Happy Hanukkah

A lot of people experience burnout this time of year – balancing gift-giving, family and work. But in the busyness of the season, we may not notice we are burnt out until burnout's mental and physical symptoms start to surface.

If you take the time to understand your baseline normative levels of functioning and your likely triggers, you are much more likely to be cognizant of when you feel "off" and to recover so you can actually enjoy the warmth of Hanukkah without being burnt by it.

בָּרוּךְ 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.

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה נִסִּים
לַאֲבוֹתֵינוּ בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה

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

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְּמַן 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.

Add mental health to your holiday experience with our Hanukkah and mental health resources.

4 QUESTIONS TO FIND YOUR BASELINE

The Blue Dove FOUNDATION

As you sit by the light of the Hanukkah candles, ask yourself:

1. When I notice I am _____, that is a sign I need to take a break or ask for help.
2. What are some things I can do when I notice I am feeling low in energy (physically, emotionally, spiritually)?
3. How much time do I need to be spending alone? With others? How does my level of social energy affect my relationships?
4. Is movement something that energizes me? Is it draining? What do fatigue and exhaustion feel like in my body?

Learn more about burnout and how to treat it with our Hanukkah & burn out resource!