



# EIGHT WAYS TO GIVE TO YOURSELF THIS HANUKKAH

**Self-care** is a deeply Jewish ideal and can be found as early as the second chapter in the Torah.

וַיִּכְלֹּה הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צְבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת מְכַל־מְלַאכְתּוֹ אֲשֶׁר־בְּרָא אֱלֹהִים לַעֲשׂוֹת.

*The heaven and the earth were finished, and all their array. On the seventh day, God finished the work they had been doing and ceased on the seventh day from all the work they had done. And God blessed the seventh day and declared it holy, because on it, they ceased from all the work of creation they had done. (Genesis 2:1-3)*

After completing the task of creating the world, the Torah tells us God took an entire day to rest. A core principle of Jewish tradition is to emulate God's ways, and this text teaches that recovery, rest and self-care are not only good; they are godly.

With that in mind, we turn to the Festival of Lights and the season of giving, a time of year traditionally celebrated with generosity, love and affection toward our friends and family. Sadly, many people forget to show themselves those same feelings. This year especially, it is vital that we do so in order to have a positive and rejuvenating holiday experience.

This Hanukkah, as you light the candles on the hanukkiah, be sure to look inward at the light shining inside of you, and take steps to ensure your inner flame is happy, healthy and bright.





# EIGHT WAYS TO GIVE TO YOURSELF THIS HANUKKAH



## Take time to "do nothing."

Give yourself time to recharge. A little free space can go a long way for your mental health.



## Give yourself a compliment.

It might feel awkward, but acknowledging a job well done is good for your brain. It can even help you accomplish more in the future.



## Enjoy your "guilty pleasures."

A rom-com or simple activity after a stressful day isn't anything to be ashamed of. In fact, studies have shown that downtime can increase both happiness AND productivity.



## Spend some time outside.

Nature is great for your mental health. Not only are green landscapes beautiful; they engage our parasympathetic nervous system, lowering stress levels.



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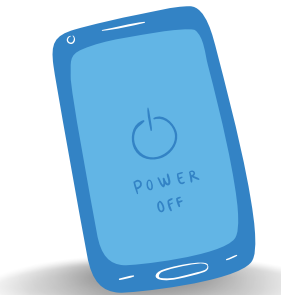
## **Move more.**

Physical exercise benefits both the body and mind. It can help improve sleep and blood flow while releasing endorphins.



## **Live in the moment.**

When things are going well, try to enjoy the moment. Waiting in misery for the "other shoe to drop" won't help, even if it does.



## **Unplug.**

Turning off your phone and computer for a half hour before bed can help you sleep better and give you space to reflect healthily on your day.



## **Reframe your regret.**

You can't escape regret. Instead, try engaging with it in a journal, and think about what you can learn from it for the future.



# ON HANUKKAH, TAKE TIME TO THINK ABOUT YOU!

## Fill Out a Personality Flame

- Draw or fill out the eight flames below, putting things you care about most in larger flames and working your way down to the smaller ones.
- Consider the things in your life that bring you the most joy, and think about how you can incorporate them more into your day. Use some of the activities above as guides to identifying things you can do to improve your self-care routine.





# MAKE A SELF-CARE ROUTINE

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On days when you need self-care most, it can be hardest to make a routine for yourself. Have an emergency self-care routine handy for those days. Make your list yourself, or print out the one below!

## Self-Care Activity

## Description & Items Needed

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