



Happy Saturday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

Photo: Monday in Sausalito after rain by Ingrid Kreis

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FREE COVID TESTING EVERY WEDNESDAY 10-4
CITY HALL -
MUST MAKE APPT.



Creature Spotlight: Hitchhiking Nautilus

Did you know that nautilus use jellyfish as hunting platforms, transporters, stinging bodyguards, and food collectors? For more on these intrepid interspecies sailors, and other awe-inspiring stories from the natural world, visit our online magazine [bioGraphic](#).



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Keane spoke with Ruth Chang, an Oxford University professor who studies decision-making. She says that it's important to distinguish between big choices and hard ones. Decisions get tough when none of your choices seem better than the others. That's where the power of commitment comes in. [Learn more here.](#)

Maybe, like millions of Americans in the past year, you're making a move. Whether it's across town or across the country, pandemic-related or not, Life Kit's Andee Tagle will guide you through steps to stay calm and save some money in the process. [Here are our moving tips.](#)

And maybe, like some of us here on Life Kit, you never quite settled into your 2020 resolutions. The best way to make big changes — whether you want to exercise more, eat better, or learn a new skill — is to start small. [Science correspondent Maria Godoy spoke with author BJ Fogg](#) about how tiny changes in behavior can lead to new habits and meaningful change.



[Be Kind to Your Mind: 10 Groups and Individuals Tear Down Mental Health Stigmas](#)

Covid-19 is taking a toll. Across the country, the strain of almost a year in a pandemic has manifested financially, physically and, for so many, psychologically. There was a time, not long ago, when it was taboo to bring up mental health struggles. Individuals and families concealed their confusion, loneliness and terror in the face of debilitating and life-threatening mental illnesses. Over the past decade, thanks to prominent and impactful leaders who have stepped forward to openly share their personal stories and to dedicated

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help is more widely available. Below we pay tribute to the courageous leaders and effective institutions who are breaking new ground in the conversation about and treatment of mental health issues.



[5 Spots to explore around the world if you have an adventurous mind](#)

Exciting destinations for later in 2021!



[Photographer's stunning pictures of trains in epic European landscapes](#)

- Tamas Rizsavi, 29, from Hungary, has been travelling cross Europe for the past five years snapping trains
- The trips are a kind of busman's holiday for Tamas, as he's a locomotive engineer in his home city of Budapest
- Tamas explained: 'It's not easy to take these pictures. You have to find a special train and the perfect location'



[31 Things To Do in the Bay Area this January.](#)



Wiltshire, England

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WE are A
Community

For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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