

HORIZON GRIEF RESOURCE CENTER SELF CARE NEWSLETTER

I WANT TO EXPERIENCE:

We don't have control over our grief or the weather. But, we can choose to be **intentional** about the experiences we want to have in our week.

This can have a great impact on our mood and help us cope better with the uncontrollable.

CONNECTION

Call a friend or family member this week

Write a letter to a friend or loved one (and mail it this week!)

Go out with someone for a walk, lunch, or activity

POSITIVITY

Write a list of 50 things I am grateful for

Do a random act of kindness for a stranger

Read or listen to something inspiring to me

FUN!

Dance and/or sing to my favorite songs or artists!

Play a game

Play with my grandchildren

ENJOYING THE RAIN

Go for a walk in the rain. Jump in a puddle like a kid!

Look for the rainbow after the rain

Do an indoor activity you enjoy while it's raining

PEACE

Listen to a guided meditation

Spend time out in nature

Listen to a song to remind you that you are loved

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I WANT TO EXPERIENCE:

Write down what you want to experience during your week.

Brainstorm some ideas about what would give you that experience or feeling.

Keep this list in a place where you see it throughout the week!



A vertical rectangular form with a teal border. At the top, there is a pink rectangular box. Below it are four horizontal dashed lines. A pink paperclip is attached to the top edge.



A vertical rectangular form with a teal border. At the top, there is a pink rectangular box. Below it are four horizontal dashed lines. A pink heart-shaped sticker is attached to the top edge.



A vertical rectangular form with a teal border. At the top, there is a pink rectangular box. Below it are four horizontal dashed lines. A blue heart-shaped paperclip is attached to the top edge.



A vertical rectangular form with a teal border. At the top, there is a pink rectangular box. Below it are four horizontal dashed lines. A blue grid-patterned sticker is attached to the bottom edge.



A vertical rectangular form with a teal border. At the top, there is a pink rectangular box. Below it are four horizontal dashed lines. A pink heart-shaped paperclip is attached to the left edge.