

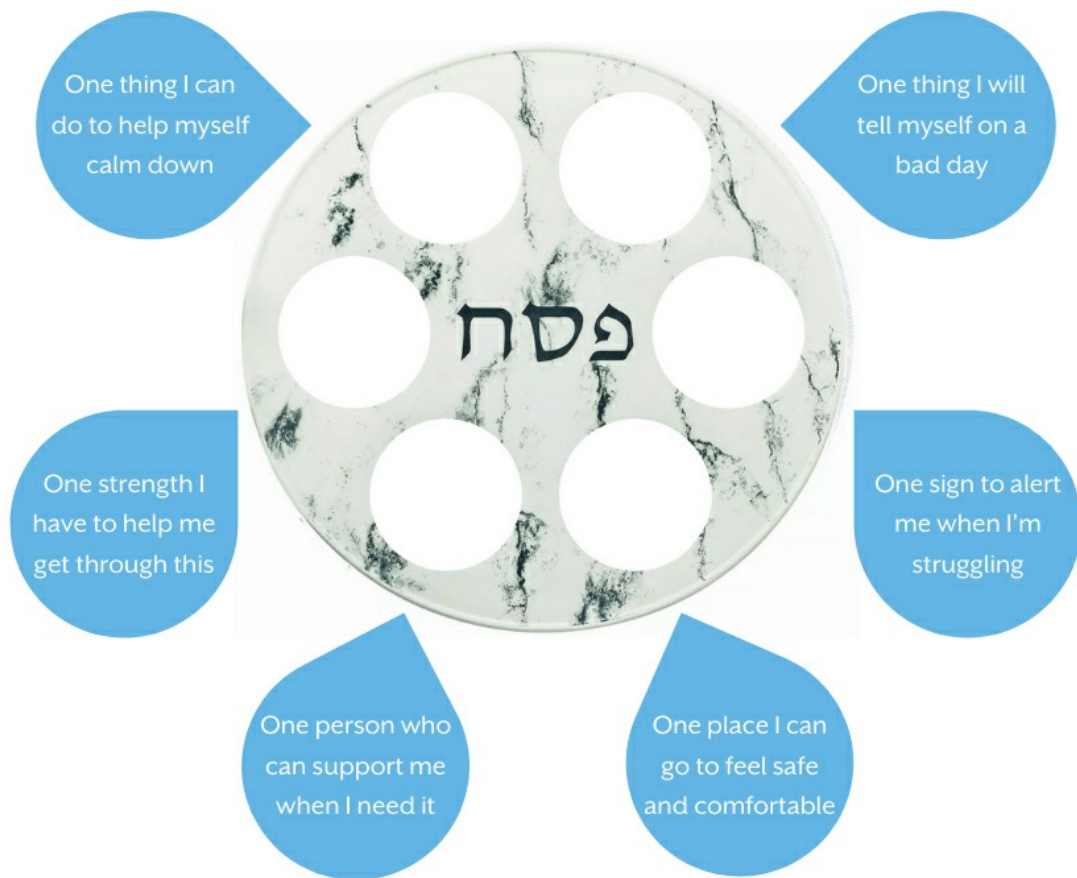
Building Your Mental Health Passover Seder Plate

Contributed by [The Blue Dove Foundation](https://thebluedovefoundation.org/)

Source: <https://thebluedovefoundation.org/mentalhealthpassoverseder/>



MENTAL HEALTH SEDER PLATE



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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. Self-care refers to ways we attend to our mental, emotional, physical and spiritual well-being. The more of these tools we have, the better prepared we are for days when we are at our most vulnerable.

We can use Passover as a time to stop and reflect not only on the Exodus story but on our own mental health. On those difficult days when we feel stuck in a metaphorical Egypt, this mental health Seder plate can offer us inner peace.