

MONDAY SELF CARE NEWSLETTER

Horizon Grief Resource Center



BE HAPPIER

Check out this article by Marc Chernoff on 10 Things You Do Not Need to Be Happier in Life:

<https://www.marcandangel.com/2021/03/14/10-things-you-do-not-need-to-be-happier-in-life/>

FEEL LESS ALONE

Check out this article by No Sidebar which talks about how we are riding waves of loneliness in this pandemic and offers five ways to feel less alone:
<https://nosidebar.com/five-ways-to-feel-less-alone/>



FEEL LIKE DOING NOTHING?

Check out this video on What to do When You Feel Like Doing Nothing:

<https://www.youtube.com/watch?v=rU8APAw6io>