

Restrictions for a Mourner

<p>Aninut (before burial)</p>	<ul style="list-style-type: none"> • greeting other people • going to work • sitting on a regular chair [although sitting on a low chair is permitted] • eating meat or drinking wine • washing hands or face with warm water • taking a shower or bath • applying cosmetics, perfumes, etc. • take a haircut or shave • cutting nails • washing clothes • wearing fresh clothes • marital relations • praying or saying blessings • wearing tefillin • studying Torah, except laws of mourning • NOTE: During Shabbat and Yom Tov, only the restrictions of studying Torah and marital relations apply.
<p>Shiva (week after burial)</p>	<ul style="list-style-type: none"> • greeting other people • sitting on a chair higher than 12 inches from the ground (except on Shabbat) • bathing or showering for pleasure • applying cosmetics, perfumes, etc. • getting a haircut or shaving • cutting nails • wearing new clothing (even on Shabbat) • washing clothes (even by someone else) • wearing freshly laundered clothing. On Shabbat should not wear finest or new clothing. One may wear freshly laundered underwear/socks • wearing shoes that contain leather or suede unless worn for health (except on Shabbat) • wearing jewelry, other than a wedding ring for a woman (except on Shabbat) • intimate contact with one's spouse • picking up unnecessarily or playing with a child • studying Torah, other than topics of mourning • conducting any business or labor • listening to music • leaving the home, unless necessary • NOTE: Yom Tov will mark the early completion of the laws of Shiva.
<p>Shloshim (30 days)</p>	<ul style="list-style-type: none"> • bathing or showering for pleasure • applying cosmetics, perfumes, etc. (except a married women) • getting a haircut or shaving • cutting nails • purchasing (for oneself) or wearing new clothing • wearing freshly laundered clothing (except on Shabbat). (It is permitted to wear freshly laundered underwear and socks.) • purchasing or renting a home, unless a significant loss would otherwise be incurred • sitting in or near one's usual seat in the synagogue • listening to music • attending any festive occasion or social gathering • NOTE: Yom Tov will mark the early completion of the laws of Shloshim
<p>12 Months</p>	<ul style="list-style-type: none"> • purchasing (for oneself) or wearing new clothing • purchasing or renting a home, unless a significant loss would otherwise be incurred • sitting in or near one's usual seat in the synagogue • listening to music • attending any festive occasion or social gathering