

Resources Referenced in Jennifer's Gratitude Talk

The Science of Well Being Course: <https://www.coursera.org/learn/the-science-of-well-being>

Dr. Laurie Santos Podcast: <https://www.happinesslab.fm/>

One of her segments on Well-Being During Covid: <https://www.youtube.com/watch?v=q7RBOzQxveo>

Gretchen Rubin: <https://gretchenrubin.com/>

Happier Podcast: <https://gretchenrubin.com/podcasts/>

Article of hers discussing managing covid: <https://gretchenrubin.com/2020/04/coping-with-covid-19-accept-yourself>

One word for 2021: <https://gretchenrubin.com/podcast-episode/306-choose-your-one-word-theme-2021>

21 for 2021 list: <https://gretchenrubin.com/2020/12/write-your-21-for-2021-list>

Why Gratitude is Important During the Coronavirus Pandemic:

<https://www.adventhealth.com/blog/why-gratitude-important-during-coronavirus-pandemic>

Jennifer's TEDx Talk:

https://www.ted.com/talks/jennifer_lynn_robinson_from_fighting_for_breath_to_fighting_for_life

Virtual Volunteering Links:

Letters Against Isolation: <https://www.lettersagainstisolation.com/>

Philly Reading Coaches: <http://ost.phila.gov/philly-reading-coaches/>

Adopt a Grandparent: <https://chdliving.co.uk/adopt-grandparent>

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