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John Henderson, photos by  
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[The 7 Stages of Widower's Grief & Tips to Move Through Them](#)

Dr. Alejandra Vasquez, JD, CT

[The Pandemic Did Not Affect Mental Health the Way You Think](#)

Aknin, Zaki and Dunn in The Atlantic

[Happiness Chemicals and How to Get Them](#)

TheFitnessTutorUK

[13 Things you can do to build emotional resilience](#)

Ashley Elizabeth on Lifehack.org website

[Feeling Anxious About Returning to Post-Pandemic Society? You're Not Alone](#)

NPR's All Things Considered

[How to Cope with Greater Health Anxiety Due to the Coronavirus](#)

Stacey Colino, The Washington Post

[How to Stand your Ground on Social Distancing](#)

Jenna Jonaitis, The Washington Post

[People Don't Always Need Advice: Sometimes They Just Need A Friend To "LL, SS."](#)

Dr. James A. Deutch, LCSW

[Myths and Facts about COVID-19 Vaccines](#)

Centers for Disease Control and Prevention

[Tell Me a Story](#)

Jo Conard, LMHC

[How to Take Care of your Mental Health](#)

Michelle Crouch, published in AARP, Healthy Living

[That Discomfort You're Feeling is Grief](#)

Scott Berinato, published in Harvard Business Review

[How to Talk to Someone with Alzheimer's](#)

Malia Wollan, The New York Times

[The Ins and Outs of Assisted Living](#)

Diane Vasaturo, LCSW

[Gardening for stress relief and connection](#)

Kae M. Petrin, St. Louis Public Radio

[Weight loss: Gain control of emotional eating](#)

Mayo Clinic

[4 Ways to Avoid Becoming Isolated as a Caregiver](#)

Leah Newman, published on Guideposts.org website

[The Power of Encouragement](#)

Dr. James A. Deutch, LCSW and Transition Life Consultant

[The Family Council](#)

Dr. James A. Deutch, LCSW

[Making the Most of Your Memory](#)

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[Mental Health](#)

Amy Chillag, CNN Health