

MI SHEBERACH FOR AN OVERWORKED CAMP COUNSELOR

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.

**May you learn power and healing in learning to say no,
in respecting your boundaries,
and in letting yourself rest.**

**May you learn that everything may need not be done by you,
may you learn to accept help,
and to take care of yourself first.**

**May you understand that you are enough as is,
your value is not in what you can do for others,
and it's okay to let others carry the burden.**