

SELF CARE TOOLS

Weekly Email Newsletter curated by Horizon Grief Resource Center



SOME GOOD NEWS

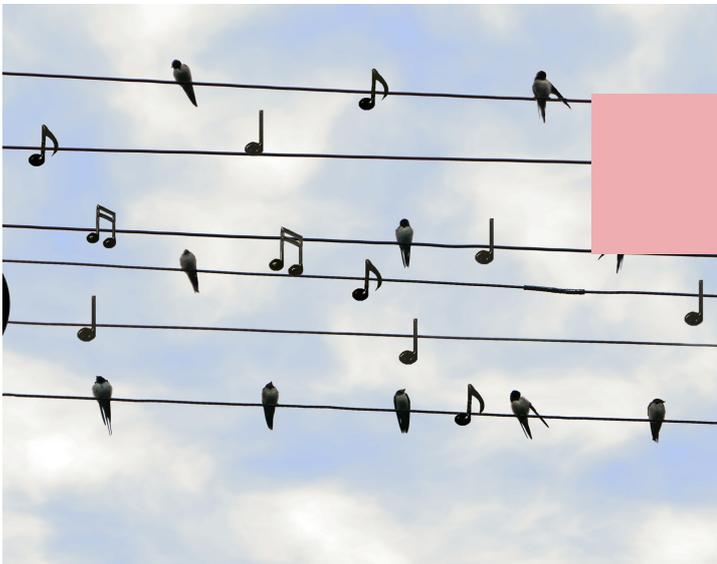
*Check out **Some Good News** on Youtube.com with John Krasinski for some humor and heart touching stories.*

https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug

FREE CLASS

Join Deepak Chopra & Oprah for a free 21 day meditation class with the intention to find hope in uncertain times.

<https://chopracentermeditation.com/>



MSO

Enjoy free music from the Milwaukee Symphony Orchestra.

<https://www.mso.org/about/music/mso-musical-journeys-3/>



WAKING UP

"I am grateful for each day."

Ask yourself:

- 1. How can I bring more peace to my morning routine?*
- 2. Do I choose gratitude or grumpiness first thing in the morning?*
- 3. Can I take a few moments to sit quietly and set my intention for the day?*

From: Alter Your Life by Kathleen Hall

CALM BREATH

4-7-8 Breath

Breathe in through nose for 4 counts.

Hold breath for 7 counts.

Blow out breath through mouth for 8 counts.

Repeat 4 times. Can help relax you or even help you sleep!



JOY LIST

Write a list of things that bring you joy and hang it in a place you'll see it everyday (such as your refrigerator or bathroom mirror).

Pick one thing every day to do to spark joy!