



# ARA NEWS



## June



### Important!

#### United Way Day of Caring + Garden Planting

June 9th, 10am-1pm  
1144 Amirault St,  
Dieppe  
BBQ included

**Happy June!**  
This month we will be focusing on  
doing things for YOU!  
Setting boundaries for yourself,  
loving yourself and doing things  
that make your quality of life  
better.

### Setting Boundaries for Yourself

- Not buying things you cannot afford
- Keeping the promises you made to yourself
- Ending a toxic relationship
- Creating a healthy sleep routine
- Talking to yourself like you would a loved one
- Leaving situations that are harmful to you
- No unnecessary shopping trips

**B** Be Aware  
**O**f what is  
**U**nacceptable and  
**N**ormalize saying no  
**D**o what is best for you  
**A**nd know that it is not your  
**R**esponsibility to sacrifice  
**Y**ourself to others

### Practicing Self - Love

- Write yourself a love letter
- Make a list of 10 things you're grateful for
- Create a vision board for your dreams and goals
- Take a 30 min walk in nature
- Make a list of 10 things you love about yourself
- Pick yourself a bouquet of wildflowers

### Things that DO NOT Define you

- Your struggles
- What others think of you
- Your weight
- Past mistakes
- Your age
- Your clothes size



### How to love yourself more

- Don't take things too seriously
- Find a self-love role model
- Celebrate the small things in life
- Acknowledge your feelings
- Cut off toxic people
- Do things that make you feel joy
- Make a routine that works for you

What a good day to be proud of the progress you have made

### Positive Words to Describe You!

THERE ARE TWO TYPES OF PEOPLE:



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Witty, Genuine, Adaptable, Ambitious, Curious, Bold, Resourceful, Disciplined, Self-Motivated, Independent, Friendly, clever, Optimistic, Gentle, understanding, Vibrant, Artistic, Imaginative, Helpful, Outgoing, Upbeat, Fearless, Flexible, Cheerful, Inspiring, Resilient, Trustworthy, Honest, Organized, Adventurous, Humble, Brave, Considerate, Empathetic, Loyal