

# Horizon Grief Resource Center Self Care Newsletter

## Shift Your Mindset to Cope with the Holidays:

COVID, the Holidays, and the Mortality Mindset: How to shift your thinking in the face of discouragement

[https://mortalliving.substack.com/p/covid-the-holidays-and-the-mortality?utm\\_campaign=post&utm\\_medium=email&utm\\_source=email](https://mortalliving.substack.com/p/covid-the-holidays-and-the-mortality?utm_campaign=post&utm_medium=email&utm_source=email)

## Give Back During the Holidays:

<https://www.wellandgood.com/how-to-give-back-during-holidays/>

## Watch this webinar for tips & Hints: The Pandemic Effect on Holiday Loneliness

Many of us will feel alone this holiday season. The social distancing and quarantining that's come as a result of the ongoing pandemic is likely to magnify the sense of isolation and loneliness. But there are steps we can take to increase our connections to our friends and family, and to the community at large.

Our friends at Happify are hosting this webinar. Join loneliness expert and founder of the Foundation for Art & Healing, Dr. Jeremy Nobel, along with special guests Emily Allen and Erica Curtis for a **free one-hour webinar on Wednesday, December 9th at 10:00 am Central Time.**

Registration Link: [https://zoom.us/webinar/register/WN\\_1OTyY-g3QwaUKVRaSz-NcQ?Foundation+Subscribers&utm\\_campaign=ea7551bf9f-EMAIL\\_CAMPAIGN\\_112720-&utm\\_medium=email&utm\\_term=0\\_3e6ce0c51f-ea7551bf9f-63726555&mc\\_cid=ea7551bf9f&mc\\_eid=85ac0a0d79](https://zoom.us/webinar/register/WN_1OTyY-g3QwaUKVRaSz-NcQ?Foundation+Subscribers&utm_campaign=ea7551bf9f-EMAIL_CAMPAIGN_112720-&utm_medium=email&utm_term=0_3e6ce0c51f-ea7551bf9f-63726555&mc_cid=ea7551bf9f&mc_eid=85ac0a0d79)

