



HORIZON GRIEF RESOURCE CENTER
SELF CARE NEWSLETTER

November: the month of Gratitude

There is always, always something
to be thankful for!

Take some time to establish a gratitude practice. Multiple ideas
can be found in this article:

<https://www.becomingminimalist.com/november-gratitude/>

November has been a stressful month thus far. This collection
of articles really helped me gain perspective and take care of
myself this weekend:

<https://bemorewithless.com/weekend-favorites-november-7/>

Two gratitude songs for inspiration:

I am so Blessed by Karen Drucker:

<https://www.youtube.com/watch?v=2SHaEjFtP2g>

Thankful by Josh Groban

<https://www.youtube.com/watch?v=gBE11F22uqE>