

Horizon Grief Resource Center

SELF CARE NEWSLETTER



MONTHLY CHECK-IN

The beginning of a new month can be a great time to check in with yourself. How has your grief shifted or changed over the last month? What is better? What is worse? How is your overall mental health? What do these answers tell you about what you need for the month ahead?

Join Jay Shetty, author and former monk, on a 2021 reset. This five day event is free and begins February 3rd. Learn more and register here:

<https://jayshettygenius.com/newhabits/>



Two Minutes

Check out this Harvard Business Review article about a two minute daily practice that can make your day better.

<https://hbr.org/2021/01/this-two-minute-morning-practice-will-make-your-day-better>

Secret To Happiness

Check out this article from the Guardian on the secret to happiness. Guess what---it's feeling sad.

<https://www.theguardian.com/lifeandstyle/2021/jan/09/the-secret-to-happiness-get-better-at-feeling-sad>



Wintering

Looking for a book to read? Check out Wintering: The Power of Rest and Retreat in Difficult Times by Katherine May

Check out the New York Times book review here:
<https://www.nytimes.com/2020/12/22/books/review-wintering-katherine-may.html>

LISTEN TO THE BIALIK BREAKDOWN

Dr. Mayim Bialik has a new podcast called the Bialik Breakdown, where each week she breaks down mental health. You may recognize Dr. Bialik as an actress on Blossom and The Big Bang Theory. She also has a PhD in neuroscience and talks candidly about her own mental health.

In addition to the podcast, you can find articles on her website and can ask her anything!

<https://www.bialikbreakdown.com/>