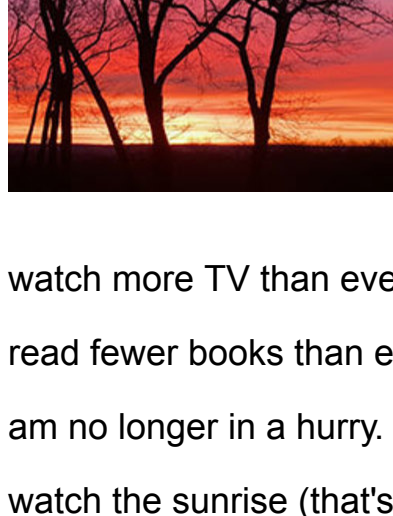


the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- FUN
- CALENDAR
- EAT
- DISCOVER
- TRAVEL
- TOWN GUIDES



Hi everyone!

I was thinking about New Year's resolutions the other day and decided, nope, not this year, mainly because the pandemic has brought out a whole new me.

- I watch more TV than ever before.
- I read fewer books than ever before.
- I am no longer in a hurry.
- I watch the sunrise (that's yesterday's above) while I have my coffee instead of reading emails.
- I take baths.
- I meditate!!
- I live on my Peloton (but can't wait to get back to a community class and see humans!).
- I've finally finished some house projects that have been on my list for ten years.
- I occasionally shop online at 3:30 in the morning.
- I wear sweat pants every day (Vuori's are my absolute favorite).
- I eat at home every night.
- I make dinner mid-afternoon, so I'll have something healthy when I don't feel like cooking at 6 pm.
- I started journaling, which I have not done consistently since I was a teenager.
- I grew my hair out and streaked it blonde (thanks for the inspo, Claudia!).
- I started needlepointing (!)

That's enough new for one year.

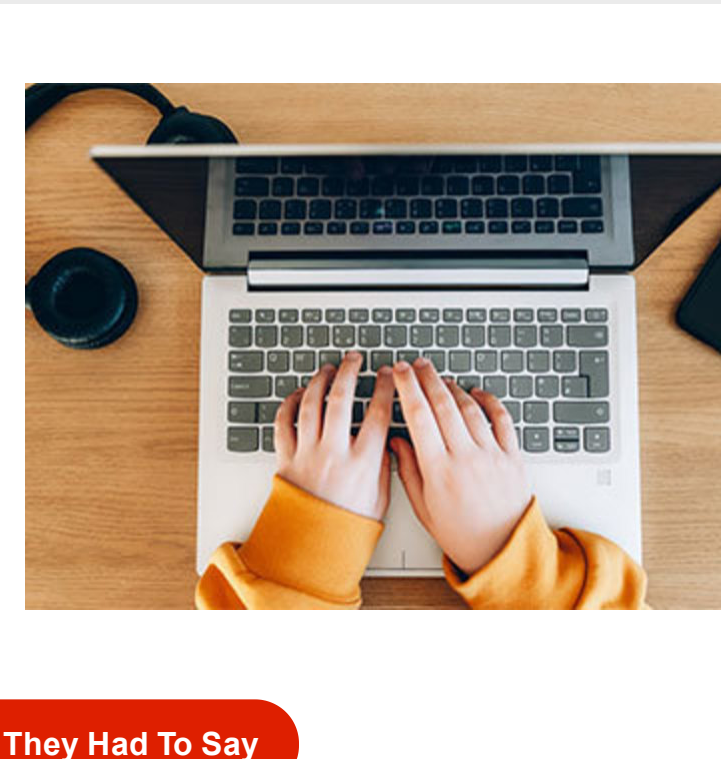
What rituals have you incorporated into your life to help you through? **Write to me, and I'll share with readers.** We all could use a little inspiration!

Love, Erica

p.s. we combed through the 2020 archive to bring you some of our favorites that you might have missed, plus expert tips for virtual learning for parents and caregivers.

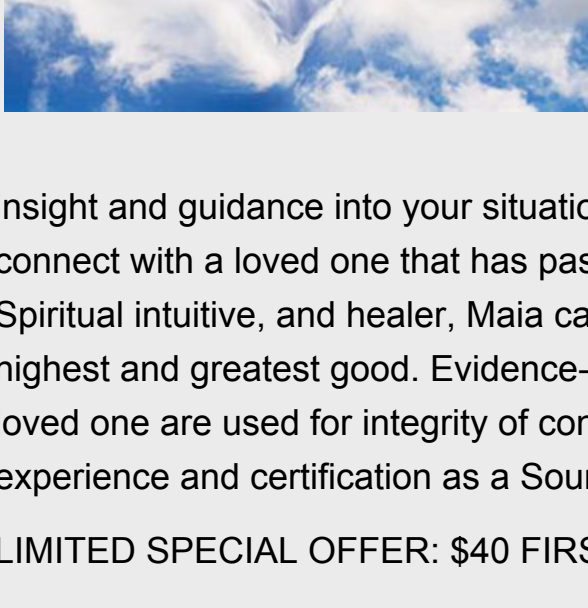
Expert Tips To Help Ease Virtual and Hybrid Learning

We asked local professionals at Frankenberger Associates Learning Solutions Center for advice for parents and caregivers to moderate at-home and hybrid learning.



[Here's What They Had To Say](#)

Sponsored Story



Rose Healing Arts for Comfort, Relief, and True Healing Alignment

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From The E List Events Calendar

Featured Event

Celebrating The Country School's 65th Anniversary with a \$15,000 Merit Scholarship

The Country School is awarding one \$15,000 merit scholarship to a new student applying for 2021-22 admission to Grades 4-8 as well as additional scholarships for new 4th-8th Graders. Selection is based on academic merit, personal promise, and performance in an interview and on a scholarship test. Finalists write an essay about the benefits of a Country School education. The Merit Scholarship is renewed annually, provided the student stays in strong academic standing and consistently demonstrates good citizenship.

[Learn More and Register!](#)

Dry January at Better Rhodes

Participating in Dry January? Try the curated alcohol-free spirits at Better Rhodes. [Read more...](#)

Contactless Puzzlemania Sale, 1/15 - 2/27

Stock up for the winter on pre-owned puzzles at the Essex Library. [Read more...](#)

Free Webinar Series: Perfectionism, Technology, Drugs, & Parenting, thru 2/24

Learn practical tools and essential knowledge to change the course of your children's lives. [Read more...](#)

Looking for more to do? Find virtual classes and webinars, takeout, and more on The E List Calendar:

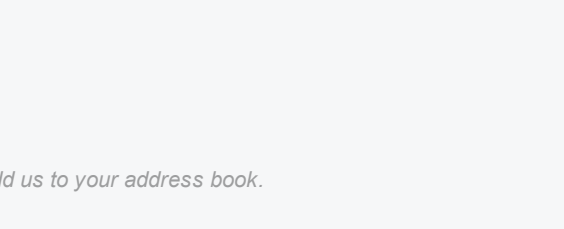
[Browse the Calendar](#)

p.s. from Erica

Here's a little something to brighten your day.

If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here.](#)

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