The Blue Dove FOUNDATION

ROSH HASHANAH SELF-CARE CELEBRATION

Rosh Hashanah, the Jewish New Year, is about the chance to look forward to an exciting new year of growth, sweetness and abundance. This is why we often say **"Shana tova oumitukah"** to wish others a good and sweet new year.

Celebrating Rosh Hashanah may look different for some of us this year. We may not be able to attend services or celebrate the way we traditionally do with family. However, we can find ways to engage with the Jewish **middah** (value) of **Simcha** or joy! This value pairs with the idea of self-care, or how we can increase our mental well-being by taking care of our bodies, minds, hearts and spirits.

We've put together a Rosh Hashanah self-care celebration you can do. We hope you will join us in strengthening our mental-wellness by celebrating the New Year with our community.

Pomegranate Kavanah

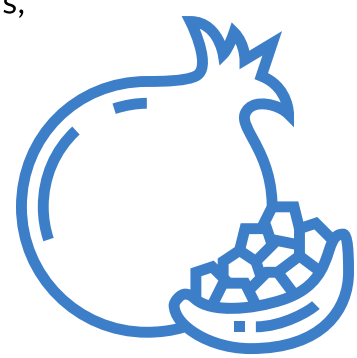
The pomegranate serves as a symbol of righteousness and fruitfulness on Rosh Hashanah. Its abundant seeds represent both our hope for being blessed in the New Year and our desire to perform countless **mitzvot** (commandments) in the coming year.

Take a moment to close your eyes and take a deep breath—three seconds in, three second hold, three second exhale. Choose an intention for this upcoming year. How would you like to treat others as well as yourself? What might you like to achieve? How do you want to bring blessings into the lives of others?

If you'd like, you can recite this traditional Rosh Hashanah blessing:

May it be Your will, Lord our God and God of our ancestors,
that You renew for us a good and sweet year.

Print out this pomegranate (at the end of the resource), and write down your **kavanah** (intention). Writing down our kavanah helps us commit to turning intention into action.



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Challah Hobby Challenge

During Rosh Hashanah, we bake challah, a traditional Jewish egg bread, in the shape of a spiral or circle to symbolize the continuity of life from year to year. The roundness—as opposed to the traditional braided Shabbat challah—signifies that an ending is also a beginning and represents sweetness and fluidity and hope for the coming year.

The creative process can help us manage stress, especially when paired with activities that have you using your hands. This can be baking, gardening, drawing, etc. Take time to make something or do something with your hands. You may choose to bake a challah or simply engage with a hobby you love.

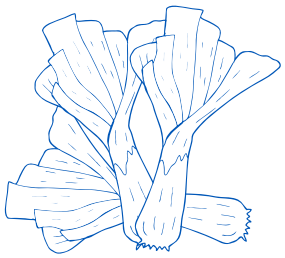
Couscous with Seven Vegetables

A delicious traditional Sephardic and Moroccan Jewish dish is couscous with seven vegetables topped with tanzia, a sweet stew of dried fruit, nuts and onion The couscous beads represent the number of blessings you are hoping for in the upcoming year. The tradition of seven vegetables stems from the Lord creating the world in seven days, making the number seven lucky. While having a gratitude practice can help us increase our mental wellness by being present, it also is a Jewish value— **Hakarot Hatov**.

Grab a piece of paper, and write down seven things you are grateful for. Share your list with us on social media by tagging @BlueDoveFoundation.

Leeks

These vegetables are tied to a pun: in Hebrew, the word for leeks sounds similar to **"karet,"** which translates to “cut.” Eating leeks represents our hope that those who have wished us ill during the past year will be cut off from their bad intentions in the upcoming year.



Think about one person this year you could have treated more kindly or reached out to. Consider sending them a Gratitude eCard, creating a new intention for how you’d like to interact with them or expressing your care directly to them.

To:

From:

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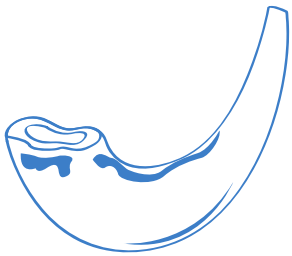
Fish

Rosh Hashanah translates to “head of the year,” so a whole roast fish can often be found on a Rosh Hashanah table.The tradition of having a fish head on the table is connected to Deuteronomy 28:15, which says, "May you be like the head, and not the tail." This verse is recited when referring to the fish head. You might look at this as a way of saying you want to be like the head—thinking for yourself, doing what is right—rather than the tail—a follower. Fish also traditionally symbolize fertility and abundance. Fun fact: Vegetarians often swap in a “head” of cabbage or garlic.

Taking care of our mental health and wellness is about developing healthy habits; when better to try this out than the head of the year? Choose one hobby, activity or healthy behavior you've always wanted to pick up; it can be as simple as taking a five minute break during the day or as complex as learning a new instrument. Use this new year and new beginning to create a plan for how to start.

Shofar Blasts



On Rosh Hashanah, we blow a **shofar**, a ram’s horn, as part of a traditional service to announce the new year. The sound of the shofar has many symbolic meanings, from its call to be self-reflective and its blast of joy for the newness of the year.

Even if you don’t have your own shofar, you can make music and evoke joy. Play an instrument, use your voice, or even drum on the table.

Consider offering a Blue Dove Foundation Mental Health Shofar blast.

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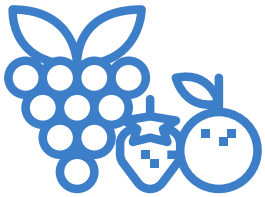
New Fruit



On the second night of Rosh Hashanah, we enjoy a new fruit or something we haven't eaten since the start of the season. When we eat the new fruit, we recite the **Shehecheyanu**, which expresses our gratefulness for being alive and allowing us to reach this time.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ
וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

Baruch atah Adonai, Eloheinu Melech haolam, shehecheyanu, v'kiy'manu, v'higiyanu, laz'man hazeh.

Blessed are You, Adonai our God, Sovereign of all, who has kept us alive, sustained us, and brought us to this season.

Write your own Shehecheyanu-type prayer by filling in the blank.

This year I am grateful to have experienced:

If you offer your own version of a Shehecheyanu and are open to sharing it as a communal resource, please email a copy to info@thebluedovefoundation.org or post it on social media and tag @BlueDoveFoundation.

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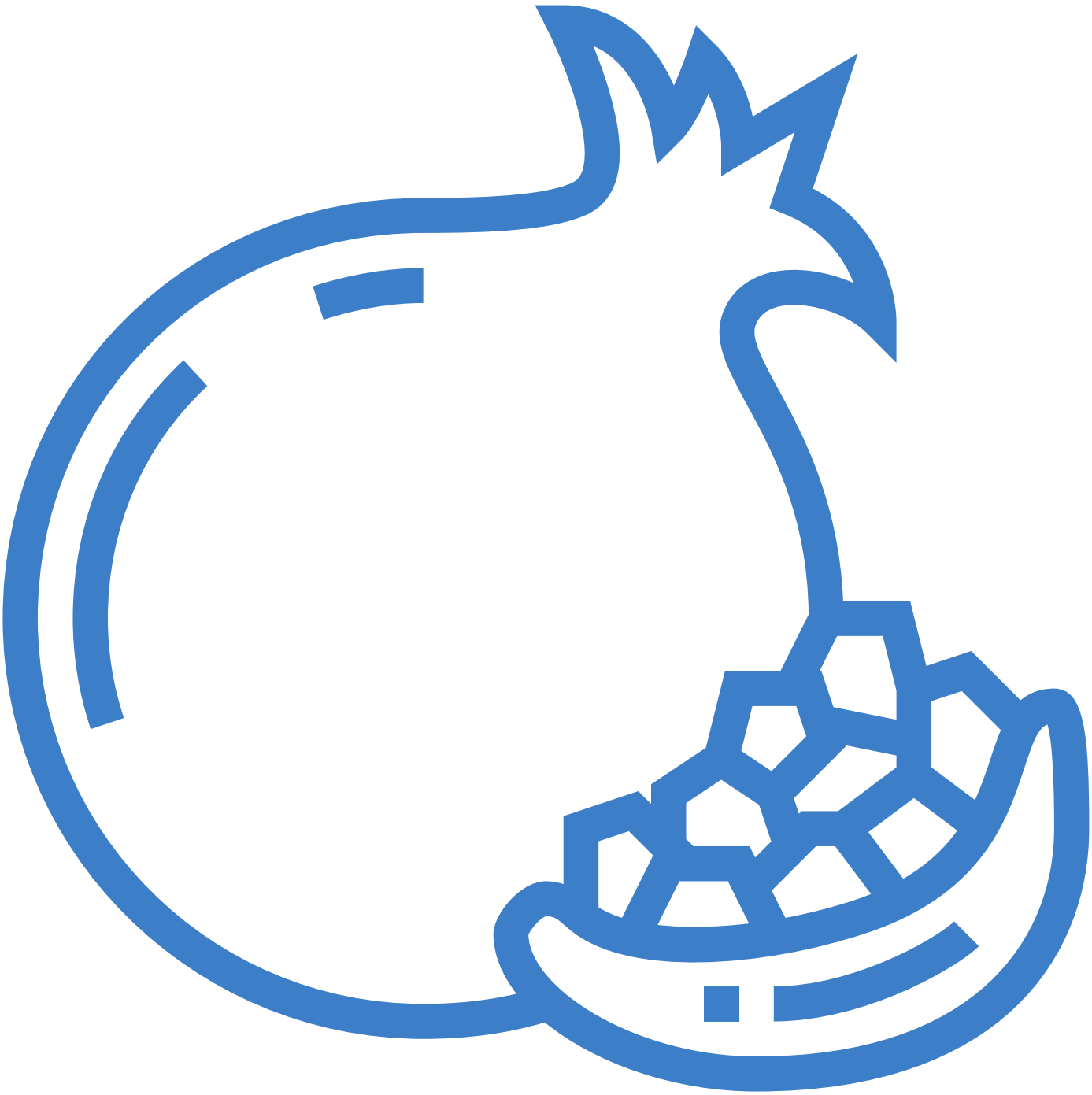
Pomegranate Kavanah

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