

A Mental Health Shabbat Abridged Guide

Moments for self-care, mindfulness and mental health are embedded in Jewish tradition. We have regular opportunities within Jewish liturgy to say a mi sheberach, a prayer that seeks complete healing for ourselves and others. This sense of completeness includes both the body and soul. Judaism acknowledges a distinction between mental and physical health while treating them on an equal plane, recognizing that both a healthy body and a healthy mind are necessary for human beings to be whole.

1. Light - להדליק את הנרות - LeHadlik et HaNerot

End the work week and light your candles to welcome Shabbat into your mind and home.

What do you want to welcome into your life in the coming week? What do you want to work on? Use the light of the candles to illuminate your goals.

2. Sanctify - קידוש - Kiddush

When thinking about mental health, take time to sanctify Shabbat by leaving behind the past week. Wine, grape juice or another special drink serves as a conduit to sanctify the seventh day and set Shabbat apart from the daily grind of the rest of the week.

As you pick up your glass, imagine what you are putting down in order to progress into the weekend.

3. Cleanse - נטילת ידיים - Netilat Yadayim

The formal practice of washing hands recalls an ancient ritual during Temple times that required feet and hands to be cleansed before performing it.

Take the time to cleanse your mind, your spirit and your soul. Friday night is a clean slate.

4. Nourish - סעודת מצוה - Seudat Mitzvah

Breaking bread makes a meal, and Shabbat is a time to enjoy the beautifully braided challah that just might steal the show.

Take time to nourish your mind, body and soul. Without self-care, you won't be at your best to help others and achieve your own goals

5. Appreciate - ברכה אחרונה - Bracha Achrona

Appreciation and gratitude are incredibly important for our mental health.


As the meal comes to a close, take time to set an intention and be grateful for who you are and what you have, the people in your life, your commitment to helping others and what you bring to the world.

Peace of Mind Mapping Exercise

AWAY FROM
PEACE OF MIND

TOWARD
PEACE OF MIND

INTERNAL



A large empty square box for mapping internal factors away from peace of mind. To the left of the box is a faint illustration of a wine glass filled with red liquid and a loaf of braided bread on a wooden surface.

A large empty square box for mapping internal factors toward peace of mind.

EXTERNAL

A large empty square box for mapping external factors away from peace of mind.

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@Vessell Wellness, LLC