



FOUR MENTAL HEALTH QUESTIONS FOR PASSOVER

Am I still in Egypt today or am I free now?

Mental health is not linear. Most of us oscillate day by day or even hour by hour. How are you doing at this moment? Take a breath and check in with yourself.

From which struggles have I freed myself?

We all struggle; that's how we grow. What have you done this year that made you proud? How have you grown? What have you done to take care of yourself?

Who in my life can be my *outstretched arm*?

We all struggle. Anxiety, grief and failure affect us all. When you are struggling, who do you turn to for help, and how do you ask? Choose one person you can trust to help you when you're having a bad day. How would you reach out to them? Consider having a conversation with that person about what supporting you might look like.

What's on my mental health seder plate?

Just as the symbols on the Seder plate keep us engaged with the story of Passover, each of us has self-care tools that keep us engaged with our mental health. The more self-care options we have to improve our mental, emotional, physical and spiritual well-being, the better prepared we are for days where we are most vulnerable. What tools do you hold front and center in your life? Is there one you might want to add?

