The Blue Dove
FOUNDATION

SEVEN SELF-CARE ROUTINES FOR PURIM

On Purim, one is instructed to wear costumes to mask their identity from others — like Esther hiding her religious identity from King Ahasverus. Balancing different parts of ourselves for different circumstances, however, is a fact of life; still, it can be exhausting. We need to take the time to perform self-care when we have the chance, so why not try some fun, holiday-themed self-care routines?

Create DIY Groggers

A fun activity for many ages: Make groggers out of pasta boxes or other items around your house and create music. Improvisational music playing has the power to heal anxiety and depression (Psychology of Well-Being).

Bake Hamentashens

Baking appeals to all of the five senses and in turn signals your brain to release endorphins, a feel-good hormone. Unfortunately, sugar has been linked to higher levels of anxiety (Healthline). Therefore, we need to remember to maintain a balance between tasty and healthy.
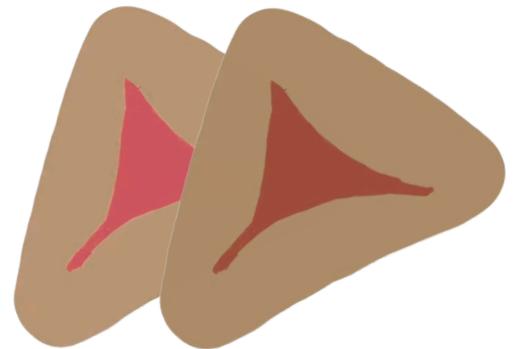
Matanot Levyonim (Gifts to the Less Fortunate)

One of the mitzvot of Purim is giving charity and helping others help you. Volunteering has been proven to lower depression; moreover, a positive correlation exists between generosity and happiness (Psychology Today). Donate your time or money to those in need.

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Set Boundaries

Take after Mordecai — Megillat Esther's steadfast hero — and set boundaries with the people in your lives. Setting boundaries stops us from crossing our limits. Learn to say "no" when you need to, and learn how to accept "no" as an answer from others.

To learn more about Mordecai and setting boundaries, check out our Building Palace Walls resource.
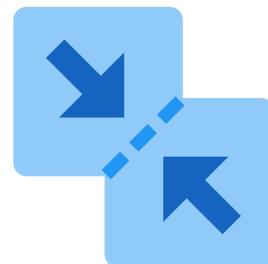
Listen to Music

Purim is a party, and no party is complete without music. Music therapy has been proven to improve one's quality of life (Harvard). Whether you listen to vinyl records or Spotify, now is a great time to play your favorite tunes.

Prepare a Purim Meal

Having home-cooked meals ready for each day reduces anxiety and keeps you from eating unhealthy foods (Aetna). However, being too strict on yourself, e.g., not allowing yourself to eat anything other than what you prepped for the week or forcing yourself to prep meals every week, can be more detrimental to your mental health. Prepare healthy meals, but be flexible.

Do a Mindfulness Meditation

Meditation has infinite benefits. Taking 10 minutes for yourself every day to reflect, heal and/or write can improve anything from your mood to your physical health. Watch this 10-minute guided meditation video.