

Mental Health Interpretations of the Seder Plate

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

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THE MENTAL HEALTH SEDER P

Shank Bone (Zeroa): This roasted bone represents both the sacrifice Jews made to plague and the “outstretched arm,” which in the story of Passover brings the Jews bone is the helping hand lent to those who need it most. We all struggle; that’s part will have tough times when we need that helping hand. If we can remember to ac forward and start to heal. And when we are in a stable place (free from what kept we can reach out to those still struggling, remembering that, as humans, we will g freedom and oppression.

Egg (Beitzah): The egg represents the life cycle. It’s a reminder that there are time of hope! After winter comes spring, and so it goes for mental health. It’s tradition; leading to a fun interpretation— an egg, just like us, is resilient! The hotter the flar aren’t weakened by struggle; we overcome it and become stronger.

Vegetable (Karpas): The vegetables represent spring and regrowth, but we also di remind us of the tears of slavery. At the same time, we are meant to keep in mind joy regrowth brings, remembering all the while we can both struggle and love ou we are struggling, and we are growing. We may feel broken, but we are worthy. V accept ourselves for who we are and then face forward, working on ourselves to place.

Bitter Herbs... Twice! (Maror and Hazeret): The bitter herbs we eat (sometimes beg bitterness of slavery. We aren't meant to forget our struggles; rather, at Pass square in the face and acknowledge they are what have led us to this moment.

Haroset: This reddish or brownish mixture of apples, wine and cinnamon is mean used to make the bricks and mortar during slavery. Although it calls to mind hard

representing the joy of freedom. In the Seder we mix the bitter herbs with haroset like resilience, is hard work. It's bitter and it's sweet, and, most important, it requires participant in our own lives.



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