

8 NIGHTS OF HANUKKAH GRATITUDE



SHAMASH

I'm grateful for the people and organizations in my community bringing light to these topics and working to eradicate the shame and stigma around mental health in our community.

Hanukkah is the beloved festival of light. We celebrate by lighting candles or olive oil lamps and through prayers, songs, playing special games and eating delicious foods. The Hanukkah story, and especially the hanukkiyah lights, are particularly relevant to those in recovery from mental illness or addiction. In essence, Hanukkah can be described as the triumph of spiritual light and lasting truth over darkness, emptiness and falsehood. Adapted from Richard Zwolinski, LMHC, CASAC & C.R.

This Hanukkah, stop and think about eight miracles of your own. Write them down and reflect.

NIGHT # 1

NIGHT # 2

NIGHT # 3

NIGHT # 4

NIGHT # 5

NIGHT # 6

NIGHT # 7

NIGHT # 8



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