](#)

[Eight Nights of Hanukkah Gratitude | 20](#)

[Journal Entry Night Three: Experiences that Count | 23](#)

[Dreidels and Mental Health | 27](#)

[Journal Entry Night Four: Getting Stuck and Unstuck | 28](#)

[Eight Ways to Give to Yourself this Hanukkah | 32](#)

[Journal Entry Night Five: Finding Peace | 35](#)

[On Hanukkah, Take Time to Think About YOU! | 39](#)

[Journal Entry Night Six: What is Too Much? | 41](#)

[A Balanced Candle Won't Burn Out | 46](#)

[Journal Entry Night Seven: What Do You Need? | 52](#)

[Leadership and Service: Stepping into the Shamash Role | 56](#)

[Journal Entry Night Eight: Letting Go | 58](#)

[Hanukkah Coloring Activity | 62](#)

[Personal Reflections and Insights | 68](#)

[About the Blue Dove Foundation | 72](#)

[Contact Us | 73](#)



HOW TO USE THIS JOURNAL

The Talmud discusses the obligation of *pirsumei nisah*, literally, publicizing the miracle, on Hanukkah. This is in reference to our task of publicizing the miracle of Hanukkah by lighting our menorahs by windows or our front doors. In doing so, we remind the world there is a God who performs miracles. The need to publicize the miracle of Hanukkah is an example of Judaism's desire to shed light on powerful ideas and truths our tradition holds dear and share them with the world.

Hanukkah can also remind us we, like the rest of the world, need to remember the great miracles we are and have light shed on the innermost parts of ourselves that need attention and understanding. In this book we have devoted space to eight essential reflection prompts we hope will help you reflect on your year — on what brought you light and what dimmed your light — as we add more light to our menorahs this season. We will intersperse these prompts with our mental health Hanukkah resources.



נֵר יְהוָה נִשְׁמַת אָדָם חֹפֵשׁ כָּל־חֲדָרָיו בֵּטָן

The soul of a human is the lamp of God, revealing all of their innermost parts. (Mishlei 20:27)

HANUKKAH CANDLE-LIGHTING BLESSINGS

On Hanukkah, we recall the courage and resilience of the Jewish people when we confronted overwhelming odds against powerful oppressors.

We also remember the strength we are capable of. As we make the blessings over the menorah, consider how you can bring this Jewish message of resilience into your life.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה

Blessed are You, Adonai our God, Ruler of the universe,
who has sanctified us with Your commandments and
commanded us to kindle the Hanukkah light.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה
נִסִּים לְאֲבוֹתֵינוּ בְּיָמִים הָהֵם בְּזִמְנֵי הַזֶּה

Blessed are You, Adonai our God, Ruler of the
universe, who performed miracles for our ancestors
in those days, at this time.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁחַיָּנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה

Blessed are You, Adonai our God, Ruler of the
universe, who has granted us life, sustained us and
enabled us to reach this occasion.

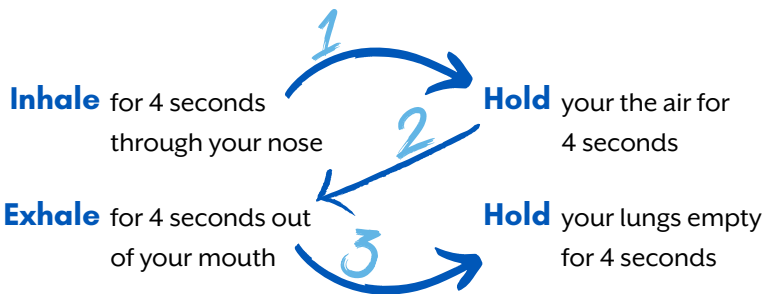
MENORAH-LIGHTING RITUALS TO PROMOTE WELLNESS

ADJUST THE LIGHTING

Check out this list of strategies you can incorporate into your candle-lighting routine to make the ritual one of wellness and comfort.

1

As you light your candles, consider practicing a breathing exercise. Calming and regulating your mind and body is a skill that takes practice and muscle memory to be effective, and Hanukkah provides you with eight days to try and stretch that muscle. If you only try to relax and rest when you are agitated or exhausted, it won't be as effective.



Tip: Play around with increasing the count to six seconds, or decreasing it toward one second as a way to adjust the energy of this exercise. (Source: Foundation for Jewish Camp)

MENORAH-LIGHTING RITUALS TO PROMOTE WELLNESS

2

Turn one night of Hanukkah into “Pajamakkah.” Before lighting the menorah, start your bedtime routine. Wash up, brush your teeth and get into your comfiest PJs. Then, sit down by the candles, or curl up in bed with a favorite book, a podcast or some music, knowing your day is complete.



SOME HABITS THAT CAN IMPROVE YOUR SLEEP HEALTH (SOURCE: CDC)

- 1 Be consistent. Go to bed at the same time each night, and get up at the same time each morning, including on the weekends.
- 2 Remove electronic devices such as TVs, computers and smart phones from the bedroom.
- 3 Avoid large meals, caffeine and alcohol before bedtime.
- 4 Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

MEDITATION BY THE FLAMES: A HANUKKAH-GUIDED MEDITATION

Hanukkah occurs at the darkest point of the year. The seasons are changing, the air is cold, the days are short and the nights are long. These are times when we need light most, and this is why we are tasked with bringing that hope in the form of light into our homes. Bring some light into your home with our new Hanukkah-guided meditation.





**LISTEN
NOW**





EIGHT NIGHTS OF QUESTIONS: NIGHT ONE


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT ONE

What is **one lesson** you learned this year?

Who or what experience taught it to you?



EIGHT NIGHTS OF QUESTIONS: NIGHT ONE

How have you incorporated that lesson into your life?

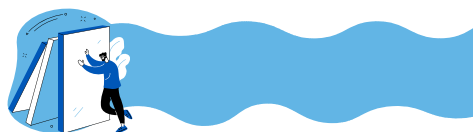
How can you teach that lesson to others?





THE MENTAL HEALTH MENORAH

Hanukkah is a celebration of resilience, both physical and emotional, in the face of overwhelming odds.



Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events or failure overcome them and drain their resolve, **highly resilient people find a way to change course, emotionally heal and continue moving toward their goals.** (Psychology Today)

In the Hanukkah story, the Maccabees — the Jewish defenders of their faith and homeland — stood up against overwhelming odds and faced their Greek oppressors, who greatly outnumbered them. Following their victory, the Jewish people returned to the Temple and discovered that the oil for the holy menorah had apparently vanished. After desperately searching for some oil to light the menorah, they found just enough for one day. **Despite a seemingly hopeless predicament, they lit it. Miraculously, it burned for eight days.**

Throughout history, the Jewish people have faced adversity again and again. But with hope and resilience, we have refused to give up, and we have ultimately succeeded. Even the dreidel represents resilience, as it spins without knowing where it will land or what will happen when it does.

Now, as we light our menorahs, let's consider the ways we are building strength and resilience to be like the Maccabees. Only then can we persevere through the challenges that confront us.



Activity: Lighting My Flame

According to the Center for Creative Leadership, there are eight steps to building resilience. Try looking at each night of Hanukkah as a step toward building your more resilient self. Of course, everyone has different skills they need to work on. After reviewing the steps below, use the blank Mental Health Menorah to write down those you would like to focus on in the order you think best reflects your current emotional needs this Hanukkah.



Accept Change

Find ways to become more comfortable with change. Change is constant and inevitable, and you can only move forward if you accept it rather than resisting it.



Learn Continuously

Learn new skills, gain new understandings, and apply them during times of change. Don't hold onto old behaviors and skills, especially when it's obvious they don't work anymore.



Take Charge

Embrace self-empowerment. Take charge of your own life and growth. Don't expect someone else to guide the way.



Define Purpose

Develop a "personal why" that gives your life and ambitions meaning or helps you put yourself into a larger context. A clear sense of purpose helps you to assess setbacks within the framework of a broader perspective.



THE MENTAL HEALTH MENORAH



Create Balance

Form your identity apart from your career. A job is just one facet of your identity, and a career is just one aspect of your life. Separate who you are from what you do.



Cultivate Love

Develop and nurture a broad network of personal and professional relationships. Meaningful relationships create a strong base of support — a critical element in achieving goals, dealing with hardships and developing perspective.



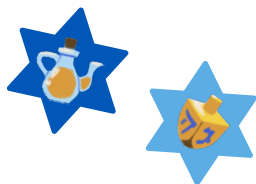
Reflect

Whether you're celebrating success or enduring a hardship, make time to reflect. Reflection fosters learning, new perspectives and a degree of self-awareness that can enhance your resiliency.



Reframe Skills

Think about the way you define yourself. Is it time to reframe how you see your skills, talents and interests? By casting your skills in a new light, you can see how they might shift into new patterns of behavior.







THE MENTAL HEALTH MENORAH





EIGHT NIGHTS OF QUESTIONS: NIGHT TWO


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT TWO

What is something that you are grateful for?



Why are you grateful for it?



EIGHT NIGHTS OF QUESTIONS: NIGHT TWO

When is it hard to express your gratitude?

What is something you can do to express your gratitude?

How has it changed you?

EIGHT NIGHTS OF HANUKKAH GRATITUDE

Gratitude is at the heart of Judaism in general — and Hanukkah in particular. On Hanukkah, we celebrate the military victory of Yehuda the Maccabee and his army over their Greek oppressors, and the Torah reveals there is special significance behind that name.

We are introduced to the name Yehuda in the Torah when Leah gives birth to him and says, “אֹדֶה יְהוָה אֵת יְהוָה” (This time, I will give thanks to God) (Genesis 29:35). The root letters of "odeh" (“I will give thanks.”) form the basis of the name Leah chose for her son. From Yehudah, we get the name “Judah.” And from “Judah” we get the word “Judaism.”

Hanukkah is a time to reflect on gratitude and the ways it can be used to “fight” off the darkness of intrusive thoughts or bouts of depression and anxiety that plague our lives, just like Yehuda and the Maccabees fought off their oppressors. On each night of Hanukkah, reflect on eight miracles you are grateful for.

NIGHT # 1

NIGHT # 2

EIGHT NIGHTS OF HANUKKAH GRATITUDE

NIGHT # 3

NIGHT # 4

NIGHT # 5

NIGHT # 6

NIGHT # 7


EIGHT NIGHTS OF HANUKKAH GRATITUDE


NIGHT # 8





EIGHT NIGHTS OF QUESTIONS: NIGHT THREE


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT THREE

What was one of the best experiences you had this year?

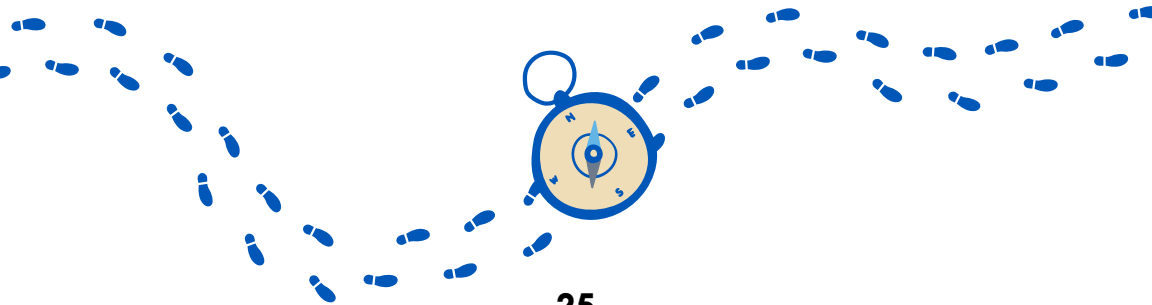
How did that experience change you?



EIGHT NIGHTS OF QUESTIONS: NIGHT THREE

Is there anything you would have changed about the experience, and if so, why?

Would you do it again, if you could? Why or why not?



DREIDELS AND MENTAL HEALTH

Hanukkah isn't only about lighting candles or giving each other gifts. It's about resilience and acting in the face of uncertainty. That is kind of what the dreidel is all about – not knowing what is going to come next but continuing to play the game anyway. Because we won't know until we try, but whatever happens, we know it'll be all right.

— “ —
A Great Miracle Happened
HERE
— ” —


נס גדול היה פה


You are that miracle.





EIGHT NIGHTS OF QUESTIONS: NIGHT FOUR


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT FOUR

What was something that made you feel the most stuck this year?

What did it mean for you to feel stuck?



EIGHT NIGHTS OF QUESTIONS: NIGHT FOUR

How did you get unstuck?

How can you prevent this from happening in the future? what coping skills do you have now that you could use if it happens again?

EIGHT WAYS TO GIVE TO YOURSELF THIS HANUKKAH

Self-care is a deeply Jewish ideal and can be found as early as the second chapter in the Torah.

וַיְכַל הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צְבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבֹת מְכַל־מְלַאכְתּוֹ אֲשֶׁר־בְּרָא אֱלֹהִים לַעֲשׂוֹת.

The heaven and the earth were finished, and all their array. On the seventh day, God finished the work they had been doing and ceased on the seventh day from all the work they had done. And God blessed the seventh day and declared it holy, because on it, they ceased from all the work of creation they had done. (Genesis 2:1-3)

After completing the task of creating the world, the Torah tells us God took an entire day to rest. A core principle of Jewish tradition is to emulate God's ways, and this text teaches that recovery, rest and self-care are not only good; they are godly.

With that in mind, we turn to the Festival of Lights and the season of giving, a time of year traditionally celebrated with generosity, love and affection toward our friends and family. Sadly, many people forget to show themselves those same feelings. This year especially, it is vital that we do so in order to have a positive and rejuvenating holiday experience.

This Hanukkah, as you light the candles on the menorah, be sure to look inward at the light shining inside of you, and take steps to ensure your inner flame is happy, healthy and bright.



EIGHT WAYS TO GIVE TO YOURSELF THIS HANUKKAH



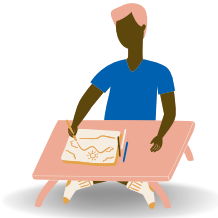
Take time to "do nothing."

Give yourself time to recharge. A little free space can go a long way for your mental health.



Give yourself a compliment.

It might feel awkward, but acknowledging a job well done is good for your brain. It can even help you accomplish more in the future.



Enjoy your "guilty pleasures."

A rom-com or simple activity after a stressful day isn't anything to be ashamed of. In fact, studies have shown that downtime can increase both happiness AND productivity.



Spend some time outside.

Nature is great for your mental health. Not only are green landscapes beautiful; they engage our parasympathetic nervous system, lowering stress levels.

EIGHT WAYS TO GIVE TO YOURSELF THIS HANUKKAH



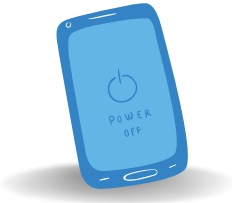
Move more.

Physical exercise benefits both the body and mind. It can help improve sleep and blood flow while releasing endorphins.



Live in the moment.

When things are going well, try to enjoy the moment. Waiting in misery for the "other shoe to drop" won't help, even if it does.



Unplug.

Turning off your phone and computer for a half hour before bed can help you sleep better and give you space to reflect healthily on your day.





Reframe your regret.


You can't escape regret. Instead, try engaging with it in a journal, and think about what you can learn from it for the future.


EIGHT NIGHTS OF QUESTIONS: NIGHT FIVE


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT FIVE

When did you feel the most at peace this year?

What was going on in your life at the time when you needed that peace?



EIGHT NIGHTS OF QUESTIONS: NIGHT FIVE

What can you do to feel that sense of peace again?

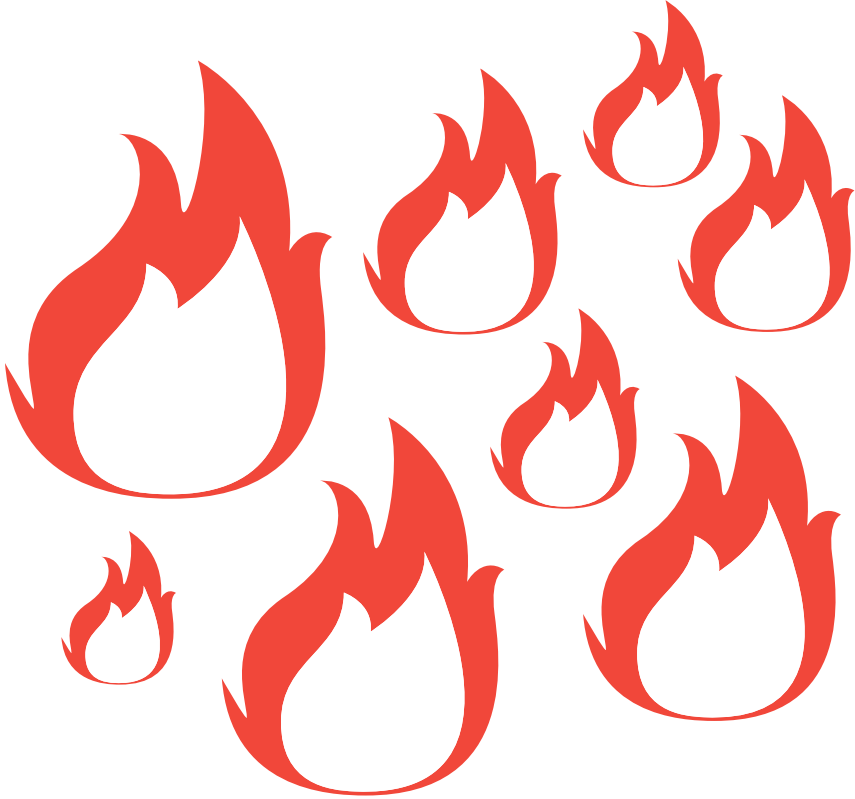
How can you incorporate that experience into your life?



ON HANUKKAH, TAKE TIME TO THINK ABOUT YOU!

Fill out a Personality Flame

- Draw or fill out the eight flames below, putting things you care about most in larger flames and working your way down to the smaller ones.
- Consider the things in your life that bring you the most joy, and think about how you can incorporate them more into your day. Use some of the activities above as guides to identifying things you can do to improve your self-care routine.



MAKE A SELF-CARE ROUTINE

On days when you need self-care most, it can be hardest to make a routine for yourself. Have an emergency self-care routine handy for those days. Make your list yourself, or print out the one below.

Self-Care Activity Description & Items Needed

1

2

3

4

5


6

7


8


EIGHT NIGHTS OF QUESTIONS: NIGHT SIX


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.















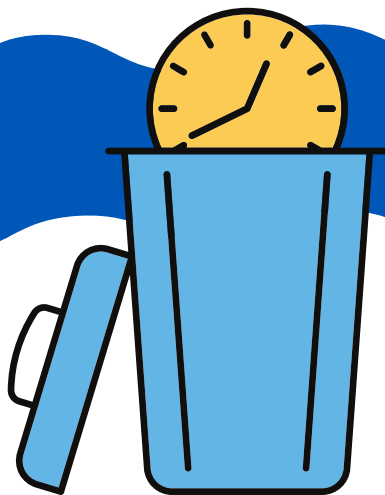


What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT SIX

What do you wish you'd spent less time doing this past year?

Why did you devote so much time to it?



EIGHT NIGHTS OF QUESTIONS: NIGHT SIX

What difference would it have made in your life to do it less often?

What can you do to avoid or reduce the time you spend on this activity in the future?



A BALANCED CANDLE WON'T BURN OUT

Hanukkah, the festival of lights, is one of the warmest holidays in Judaism, meant to be spent immersed in the love of friends and family. But for many caregivers, preparation for this holiday and all of its material expectations can become overwhelming and stressful.

Whether they're parents, teachers or healthcare providers, they can feel overextended to a dangerous degree. This feeling is only exacerbated by the fact that so many of us are culturally inclined to not see our own well-being and ability to function as a priority. Rather, the modern individual is pressured to "achieve" and "hustle," leaving very little room for rest. This perspective is disastrous to our mental health and inevitably leads to burnout.

The concept of burnout isn't new; it has been a major part of workplace culture for years. But burnout doesn't only occur in the workplace; it can happen to anyone going through periods of constant stress. Yet like so many other aspects of mental health, burnout carries its own level of stigma, leading to less public education about its symptoms, risks and treatments, and leaving many people in the dark. Without a complete understanding of what they are going through, people experiencing burnout may simply feel they are inadequate and keep their struggles to themselves. This stigma can also lead to judgment and a lack of understanding by friends, family and co-workers. So it is important to find a balance between accomplishing everything that needs to be done and taking care of ourselves, especially during the busy season of giving. That means recognizing and honoring our limits. If we fail to achieve that balance, we run the risk of our own candles burning out.



A BALANCED CANDLE WON'T BURN OUT

What is Parental/Family Burnout?

Parental or family burnout is an exhaustion syndrome where one feels physically and mentally overwhelmed. It often leads to becoming emotionally distant from your children and loved ones and a general sense of being a poor or ineffective caregiver. This all can take a severe toll on your mental health and may, depending upon severity, affect you in ways that include:

- Brain fog
- Limited tolerance (shorter temper)
- Confusion
- Forgetfulness
- Increased stress levels
- Depression
- Feelings of isolation
- Poor sleep
- Obsessive-compulsive tendencies



Physically, burnout can affect you through increased stress hormones, lack of libido and poor sleeping habits. It also can lead to an increased risk of physical health conditions like heart disease and metabolic disorders.

The most visible signs of burnout often manifest in our behavior. A caregiver experiencing burnout can be short-tempered, inattentive or forgetful. A burned-out parent also may struggle with being fully present for others.

A BALANCED CANDLE WON'T BURN OUT

WHAT CAN WE DO?

The best tool against burnout is finding balance, which can be achieved in a variety of ways.

MINDFULNESS

One of the most common strategies to manage internal stress, anxiety and burnout, mindfulness combines physical relaxation techniques such as breathing, muscle relaxation and cognitive restructuring or challenging and then changing unhelpful or negative thoughts. Together, these activities can help reduce stress hormones in our bodies and unhelpful thoughts in our minds, allowing us to get the true rest we need.



SOCIAL SUPPORT

Having a network of friends and relatives reduces isolation, provides feedback on our own functioning and is a resource when we need help.

SET BOUNDARIES

Sometimes the best thing to do is to NOT do anything. Cultivating the ability to recognize limitations, to learn to say no and to prioritize rest and healing is a skill that take practice, but the more you set limits, the more comfortable you will get doing so.

Some levels of burnout may require more than the above strategies can provide. For someone struggling with moderate or severe burnout, reaching out to a support group or qualified mental health professional is likely necessary.



A BALANCED CANDLE WON'T BURN OUT

It bears repeating that regardless of where or why the burnout occurred, it is NOT because of personal weakness, laziness or a character flaw. Like all mental health challenges and disorders, the cause is complex and not the fault of the one who suffers. [We all have our limits, and attending to signs of burnout can protect us from further damage, serious harm or illness.](#)

Fighting and preventing burnout should be a priority all year round, but Hanukkah is an especially good time to pay attention to it — both because of the extra stress and pressure the season brings and the way some of the holiday's traditions help us to focus on ourselves and on how to keep our flames lit. The Talmud records a debate between two early Jewish thinkers about the appropriate method of lighting the Hanukkah candles, with one believing we should start the holiday with eight candles and work our way down to one and the other believing we should start the holiday with one candle and work our way up to eight. Today, we follow the second opinion. [Perhaps the lesson we can take is that just like on Hanukkah, we can't light all of our candles at the same time; instead, we need to take our lives day by day, slowly using energy and resources over time rather than expending all of our energies at once.](#)



A BALANCED CANDLE WON'T BURN OUT

Activity: Finding Your Base

The idea of finding a baseline isn't any kind of "official" mental health concept; however, the human population experiences enough individual differences that one's struggle may be another's full function. A person's baseline is their acceptable range of "typical" functioning. This definition varies depending on one's age, cultural background, gender and other physical, genetic and environmental factors. If you take the time to understand your normative levels of functioning as well as likely triggers and other risk factors, you are much more likely to be cognizant of when you feel "off." You can start to establish a baseline by asking yourself the following questions:



Is movement something that energizes me? Is it draining?
What do fatigue and exhaustion feel like in my body?



How do I feel in the morning when I have gotten enough rest? How long can I go without adequate sleep?



How much time do I need to be spending alone? With others?
How does my level of social energy affect my relationships?



When I notice I am _____, that is a sign I need to take a break or ask for help.



What are some things I can do when I notice I am feeling low in energy (physically, emotionally, spiritually)?


A BALANCED CANDLE WON'T BURN OUT


Hanukkah serves as a wonderful time for this reflection. There is a Jewish practice where we sit by the light of our Hanukkah candles, reflecting on the miracles in our lives. You may also like to use this time to consider the questions above and think about the ways you keep your own candles burning. How can you keep them better lit?





EIGHT NIGHTS OF QUESTIONS: NIGHT SEVEN


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT SEVEN

What do you wish you did more this past year?

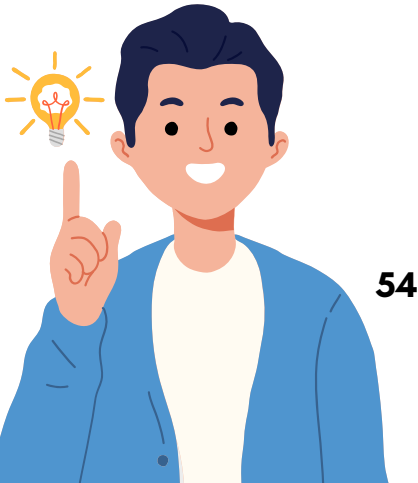
What kept you from doing that more?



EIGHT NIGHTS OF QUESTIONS: NIGHT SEVEN

What difference would it have made in your life to do that more?

How can you improve on this in the future?



LEADERSHIP AND SERVICE: STEPPING INTO THE SHAMASH ROLE

On each night of Hanukkah, we light candles, starting with one the first night and adding an additional candle each night until we reach the eighth and final night. We do not light the candles themselves, however; rather, we light a shamash. Usually found in the center of the menorah or at one end, the shamash lights the other candles before taking its place. In that way, it lifts up the other candles, bringing them to wholeness and holiness.

Each of us can be a shamash in our own lives, embodying the middah, or Jewish value, of tikkun olam — repairing the world and engaging in our responsibility to help uplift and heal our communities. But we must recognize that leadership is a service role; it does not necessarily mean being the best. Jewish tradition teaches us Moses was chosen to be the leader of the Jewish people not because of his leadership skills (he actually had a speech impediment) but because he was said to have cared about every sheep in his flock and each member of his tribe.

We no longer have a Moses to guide us, but we all have connections with others. And through those connections, we can create *kehillot kedoshim* — sacred communities — to help one another in times of distress.

This Hanukkah, think about how you care for others and what it means to step into the shamash role as a leader.



LEADERSHIP AND SERVICE: STEPPING INTO THE SHAMASH ROLE

Activity: Becoming the Shamash

On Hanukkah, we use a special candle called the shamash to light the rest of the candles. Answer these questions for yourself, and identify how you can support others in your community.



What is one special strength I have to offer my community? (If you struggle to think of a strength, ask yourself what you frequently get thanked for.)



What's one time I used compassion or empathy this past month?



Choose one person: How can you lift them up or support them in something they care about?



What is one way I can search for the good in others?



What's one issue facing my community that I'd like to get involved with?



What's one thing I can do to be inclusive and invite others?




What's one resource I can share with others?





What's one thing I can do this week to make someone feel celebrated?


EIGHT NIGHTS OF QUESTIONS: NIGHT EIGHT


Mental health check-In: Name the emotion you are feeling most today, and color in the icon that best matches your mood.

















What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

EIGHT NIGHTS OF QUESTIONS: NIGHT EIGHT

What thoughts do you need to let go of?

Why are you hanging onto them?



EIGHT NIGHTS OF QUESTIONS: NIGHT EIGHT

How can you let go of them?

What does it mean to let go of them?



HANUKKAH COLORING ACTIVITY

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest.

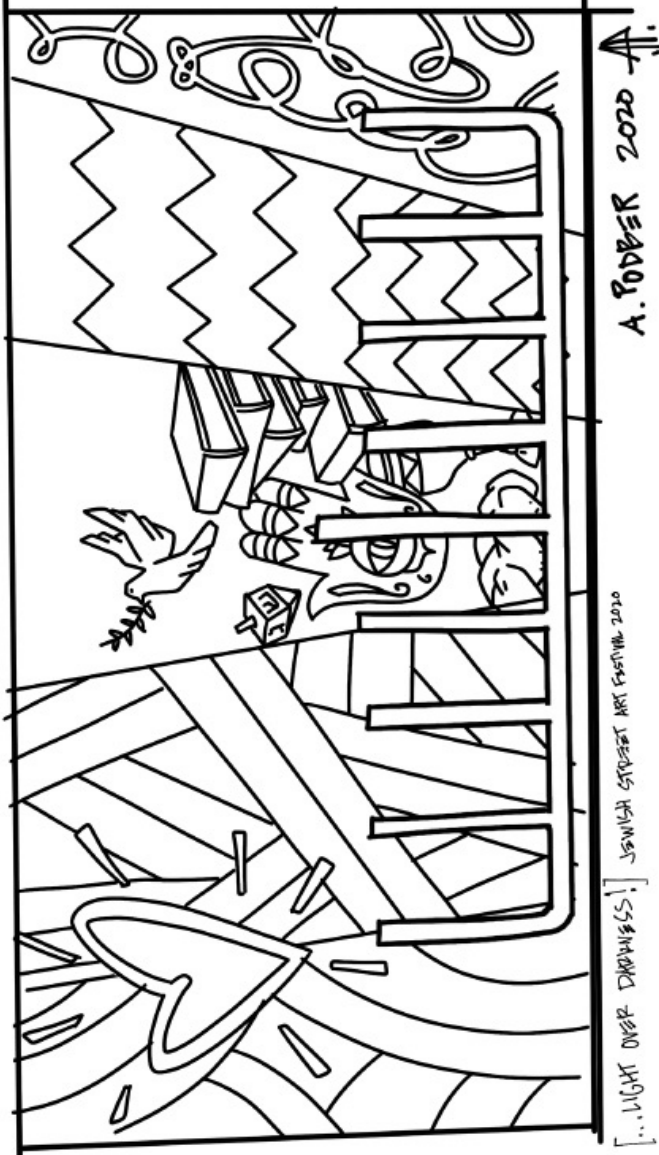
"Art has helped me get through a lot as both a child and an adult. Whether it's painting canvas or welding metal, I can always find comfort in creating. I find that it puts me into a mindful place and that I am able to feel fully present in the moment." - Adam Podber, artist

About the Art: The 2020 Jewish Street Art Festival (jewishstreetart.com) was reimagined as a decentralized art event in which nine Jewish artists created a public art piece in their own city. Each artist or artist team painted a Hanukkah menorah, linking the eight participating cities through North America. This mural lives on the side of the Selig Center, which houses the Jewish Federation of Greater Atlanta.

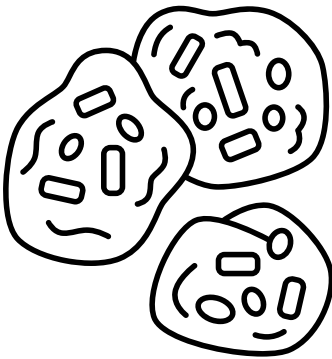
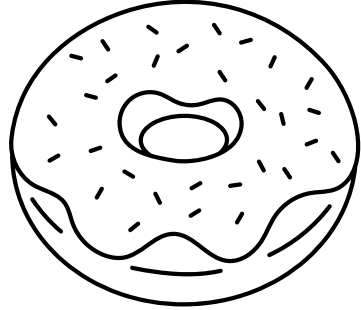
About the Artist: Born, raised and operating out of Atlanta with a Bachelor of Arts in industrial design from Savannah College of Art and Design, Adam Podner grew up creating art. After several years of welding in a custom lighting and furniture shop, he has transitioned into a full-time artist and muralist. Learn more at adampodberart.com



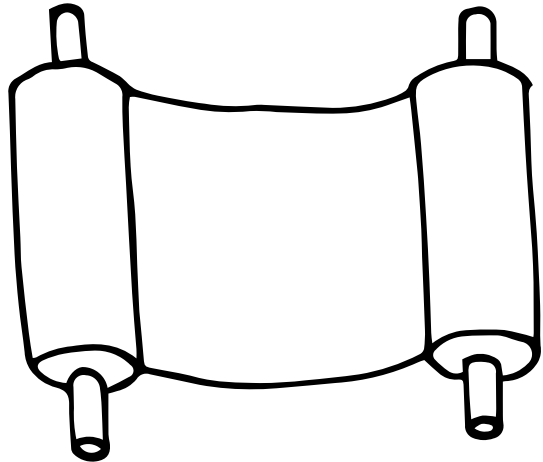
HANUKKAH COLORING ACTIVITY



MORE HANUKKAH COLORING



MORE HANUKKAH COLORING



FREE DRAWING

FREE DRAWING

ABOUT THE BLUE DOVE FOUNDATION

The Blue Dove Foundation aims to transform how the Jewish community understands and responds to mental illness and addictions.

Working to empower individuals, communities and professional organizations around the world, we provide educational resources that help people navigate the ever-growing challenges around mental health with practical applications and spiritual significance.



Our Work

1. Educating the community about mental health through a Jewish lens.
2. Producing powerful and engaging educational resources about the connections between mental wellness and Judaism.
3. Spearheading and Designing programs that can be replicated easily in communities across the country: mental health Shabbat dinners, various training programs, interactive events with speakers, and more.

CONTACT US



thebluedovefoundation.org



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— “
The proper response,
as Hanukkah
teaches, is not to
curse the darkness
but to light a candle.
— Irving Greenberg
” —

YEAR: _____

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