

Self-Care: Jewish? (...Is Self-Care good for the Jews?)

What can we learn from these sources?

How and why does this fit in with your idea about self-care?

1. From Sanhedrin 64b
If you find your lost item and your parent's lost item, taking care of your own lost item takes precedence. Why?
Rav Yehuda said: "So that there shall be no needy among you" (Deuteronomy 15:4) meaning that you must avoid becoming needy yourself.
Therefore, if someone lost an item, tending to their own lost item takes precedence over tending to the lost item of any other person. One must take care of themselves so that they do not become needy.

2. "Self-Care is never a selfish act. It is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."
- Parker Palmer

3. Hitbodedut – Be alone to pray (in nature) and connect to God.
According to Rebbe Nachman, the practice of self-secluded meditation and prayer was practiced by the forefathers of Judaism—Avraham, Yitzchak, Yaakov, Moshe, David, the prophets, and their students—as well as the Torah leaders of each generation.

- 4.



5. [The Byrds](#) – Turn! Turn! Turn! Lyrics

Words-adapted from The Bible, book of Ecclesiastes Music-Pete Seeger

To Everything (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

And a time to every purpose, under Heaven

A time to be born, a time to die

A time to plant, a time to reap

A time to kill, a time to heal

A time to laugh, a time to weep

To Everything (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

And a time to every purpose, under Heaven

A time to build up, a time to break down

A time to dance, a time to mourn

A time to cast away stones, a time to gather
stones together

To Everything (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

And a time to every purpose, under Heaven

A time of love, a time of hate

A time of war, a time of peace

A time you may embrace, a time to refrain from
embracing

To Everything (Turn, Turn, Turn)

There is a season (Turn, Turn, Turn)

And a time to every purpose, under Heaven

A time to gain, a time to lose

A time to rend, a time to sew

A time for love, a time for hate

A time for peace, I swear it's not too late
