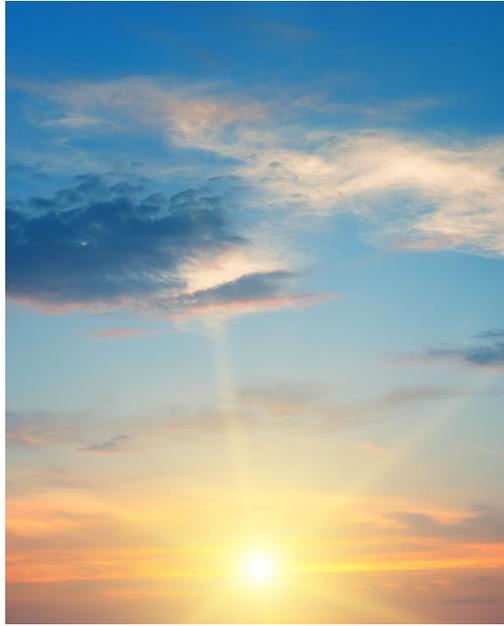




YOU ARE  
*Solar powered*



Grief, stress, and other heavy emotions can leave us feeling listless and apathetic. We may find ourselves retreating to unhealthy coping skills (*watching too much TV, eating for comfort, isolating ourselves from friends and family, scrolling mindlessly through social media or other internet outlets.*) We can feel stuck and sad, not knowing what will actually help us start to feel more like ourselves.

This is the time when it is important to compassionately prompt ourselves to go outside. It's easy to forget that we are beings of this Earth, and we need sunlight just as much as plants and other beings do. We are in fact, solar powered!

Have you ever taken time to notice how you feel after some time outside? Many people report feeling at least a small boost in mood, productivity, overall sense of calm, or re-connection with spirituality, purpose, or life. This can help us face another day, trying emotions, or even uncertain situations.



**Take time to recharge your internal battery  
with something as simple as the sun.**



*Don't  
forget to ...*

**Drink water and  
get sunlight.**

**You're basically a  
houseplant with  
more complicated  
emotions.**





## *We all need different things to help us grow.*

I often hear people asking, "Am I doing this right?" when talking about grief. This is a valid question because during this time, very few things might actually "feel right."

Grief is not about right or wrong. It's about finding what works best for us as individuals. I like to think of it like tending to plants. One just can't assume that all varieties of plants will need the same light, water, and overall care. We don't give a plant a hard time for not doing well in the bright sun or for needing more water, we just change how we care for it so it can thrive. So why do we give ourselves such a hard time when we are not doing well?

Let's take time to appreciate that we all need different things to grow in the ways that were meant for us, and to help ourselves find those outlets to thrive. It's not about right or wrong - it's about what is healthy or unhealthy.

Help tend to yourself in  healthy ways.

## *Finding ways to "recharge"*

Keeping in mind our new found compassion for helping ourselves grow, ask yourself what ways feel right for you to recharge? Let's look at four common areas that may help us during difficult times:

- **Naturally recharging:** This is the act of getting outdoors for some fresh air and sun. For some of us, we may wish to be active while we tend to the yard or go for a walk. Others may wish to slow down by reading a good book or enjoying a cup of coffee on the porch.
- **Recharging our connections:** Are your connections feeling a bit stale these days? Try talking about fun memories, plans you'd like to make for the future, or even get into a friendly debate about the best thing about the upcoming season.
- **Purposeful recharging:** Many of us like knowing we have a purpose to our day, week, or month. It gives us something to look forward to and keeps us connected to a larger community. Recharge your purpose this season by volunteering or helping others out. There are still many outlets that can be accessed in a physically distanced manner,.
- **Recharging routine:** Take some time to think through your daily routine. Is it still working for you? Sometimes we get in a rut without even realizing it. Take time to change things up to ensure you are doing right by yourself!



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