



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.

**ברוך אתה אָדָנִי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְשָׁנוּ
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.

**ברוך אתה אָדָנִי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שָׁעַשָּׁה נֶסֶים
לְאָבוֹתֵינוּ בִּימֵי הַהֲמָבֵן הַזֶּה**

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

**ברוך אתה אָדָנִי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁהַחֲנִינוּ וְקִימַנוּ וְהִגִּיאַנוּ לְזֹמֶן 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.

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.**



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

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?



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