

MONDAY SELF CARE NEWSLETTER

Horizon Grief Resource Center



UNWIND WITHOUT ALCOHOL

Using alcohol to unwind and/or try to sleep? Try these alternatives:

<https://www.everydayhealth.com/self-care/alcohol-free-ways-to-unwind-at-the-end-of-a-long-day/>

SELF CARE

What is self care? Why is it important? How do you do it? Check out this article for the 411:

<https://www.everydayhealth.com/self-care/>



CHANGE YOUR MINDSET WITH ART

Try out these five art activities to do to change your mindset and mood.

<https://www.everydayhealth.com/wellness/wellness/5-ways-to-use-art-to-change-your-mindset/>



GET WALKING

Check out these walking workouts for a mood boost! Many are done along the beautiful boardwalk in Dubai with toe-tapping soundtracks!

Get Fit With Rick:

<https://www.youtube.com/c/RickBhullarFitness/videos>

GARDENING AS SELF CARE

Did you know digging in the dirt can be therapeutic?

<https://www.everydayhealth.com/self-care/how-gardening-became-the-self-care-staple-i-never-knew-i-needed/>



REFLECT

How has your self care routine changed over the last year? Check out this article to see how others have been doing:

<https://www.everydayhealth.com/self-care/self-care-during-covid-19-how-it-started-how-its-going/>