



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.



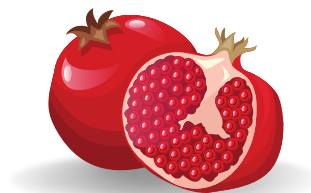
Abaye said: Now that you said that an omen is a significant matter, a person should always be accustomed to seeing these on Rosh HaShana: Squash, and fenugreek, leeks, and chard, and dates. (Talmud Horayot 12a)

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. יְהי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתַּתְּחִיד שְׁעָלֵינוּ 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.

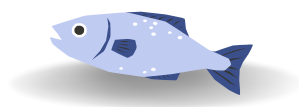


May it be Your will, God, our God, and God of our fathers, that our merits should multiply like a pomegranate. יְהי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁתִּרְבֶּה זְכוּתֵינוּ כְּרִמּוֹן.

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.



MENTAL HEALTH ROSH HASHANAH SEDER



May it be the Will of our Father in heaven, that
we should be the head and not the tail.

יְהִי רָצוֹן מִלְּפָנֵי אֲבִינוּ שֶׁבְּשָׁמַיִם,
שֶׁנֶּהְיָה 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 רָצוֹן מִלְּפָנֵי אֲבִינוּ שֶׁבְּשָׁמַיִם,
שֶׁיִּסָּתְּלְקוּ אוֹיְבֵינוּ וּמַשְׁטֵינֵנוּ

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?

