

Self Care Newsletter

- 01 **The UnLonely Project**
<https://www.artandhealing.org/stuckathome/>
- 02 **8 Types of Self Care & How to Practice Them**
<https://www.bustle.com/wellness/types-of-self-care-how-to-practice-experts>
- 03 **Your Surge Capacity is Depleted---It's Why You Feel Awful**
<https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>
- 04 **How to Find your Purpose in Life: Jay Shetty on the Ed Mylett Show**
<https://www.youtube.com/watchv=Vd3qM8LhCQ0&feature=youtu.be>
- 05 **12 Counter-Intuitive Ways to Improve Sleep**
<https://thestonesoup.com/blog/2020/08/10/improve-sleep/>
- 06 **Want to be transported on vacation?---grab one of these books!**
<https://www.thelily.com/miss-travel-here-are-7-literary-journeys-to-take/>
- 07 **9 Ways to Stay in Touch with Long Distance Friends**
<https://video.apartmenttherapy.com/m/sMfEFHRt/9-ways-to-stay-in-touch-with-long-distance-friends?list=2MSvStVX>
- 08 **A Reminder to Enfold Yourself in Small Comforts**
<https://www.nytimes.com/2020/08/24/opinion/coronavirus-anxiety-coping.html>
- 09 **Why Walking is the Ideal Pandemic Activity**
<https://www.nationalgeographic.com/travel/features/walking-is-the-perfect-pandemic-activity/>
- 10 **10th Anniversary of The Gifts of Imperfection by Brené Brown**
<https://brenebrown.com/thegifts-hub/>
Sign-up for the free webinar series:
<https://brenebrown.com/tgoi-webinar-series/>