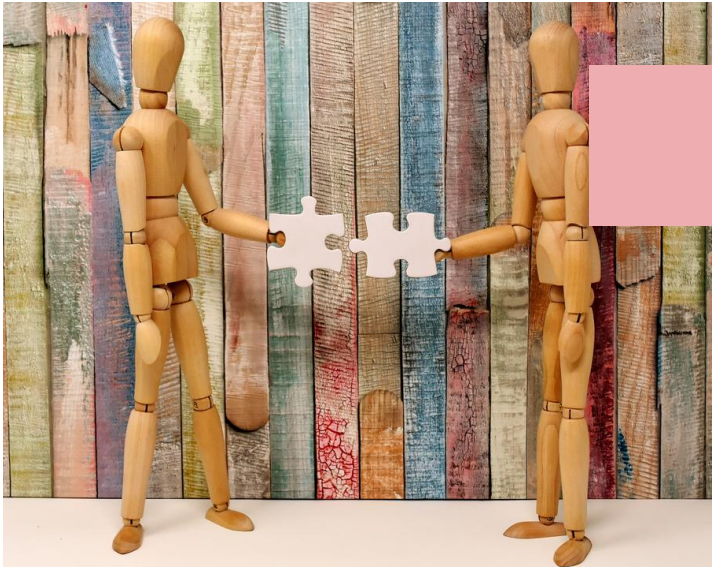


SELF CARE TOOLS

Weekly Email Newsletter curated by Horizon Grief Resource Center



CONNECT

Check out these suggestions for connecting with friends & family without screens:

<https://www.apartmenttherapy.com/long-distance-friendship-ideas-activities-36768647>

PEP TALK

Need a pep talk to get you through a rough day. Check out this video:

https://www.instagram.com/p/CCwakXapP3N/?__s=a1modkfdvj0ff8p9yryo&utm_source=Drip&utm_medium=Email&utm_campaign=Email&utm_content=How+to+Show+Up+When+You%E2%80%99re+Down



LIVE YOUR DREAMS

Check out this article for inspiration on how to live your dreams even while staying home.

<https://nosidebar.com/una-bella-vita/>

