

RESOURCES

BOOK

Roe, G. (2013). *Surviving the holidays without you: Navigating grief during special seasons*. CreateSpace Independent Publishing Platform.

ONLINE ARTICLES

American Psychological Association. (2020, December 3). Holiday stress resource center: What you can do to avoid or minimize holiday stress inducers. <https://www.apa.org/topics/stress/holiday>

Miller, K. (2021, October 9). 14 Health benefits of practicing gratitude according to science. Positive Psychology. <https://positivepsychology.com/benefits-of-gratitude>

PODCAST

Furlan, J. (Host). (2021, January 26). How to set boundaries with family—and stick to them [Audio podcast episode]. In Life Kit [Audio podcast]. NPR. <https://www.npr.org/transcripts/960423678>

APPS

- *Mindfulness / Meditation*
 - Calm
 - Headspace
- *Budgeting*
 - EveryDollar
 - Goodbudget (allows for multiple devices to access the same account)
- *Journaling*
 - Jour
- *Scheduling / Planning*
 - Calendly
 - Santa's Bag