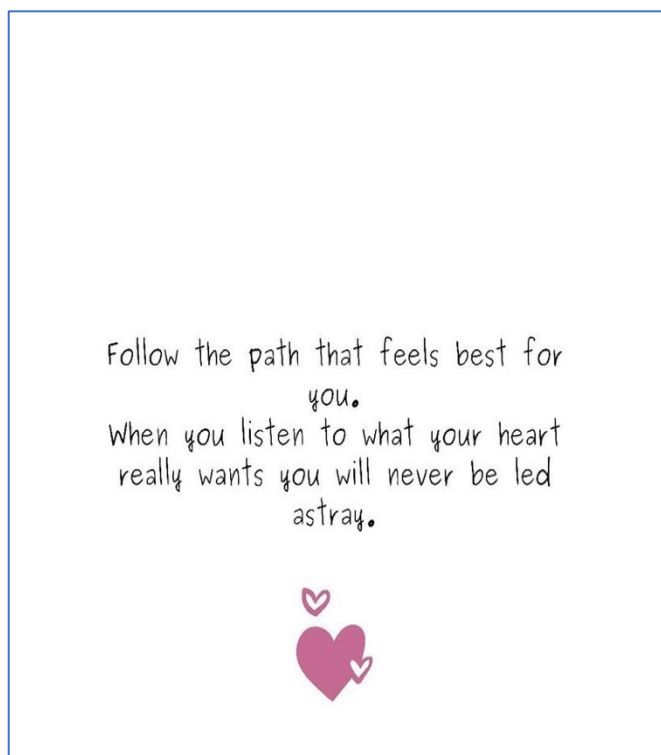
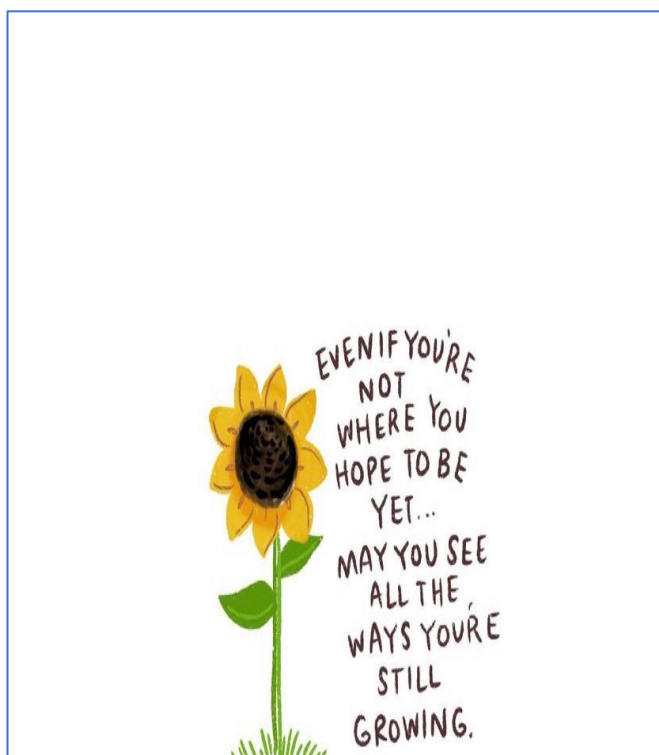


August 12, 2021 Resources
Decision Making on Your Own

1. **How Grief Can Influence Financial Decision Making:**
<http://www.wealthcare4widows.com/2016/01/05/how-grief-can-influence-financial-decision-making/>
2. **How to Use Mindfulness for (Difficult) Decision Making:**
<https://www.youtube.com/watch?v=IW7ApYgiBPw>
3. **The Decision-Making Process:** <https://www.umassd.edu/fycm/decision-making/process/>
4. **Avoid Making Big Decisions After Experiencing a Loss:**
<https://www.verywellmind.com/decisions-to-delay-if-youre-grieving-4065127>
5. **What to Eat Before Making a Big Decision:** <https://www.rd.com/article/what-to-eat-before-big-decision/>
6. **Foods to Reduce Stress and Improve Decision Making:**
<https://www.entrepreneur.com/article/363589>
7. **Intuitive Decision Making- A Guided Meditation to Tune into Your Intuition:**
<https://www.youtube.com/watch?v=IW7ApYgiBPw>
8. **Healthy Healing: A Guide to Working Out Grief Using the Power of Exercise and Endorphins By: Michelle Steinke-Baumgard**



Energy takers:

- Poor sleep
- Ignoring your boundaries
- Lack of self care
- Social media overdose
- Negative self talk
- Dehydration
- Lack of movement

Energy givers:

- Time in nature
- Exercise
- Talking to loved ones
- Self care rituals
- Doing things you love
- Nutritious meals
- Music



You are doing so well.



Be kind to yourself

DAILY REMINDERS...

by selfcareexpress



Find a peaceful spot to meditate.



Spend 2 hours away from your phone.



Listen to music that makes you feel uplifted.



Write a list of things that you're grateful for.



Complete a task that you've been delaying.



Learn something new.

Morning routine ideas for:
a positive mindset

- ✓ Meditate
- ✓ Stretch
- ✓ Recite affirmations
- ✓ Have a filling & nutritious brekkie
- ✓ Journal your thoughts
- ✓ Read or listen to a podcast
- ✓ Exercise in a form you enjoy
- ✓ Dance to your fave songs