

MI SHEBERACH FOR LONELINESS

We believe Jewish prayers and rituals can help to strengthen our mental well-being, resilience and recovery in the same way [middot](#), or Jewish values, can promote them. Faith is an important part of healing for many, and Jewish thinkers and leaders historically have brought the two together.

When someone is ill or recovering from illness or an accident, we often recite a mi sheberach to wish them a [refuah sheleimah](#), or a “full recovery.” We have expanded this prayer for those who are struggling with mental health in different variations of mi sheberachs.

For Loneliness by Joey & Natalie

May you find the inner strength to ask for help.

May you take advantage of resources to connect with community.

May you find comfort being with and getting to know yourself.

May you find support and people you can trust and talk to.

May you find appreciation for the wonders of the universe and recognize that our world is interconnected.

May you recognize that all human beings experience feelings of isolation.

May you find comfort in that your feelings are valid.

You are not alone.

This mi sheberach is from the publication, *Mi Sheberach for Mental Health: Cultivating Mental Wellness with the Jewish Prayer for Healing*. The publication is a compilation of mi sheberachs written in the workshop, *Jewish Approaches to Mental Wellness: An Exploration of Jewish Values and Prayer*. Learn more at thebluedovefoundation.org/publications.