

# Dayeinu - Learning to Say Enough

Contributed by [Joseph Slifka Center](#)

Source: adapted from clip by Michelle Shain

Maimonides urged us to care for our bodies so that we would be free to concentrate our energies on God. In the modern world, one of the greatest threats to our physical health is mental stress. Stress causes insomnia, digestive problems, heart disease, autoimmune disorders, depression, memory impairment and countless other complications. As women, we are particularly vulnerable to the stress caused by multiple and exhausting commitments to our families, friends, jobs and communities. This year, let us learn how to say "Enough!"

If we agree to be a part of two extracurricular activities a week instead of three ...

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If we took three classes instead of four...

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If we applied to 17 grants instead of 70...

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If we check our email every hour instead of every minute...

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If we stay in to do homework one weekend night instead of two...

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If we let FOMO have control four nights of the week and not everyday...

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If we ever went to the gym...

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If we ate Slifka cookies every other time they were served but not every single time...

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If we do what we can, and then go to bed at a reasonable hour...

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