

# Horizon Grief Resource Center

## Self Care Newsletter

We have officially reached the middle of December. There are: four more days of Hanukkah; seven days until the Winter Solstice or longest day of darkness; eleven days until Christmas; twelve days until Kwanzaa and 18 days until New Year's.

It is normal for our stress and grief to be intensifying. I hope that these articles and events will give you some hope and spark new ideas to help yourself through these next three weeks.

### Virtual Events to Attend

1. Free Virtual Nutcracker Experience: <https://www.washingtonballet.org/events/virtual-nutcracker/>
2. Free Virtual viewing of the Pabst Christmas Carol: <https://www.milwaukeeep.com/shows-and-events/two-carols/>
3. Virtual Kwanzaa Festival: <https://www.njpac.org/about/community-engagement/virtual-kwanzaa-festival/#>
4. Listen to the Calm Christmas Podcast this Thursday December 17<sup>th</sup>, which is titled "Dealing with Loneliness, Sadness and Grief at Christmastime" (episode 9)  
<https://bethkempton.com/podcast/>
5. Participate in the End of 2020 Social on Thursday December 17<sup>th</sup> by the Foundation for Art & Healing and the Unlonely Project. You'll do something creative with your 2020 calendar!  
[https://us02web.zoom.us/meeting/register/tZUqde-hrjliHtdfMN03ILvAq2-WLcQItbGv?utm\\_source=Foundation+Subscribers&utm\\_campaign=0c9371ae30-EMAIL\\_CAMPAIGN\\_112720-A\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_3e6ce0c51f-0c9371ae30-63726555&mc\\_cid=0c9371ae30&mc\\_eid=85ac0a0d79](https://us02web.zoom.us/meeting/register/tZUqde-hrjliHtdfMN03ILvAq2-WLcQItbGv?utm_source=Foundation+Subscribers&utm_campaign=0c9371ae30-EMAIL_CAMPAIGN_112720-A_COPY_01&utm_medium=email&utm_term=0_3e6ce0c51f-0c9371ae30-63726555&mc_cid=0c9371ae30&mc_eid=85ac0a0d79)

### Ideas to Connect with Others:

1. Big & Small Ways to be Generous this Christmas:  
<https://www.chrishogan360.com/retirement/small-and-big-ways-you-can-back-this-christmas>

2. Get a Penpal (or two)!

Read about the project here: <https://www.goodnewsnetwork.org/rachel-syme-penpalooza/>

Or go directly to the website for more information: <http://penpalooza.com/>

3. Give Back during the Holidays---even in a pandemic:

<https://www.wellandgood.com/how-to-give-back-during-holidays/>

### Self-care Ideas:

1. At Home Wellness Sabbatical:

<https://www.realsimple.com/health/mind-mood/emotional-health/at-home-wellness-sabbatical>

2. Stressed? Try these 10 simple things:

<https://theeverygirl.com/stressed-try-these-10-simple-things/>

3. Podcasts to put you to sleep:

<https://www.realsimple.com/health/preventative-health/sleep/soothing-podcasts-for-sleep>

4. 7 Ways to Stop People Pleasing during the Holiday

<https://www.mindbodygreen.com/articles/ways-to-stop-people-pleasing-over-holidays>