

Self Care Newsletter

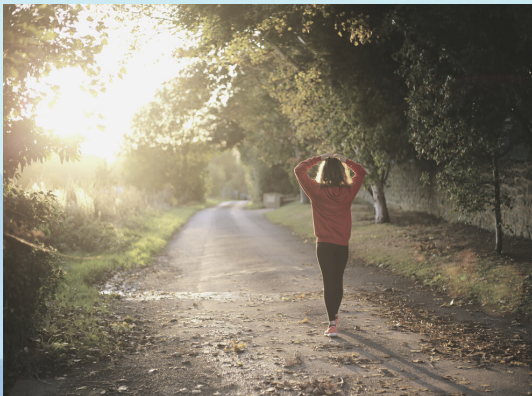
HORIZON GRIEF RESOURCE CENTER

RELAX

Check out ambiance rooms

These on-line "rooms" can help you relax, sleep, or concentrate.

<https://kottke.org/21/02/self-medicating-media-relax-in-online-ambiance-rooms>



RECHARGE

Go for a walk

This will be a great week to get out for fresh air and warmer temps.

SPRING AHEAD

Look forward to more light

Day light savings time is this weekend, so get ready to have more sunlight throughout the day!



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Choose Your Focus

ENJOY THIS ARTICLE BY AUTHOR PATRICK MATHIEU ABOUT WHY IT'S IMPORTANT TO FOCUS ON WHAT YOU CAN CONTROL.

ASKING THE RIGHT QUESTION: SOMETIMES MORE OR DIFFERENT ISN'T THE ANSWER:

[HTTPS://MORTALLIVING.SUBSTACK.COM/P/ASKING-THE-RIGHT-QUESTION?
UTM_MEDIUM=EMAIL&UTM_CAMPAIGN=CTA](https://mortalliving.substack.com/p/asking-the-right-question?utm_medium=email&utm_campaign=cta)