Resources Referenced in Jennifer’s *Gratitude* Talk


*Dr. Laurie Santos Podcast:* [https://www.happinesslab.fm/](https://www.happinesslab.fm/)

*One of her segments on Well-Being During Covid:* [https://www.youtube.com/watch?v=q7RBOzQxveo](https://www.youtube.com/watch?v=q7RBOzQxveo)

*Gretchen Rubin:* [https://gretchenrubin.com/](https://gretchenrubin.com/)

*Happier Podcast:* [https://gretchenrubin.com/podcasts/](https://gretchenrubin.com/podcasts/)


*21 for 2021 list:* [https://gretchenrubin.com/2020/12/write-your-21-for-2021-list](https://gretchenrubin.com/2020/12/write-your-21-for-2021-list)


*Jennifer’s TEDx Talk:* [https://www.ted.com/talks/jennifer_lynn_robinson_from_fighting_for_breath_to_fighting_for_life](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/](https://www.lettersagainstisolation.com/)


Adopt a Grandparent: [https://chdliving.co.uk/adopt-grandparent](https://chdliving.co.uk/adopt-grandparent)

*All content property of Purposeful Networking LLC*