



Monday Self Care Newsletter
Horizon Grief Resource Center

"ALL WE HAVE TO DECIDE IS WHAT TO DO WITH THE TIME THAT IS GIVEN TO US"-J.R.R. TOLKIEN

What will you decide?

FULLY LIVE

It can be difficult to embrace life while in the midst of grief. Whether we have a little "survivors guilt", don't want to live fully without our loved one, or are just low on energy, we often sit on the sidelines of life for awhile. Here is some inspiration (and maybe permission too) to fully live your life:

<https://nosidebar.com/live-your-dash-with-no-regrets/>

CREATE YOUR LIFE LIST

It is said we have two choices in life: start living or start dying. We often contemplate these choices when we encounter a milestone birthday, lose a loved one, or go through a major transition. Use this list to spark ideas on how to choose life:

<https://becomingunbusy.com/life-list-ideas/>

The Dash Poem:

<https://thedashpoem.com/>