

4 QUESTIONS TO FIND YOUR BASELINE



Burnout is something a lot of people experience amidst the hustle and bustle of the week, but 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 likely triggers, you are much more likely to be cognizant of when you feel "off," and recover so you can actually enjoy the warmth of Shabbat without being burnt by it. As you sit by the light of the Shabbat 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

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

4

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



בְּרוּךְ אַתָּה אֱדֹנֵי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת.

**Blessed are You, our God, Ruler of the universe, who
has sanctified us with Their commandments, and
commanded us to kindle the light of the Shabbat.**



**Add mental health to your Shabbat experience
with our Shabbat and mental health resources.**