



MI SHEBERACH FOR MENTAL HEALTH

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 with this Mi Sheberach for Mental Health.

מי שברך אבותינו אשר קרא לנו ישראל שנאמר שרית עם אלהים, הוא יברך וירפא את אלו מבינינו הנאבקים ברוחה הנפשית. יהי רצון שיכירו בכוחם ובחסנם, ויתחסו לעצמם בסליחה ובסבלנות, וימצאו עזרה, חמלה ומשאבים בעת צרתם. הקדוש ברוך הוא יעניק לאלו מאתנו שאינם חווים קשים נפשים את הכח, החסן והיכלת להקשיב ללא שפוט ומתוך פונה, ואת היכלת להבחין כאשר אחרים נאבקים. יהי רצונך שנצור קהלות שמקבלות, מרוממות ותומכות באלה שבינינו הנאבקים. השתא בעגלא ובזמן קריב. ונאמר אמן.

May the One who blessed our ancestors and named us Israel bless and heal those among us who struggle with mental well-being. May they acknowledge their own strength and resilience, treat themselves with forgiveness and patience, and find help, compassion, and resources when they need them. And, may the Holy One grant those of us who aren't experiencing mental health issues the strength, resilience and capacity to listen without judgment and with intention, and the ability to notice when others are struggling. May we create communities that accept, uplift, and support those among us who are struggling. Now, speedily, and in a time soon to come. Amen.

HARVESTING COMPASSION IN OUR LIVES

By The Blue Dove Foundation

The Talmud (Shavuot 39a) teaches that members of the Jewish community are responsible for each other. In simple terms, we are interconnected and must be invested in the mental wellness and overall well-being of everyone. We must be willing, informed and prepared to help one another, because we all benefit. Ruth was committed to caring for Naomi; recognizing that Naomi was facing hardship, Ruth dedicated herself to her care, honoring the web of interdependence woven between them and, in a similar way, among Jews everywhere.

נושא בעול עם חברו – Nosei B'ol Im Chaveiro –

Sharing a Burden with One's Friend

Beyond the idea that all Jews are responsible for one another (kol Yisrael arevim zeh la zeh), the rabbis teach the value of supporting another person (Pirkei Avot 6:6). The story of Ruth and Naomi's special friendship illustrates this. When faced with struggles, Naomi urges her daughter-in-law to turn back to their own land, their own people and their own gods. But Ruth refuses to leave her.

Together, Ruth and Naomi confront many difficulties but are able to overcome them, because they support each other – exemplifying the middah nosei b'ol im chaveiro.

Ruth's story takes place during the season of the barley harvest; thus, the harvest serves as an agricultural occasion for Shavuot. For this activity, consider the two mental health middot that relate to Shavuot and Ruth's story. Consider the ways you show compassion for yourself and others, and how others show compassion for you.

