

# Learning to say Dayenu

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Source: 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 serve one volunteer committee, but not two or three... יָדֵינוּ

If we work 45 hours in a week, but not 60... יָדֵינוּ

If we serve two courses for Shabbat dinner, but not three or four... יָדֵינוּ

If we buy a dessert, instead of making one from scratch... יָדֵינוּ

If we wash the floor every other Friday morning, instead of every Friday morning... יָדֵינוּ

If we clear away the clutter, but don't dust the shelves... יָדֵינוּ

If we buy a gift certificate, instead of spending hours searching for the perfect gift... יָדֵינוּ

If we usually schlep to the less expensive supermarket, but not always... יָדֵינוּ

If we take on one of the big projects coming up at work, but not all of them... יָדֵינוּ

If we go to one of the events organized by our friends this week, but not all them... יָדֵינוּ

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