

# SELF CARE NEWSLETTER

*Horizon Grief Resource Center*



## YOU ARE GOING TO BE OKAY

*Listen to author, Melody Ross, read her book "You are Going to be Okay" for inspiration and motivation:*

<https://www.youtube.com/watch?v=K-1vbsdJnWI&t=76s>

## SMALL DOSES OF SUPPORT

*Listen to one of these Soul Minutes by Melody Ross to find a dose of support, encouragement, and love. Each range from 2-4 minutes.*

<https://www.youtube.com/channel/UCFnUjlPCurdzRNCHkQHx37Q/videos>



## LEARNING FROM HARD TIMES

*Listen to Melody Ross talk about what she learned from the hardest year of her life. What have you learned from hard times?*

<https://www.youtube.com/watch?v=7DmZIUVBdfE>