



ARA NEWS

February 2023



Ways to practice self care

- 1 **consistant sleep schedule**
- 2 **Learn to say NO**
- 3 **Shower and put on clean comfortable clothes**
- 4 **Cooking a new meal**

This month I would like everyone to put their focus on personal wellness. And what is personal wellness you ask? Personal wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes. I will be giving you information sheets on wellness and how to practice good self - care.

Strategies for improving your personal wellness

- 1 **Build Resilience**
- 2 **Reduce Stress**
- 3 **Get Quality Sleep**
- 4 **Strengthen Social Connections**
- 5 **Be Mindful**

You are worth the quite moment, you are worth the deeper breath, you are worth the time it takes to slow down, be still and rest.

NEED HELP?

Record Suspension (Pardon) inquiries

Josh@johnhoward.com
(506) 854-3499 Ext 202

Pro-Bono Legal Consultations

probonojhs@gmail.com
1(506)854-3499 Ext 210

Youth Employment Skills Strategy

Age 16-30
Moe@johnhowardsenb.com

If you have any questions or concerns, do not hesitate to contact your Community Support Coordinator Lauren
csc@arainc.org
(506)866-8558
After Hours / Emergency
(506)866-4848



RELAXATION TECHNIQUES

Breathing Exercises

Release any Physical Tension

Write down your thoughts

Vizualize your calm

Connect to nature

7 DIMENSIONS OF PERSONAL WELLNESS

- 1 **Physical:** 1 hour of exercise
- 2 **Mental (Intellectual) :** Learn 1 new skill per month
- 3 **Mental (Emotional):** Write in a journal daily
- 4 **Social:** Build a trusted support system
- 5 **Spiritual:** Get to know people with the same beliefs and values as you
- 6 **Occupational:** Job searching
- 7 **Environmental:** Create a happy, clean space

IMPORTANT

I am planning a bowling activity at Bowlarama, Gauvin Rd, Dieppe for March 1st, 2023
If anyone would like to come bowling please let me know before february 22nd if you would like to attend

