

ARA NEWS

March 2023

Ways to Boost your Mental Energy

- 1 Surround yourself with good people
- 2 Declutter your mind (keep a calendar, journal, appointment book)
- 3 Go outside
- 4 Stimulate your mind
- 5 Focus on what you can control

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DONT USE YOUR ENERGY TO WORRY
USE YOUR ENERGY TO BELIEVE.
CREATE, TRUST, GROW AND HEAL



Happy March!
This month we will be putting our focus on our Mental Energy and what we can do to boost and improve it. What is Mental Energy? Mental Energy is described as a state of mind and mood where you feel productive and prepared to complete tasks, and this newsletter will give you a few tips and tricks to help you feel more energized and ready to face the day!

Weather got you down?
Try some of these activities to do when its not so nice outside.

Plan your dream holiday

Re-organize your living space

Bake something

Write letters to loved ones

Make and decorate paper airplanes

Grounding Techniques for high stress times

Put your hands in water
focus on the temperature and how it feels on your finger tips, palms and back of hands - try out different temps (warm, ice water)

Pick up or touch items near you
Are the things heavy? soft? hard? focus on the texture, colour and weight of the items. describe the items out loud to yourself

Spend time in nature
Go to your favourite spot outdoors, bring a snack, journal and something to comfort you, watch the wildlife and pay attention to the calmness of the outdoors

How to Increase your mental wellness

- 1 Practice affirmations
- 2 Think positive
- 3 Focus on one thing at a time
- 4 Focus on your relationships that bring you joy
- 5 Take regular breaks
- 6 Speak to a mental health professional

If you have any questions, Contact your Community Support Coordinator Lauren at (506)866-8558

or
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