

MI SHEBERACHS FOR MENTAL HEALTH WITH ARJE

MI SHEBERACH FOR MENTAL HEALTH

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 with this Mi Sheberach for Mental Health.

מי שברך אבותינו אשר קרא לנו ישראל שנאמר שרית עם אלהים, הוא יברך וירפא את אלו מבינינו הנאבקים ברוחה הנפשית. יהי רצון שיפירו בכוחם ובחסנם, ויתחסו לעצמם בסליחה ובסבלנות, וימצאו עזרה, חמלה ומשאבים בעת צרתם. הקדוש ברוך הוא יעניק לאלו מאתנו שאינם חווים קשים נפשים את הכח, החסן והיכלת להקשיב ללא שפוט ומתוך כוונה, ואת היכלת להבחין כאשר אחרים נאבקים. יהי רצונך שנגזור קהלות שמקבלות, מרוממות ותומכות באלה שבינינו הנאבקים. השתא בעגלא ובזמן קריב. ונאמר אמן.

May the One who blessed our ancestors and named us Israel bless and heal those among us who struggle with mental well-being. May they acknowledge their own strength and resilience, treat themselves with forgiveness and patience, and find help, compassion, and resources when they need them. And, may the Holy One grant those of us who aren't experiencing mental health issues the strength, resilience and capacity to listen without judgment and with intention, and the ability to notice when others are struggling. May we create communities that accept, uplift, and support those among us who are struggling. Now, speedily, and in a time soon to come. Amen.

MI SHEBERACH FOR THOSE ON THE STRUGGLE BUS

It's okay not to be okay, sometimes we're on the struggle bus.

When we are feeling unfocused or unmotivated, and when we are feeling stressed and distressed,

We're on the struggle bus.

When we are feeling uncomfortable, ambiguous, or out of control, and when we are feeling overwhelmed and like we just can't even,

We're on the struggle bus.

When we are feeling sad or depressed, and when we are feeling ashamed or unbalanced,

We're on the struggle bus.

May we feel seen, validated, and supported in our community.

May we feel safe when we are broken.

May we feel loved when we are lonely.

May we have the strength to endure what is set before us.

It's okay not to be okay.



MI SHEBERACH FOR OURSELVES



May you love yourself as you love others.

May you embrace your mistakes as learning moments.

May shame not hold you back from growth.

May you be your authentic self.

May you forgive yourself for not meeting your own expectations.

May you not feel the pressure of getting it right all the time.

May you be nicer to you than I am to me.

May you let good enough be good enough.

May you understand that doing your best is enough.

May you be satisfied with the outcome of your best efforts.

May you be ok with getting a “c” sometimes.

May you internalize the subtle art of not giving a f***.

May you rejoice in having no more f*** to give.**

May you not let fear lead to anger, anger lead to hate or hate lead to suffering.

May you make the right choices for yourself.

May you seek out people who support and uplift you.

May you let go of people who don’t.

May you look around and see people who are here for you.

- Eliana, Matt, Jessica, Laney, Jordan, Jeremy & Jay

MI SHEBERACH FOR SUICIDAL IDEATION

Out of the depths I call to You.

Help me to see that I am not alone.

Though I am in the dark now, remember that by nature things are always changing.

Help me to see that there are those around me who are willing to help.

And help me share my burden with those who love me.

My life is important, and I am important.

The world is a better plan with me in it.

Blessed are You, Adonai our God, who lifts up the fallen.

- By Julia, Jenn, and Rachel



MI SHEBERACH FOR THOSE WHO FEEL OVERWHELMED

May you feel relief from the pressures. May the decision you make be based on joy, not fear. **May your interactions with others bring you happiness, as you see the holy spark inside everyone around you.** May you focus less on the differences between you and others, and more on the connections that bring us all together. **May you be kind to yourself, giving yourself the same chesed that you give to others.**

– By Robin & Janine



MI SHEBERACH FOR THE OVERPROGRAMMED KID

Mi Sheberach Avoteinu v'Emoteinu,

Release us from the pressures of the every day. Give
us a moment of calm,

Grant us the ability to reboot

And feel Shalem/Whole, Sh'lemoot/Wholeness.

May we live in the moment

Take a breath

Savoring what's in front of me

Letting go of worry about what's next

And feel Shalem/Whole, Sh'lemoot/Wholeness.



MI SHEBERACH FOR PARENTS OF COLLEGE KIDS AND ADULTS



**May you find the strength to let go,
and may you find the moments to
hold one.**

May you find joy in transition between
raising children and supporting adults.

**May you feather your empty nest
with contentment and find new
paths for your own growth.**

May you take pride in the person you
have sent into the world.

- By Alison & Michelle

MI SHEBERACH FOR THOSE STRUGGLING WITH PARENTAL ACCEPTANCE

**May it be Your will, God of
our ancestors, to grant me
the joy of loving myself as
well as loving others.**

May I find strength in my
family and accept them for
who they are.

**May my home be a place of
safety and security for me
and those within.**

Let me see the shared
humanity of us all.

May it be Your will
כן יהי רצון/Kein y'hi ratzon



MI SHEBERACH FOR TEENS



May the one who blessed our ancestors bless and heal those who are wrestling.

May you acknowledge your inner strength and find peace with where you are at this moment.

May you treat yourself with kindness and compassion as you find your way.

May you have the courage to seek the wisdom of others.

May our community always be a safe, secure space, with open arms and acceptance for ourselves and each other.

כן יהי רצון

May it be God's will, amen.

MI SHEBERACH FOR PARENTAL CHOICES



May the one who blessed our first parents, Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, give you these blessings:

May you give yourself the space to make mistakes and learn from them.

May you find joy in the challenges and success, in the smiles and the tears.

May you have patience with those who help your family through all journeys - mental and physical.

May you trust yourself, that you are doing the best you can.

Kein y'hi ratzon

MI SHEBERACH FOR PERSONAL TURMOIL



May you have the strength to know it's time for a change.

May you have foresight to make a plan.

May you have the wisdom to ask for help.

May you acknowledge your inner peace and self worth.

May you find strength in the journey.

May you feel empowered by your decision.

MI SHEBERACH FOR THE VICTIMS OF ANTI-SEMITISM

May you find the strength to combat Anti-Semitism and help provide the teaching of love to those who hate.

May you have the courage to stand up for your own beliefs. **Grant us the strength and resilience to support our loved ones.**

May we acknowledge our own strength and resilience in persevering through hate.

May you remain safe in the face of those who wish you harm.

May you find others who share their experiences so they know they are not alone.

May we create communities that accept, uplift, and celebrate those among us.

- Naomi, Josh, Max, and Skylar



MI SHEBERACH FOR BECOMING A JEWISH ADULT

As we travel the path into adulthood

May we have the awareness to be in the moment.

May we have the time and space to be children.

May our parents value our individual journeys into adulthood.

May we fail, grow, and succeed in our journey.

May our peer group learn, experience, and accept differences.

May our community accept and support us for who we are and who we might become.

May we become independent, compassionate, and content young adults.

