

SELF CARE NEWSLETTER

FEELING ARTISTIC?

Check out [letsmakeart.com](https://www.letsmakeart.com) for free tutorials on watercolor, lettering, and art journaling. All videos are free. You can purchase a subscription box if you want the specific colors/supplies they are using.

MAKE ART MATTER

Each month [letsmakeart.com](https://www.letsmakeart.com) does a Make Art Matter project that gets sent to someone who needs kindness, love, or a nice thought. You can participate for free. Send it to their nominee or to someone in your life who could use some positivity. Check it out at <https://www.letsmakeart.com/blogs/make-art-matter>

ADDITIONAL WAYS TO COPE

Check out these links:

Fours Ways to Feel Good on a Hard Day in Lockdown:

https://greatergood.berkeley.edu/article/item/four_ways_to_feel_good_on_a_hard_day_in_lockdown

Seven Most Relaxing Works of Art

https://www.youtube.com/watch?v=O3G3uj_ihtA&feature=em-uploademail

Power of Made up Rituals

<https://www.happinesslab.fm/season-2-episodes/episode-3-the-power-of-a-made-up-ritual>

The Pandemics Silver Lining

https://www.youtube.com/watch?v=V_dl326akqM&feature=em-uploademail