

# SELF CARE TOOLS

*Weekly Email Newsletter curated by Horizon Grief Resource Center*



## FIND CONTROL

*When the world is in chaos, control what you can. See tips for how with this video from Joshua Becker, founder of Becoming Minimalist:*

*<https://www.youtube.com/watch?v=YKlEtVa6Mf4>*

## SLEEP MUSIC

*Listen to Max Richter's album Sleep which was composed based on the neuroscience of sleep. Also, free on [spotify.com](https://www.spotify.com).*

*<https://www.maxrichtermusic.com/albums/sleep/>*



## YOGA NIDRA

*Relax and restore with Yoga Nidra, the yoga of sleep. This is the one I listen to every night before bed.*

*<https://www.youtube.com/watch?v=beT-bcmlKII>*

