



MENTAL HEALTH HANUKKAH CANDLE LIGHTING BLESSING

On Hanukkah we recall the courage and resilience of the Jewish people when we confronted overwhelming odds against powerful oppressors.

We also remember the strength we are capable of. As we make the blessings over the menorah, consider how you can bring this Jewish message of resilience into your life.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה

Blessed are You, Adonai our God, Ruler of the universe, who has sanctified us with Your commandments and commanded us to kindle the Hanukkah light.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעָשָׂה
נִסִּים לְאֲבוֹתֵינוּ בְּיָמֵים הָהֵם בְּזִמְנֵי הַזֶּה

Blessed are You, Adonai our God, Ruler of the universe, who performed miracles for our ancestors in those days, at this time.

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁחַיָּנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה

Blessed are You, Adonai our God, Ruler of the universe, who has granted us life, sustained us and enabled us to reach this occasion.



HANUKKAH MENTAL HEALTH CANDLE LIGHTING RITUALS

Adjust the Lighting

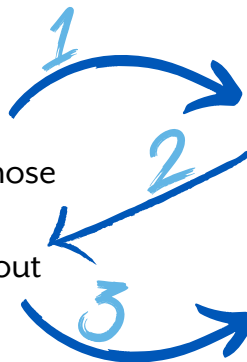
Check out this list of strategies you can incorporate into your candle-lighting routine to make the ritual one of wellness and comfort.

1

As you light your candles, consider practicing a breathing exercise. Calming and regulating your mind and body is a skill that takes practice and muscle memory to be effective, and Hanukkah provides you with eight days to try and stretch that muscle. If you only try to relax and rest when you are agitated or exhausted, it won't be as effective.



Inhale for 4 seconds
through your nose



Hold your the air for
4 seconds

Exhale for 4 seconds out
of your mouth

Hold your lungs empty
for 4 seconds



Tip: Play around with increasing the count to 6 seconds, or decreasing it towards 1 second as a way to adjust the energy of this exercise. (Source: Foundation for Jewish Camp)



HANUKKAH MENTAL HEALTH CANDLE LIGHTING RITUALS

2

Turn one night of Hanukkah into “Pajamakkah.” Before lighting the menorah, start your bedtime routine. Wash up, brush your teeth and get into your comfiest PJs. Then, sit down by the candles or curl up in bed with a favorite book, a podcast or some music, knowing your day is complete.



SOME HABITS THAT CAN IMPROVE YOUR SLEEP HEALTH (SOURCE: CDC)

- 1 Be consistent. Go to bed at the same time each night, and get up at the same time each morning, including on the weekends.
- 2 Remove electronic devices, such as TVs, computers and smart phones, from the bedroom.
- 3 Avoid large meals, caffeine and alcohol before bedtime.
- 4 Get some exercise. Being physically active during the day can help you fall asleep more easily at night.