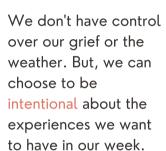
# HORIZON GRIEF RESOURCE CENTER SELF CARE NEWSLETTER

### I WANT TO EXPERIENCE:



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



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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