



ARA NEWS

February 2024



In February we are focusing on self love! Self-love encompasses not only how you treat yourself but also your thoughts and feelings about yourself.

Ways to promote self love

Be Kind To Yourself

Compliment Yourself

Gratitude Journaling

Try to undo negative self-talk

Practice Mindfulness

Do Something That Makes YOU Feel Good

"To fall in love with yourself is the first secret to happiness."

Something to check out!

What is self love?

PolarFest
Feb. 17-19, 2024
Centennial Park
Experience the thrill of winter at PolarFest in Moncton's Centennial Park during the Family Day weekend. Warm up around crackling firepits, sculpt your own winter masterpiece and immerse yourself in heart-pounding fun!

Self-love means that you have an appreciation, affinity, and positive regard for yourself. It's closely related to self-esteem and self-compassion. When you have a strong sense of self-love, you understand your own value and treat yourself in a loving way.

We often think that saying yes to everything and always willing to help is a virtue. However, a key part of self-love is knowing what to give your energy to — and what doesn't serve you.



- Self love books:**
- The Mindful Self-Compassion Workbook: Kristin Neff and Christopher Germer.
 - The Strength of Self-Acceptance: Michael Bernard.
 - The Happiness Trap: Russ Harris and Steven Hayes.
 - How to Be an Imperfectionist: Stephen Guise.



Contact the new Community Support Coordinator: Brooke Oulton (506) 866-8558

It's much too easy to get carried away by life's troubles and forget to appreciate yourself. Self-Love Month is a time to appreciate yourself and invest time in conscious physical, spiritual, and psychological growth.

NOTE TO SELF
Today will be a good day

