



MENTAL HEALTH ROSH HASHANAH SEDER

On Rosh Hashanah, it is a tradition to make a "seder" eating simanim, foods that are symbolic of blessings you would like in your life in the new year. Over time, different communities have added different foods to this list and given each one of them specific symbolism. Infuse your year with mental wellness with our mental health simanim!

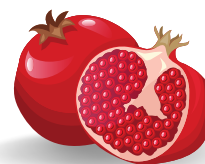
May it be Your will, God, our God, and God of our fathers, that You should make our year good and sweet. **יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁתַּחַדְדֵנוּ עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה.**

The **honey with apples** represents our desire for a sweet new year. As you eat it, think of ways you can practice self-care and love to have a sweet new year.



May it be Your will, God, our God, and God of our fathers, that our merits should multiply like a pomegranate. **יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁתַּרְבֵּה זְכוּתֵינוּ כַּרְמוֹן.**

With its many seeds, the **pomegranate** symbolizes the many good deeds we hope to do this year. Performing acts of kindness can be a great tool in harvesting mental wellness. As you eat a pomegranate, think of the many ways you can help others this year.



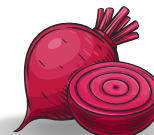
May it be the Will of our Father in heaven, that we should be the head and not the tail. **יְהִי רְצוֹן מִלְּפָנֶי אֲבִינוּ שְׁבַשְׁמִים, שְׁנֵהִיָּה לְרֹאשׁ וְלֹא לְזָנָב.**

The head of a **fish** represents our wish to be "like the head and not the tail," and to engage with the year proactively and with strength. How can you leap into the new year with strength and intention?



May it be the will before our Father in heaven, that enemies and accusers should be decimated. **יְהִי רְצוֹן מִלְּפָנֶי אֲבִינוּ שְׁבַשְׁמִים, שְׂיִסְתְּלְקוּ אוֹיְבֵינוּ וּמִשְׂטֵינָנוּ.**

The **beet** represents a desire to remove our antagonists in the new year. What can you do to approach people you may be having trouble with and resolve any tension you may be experiencing?



Nothing in this resource is to be construed as medical advice or treatment. For all medical questions, please consult a medical professional or treatment facility.