MITZVAH PROJECTS

IDEAS TO SUPPORT MENTAL HEALTH FOR YOUR MITZVAH
Thank you so much for your interest in selecting the Blue Dove Foundation to be a part of your Mitzvah project!

This packet includes more about the Blue Dove Foundation, past examples of Mitzvah projects and potential ideas. Use this as a starting point. Please share your final selected project with Blue Dove at Info@thebluedovelfoundation.org.

- **Raise $1,800 in Tzedakah dollars** for Blue Dove to go towards creating new mental health activity resources for the community to use.
- **Talk about mental health** and the Blue Dove from the Bima
- **You, your family and attendees can wear Blue Dove Foundation kippahs** and share the meaning of them from the Bima
- **Host a gratitude workshop** for family and friends to attend. For a $720 donation, you'll receive 20 copies of the Jewish Teen Gratitude Journal that can be shared with participants.
- **Raise $360** to purchase 18 sets of Blue Dove Foundation Gratitude Cards to share with 18 friends and encourage them to send gratitude cards, spreading gratitude to others.

**Talk About Blue Dove Foundation in Your Speech from the Bima**

Skip to minute 52:00 to listen to the full speech from this Bar Mitzvah at Temple Emanu-El of Atlanta.
Host a Mental Health Shabbat

Host your own Mental Health Shabbat using our Mental Wellness and Shabbat resources, including a step by step guide to Friday night dinner, and mental health activities to accompany each step!

Raise Tzedakah Funds for the Blue Dove Foundation

Consider different opportunities to raise Tzedakah funds for the Blue Dove Foundation. Past projects have included selling jewelry, washing cars.
Ahava BBG #2447 is so excited to be working with The Blue Dove Foundation this year! We feel that especially during the time of the pandemic, bringing awareness to mental health is very important, especially in teens. This is why we decided to partner with The Blue Dove Foundation! Their online resources about mental health, as well as their amazing story, and connection to Judaism really interested our chapter, and we wanted to be part of this amazing organization. So far we have already partnered with them for an incredible Havdalah service full of activities, and we can’t wait to continue working with them all year!”

Learn more about the workshop at thebluedovefoundation.org/hakkarot-hatov-judaism-gratitude-and-you

Dear Blue Dove Foundation,

“I'm a 7th grade student. I have been doing a tzedaka project on addiction and mental health, and I have taken interest in your organization and what you do for Jews with mental health issues. I was wondering if we could set up an interview with one of your staff.

Thank you.
In Judaism, Shabbat is a weekly, structured opportunity to reflect on our weeks and our lives. This gratitude journal is modeled after that idea, with structured prompt for the beginning, middle, and end of the week to help you:

- Set goals for yourself for the upcoming week.
- Celebrates the small accomplishments you undertook thus far.
- And reflect on that which you are grateful for as you prepare for Shabbat.

The journal consists of fifty-two pages, one per week, and encourages you to practice gratitude for a few moments every week. Your mindset can change with the littlest habits, so let’s give it a try!

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How to Purchase

The book can be purchased on our website and on Amazon for $10.
All of humanity should be afforded proper dignity and respect, and living by these values can counter the shame and stigma surrounding mental illness and/or addiction.

We are interconnected and must be invested in the mental wellness and overall well-being of others. We must be willing and prepared to help one another, because we all benefit.

Judaism has a long tradition of recognizing that healing is not just physical; it is holistic, which is to say it has physical, mental, emotional, social, and spiritual components that are all interconnected. The Jewish tradition also emphasizes healing rather than curing. Even when mental illness is under control, healing and a return to wholeness is needed. Healing is a process that has many components, and may be a lifelong journey.

Too often we diagnose someone or think we know what will “fix” their situation, but when it comes to mental wellness, we need to come from a place of listening and openness. We don’t want to make anyone feel like they are defined by their illness or struggle. There are times when judgment, discernment, limitations, and boundaries are essential - our skills and support come with very clear limitations.
Tikkun olam refers to the Jewish value of repairing the world or making the world whole again through acts of social change. Jewish thought has taken this idea a step further with tikkun hanefesh, repairing the soul. We are taught that the work of repairing the world begins with repairing the soul.

In Jewish law, there is no greater priority than saving a life. This leads to the idea that Jewish mitzvot, or commandments, are not about restricting life but rather about enabling us to live our most meaningful lives and helping others do the same.

The Torah includes a story of a special friendship between a convert named Ruth and her mother-in-law, Naomi. Together, Ruth and Naomi face many difficulties but are able to overcome them, because they support each other.

It is our responsibility to do our best to create communities that meet the needs and celebrate the value of everyone. Rather than looking at a disability or mental illness through the lens of handicaps, we can uphold this value by seeking to ensure all individuals are fully able to participate in the community.
The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. Its role as a spiritual messenger imparts an inner peace that helps us go about our lives calmly and with purpose. Some believe the dove also represents hope, while others believe it denotes freedom.

Bringing peace, life, hope, and freedom to those experiencing addiction or other mental health challenges is the goal of the Blue Dove Foundation.

Our Work

1. Educate the community about mental health through a Jewish lens.

2. Produce powerful and engaging educational resources about the connections between mental wellness and Judaism.

3. Spearhead and design programs that can be replicated easily in communities across the country: mental health Shabbat dinners, various training programs, interactive events with speakers, and more.

Why the Dove

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Contact Information

info@thebluedovefoundation.org | (404) 490-2391
The Gemara explains a verse in Proverbs: “If there is anxiety in a man’s heart, let him quash it.” (Proverbs 12:25) Meaning, he should share his concerns with others, thereby lowering his anxiety. - Yoma 75a:2