

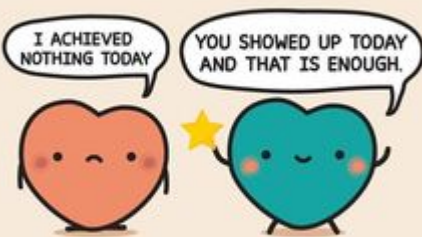
ARA NEWS

July

Happy July!

This month we are talking about fighting your boredom and what happens to your recovery and mind when you are chronically bored and how to push yourself to make the right decisions in your recovery process.

SOME DAYS ARE TOUGH



CELEBRATE THE SMALL WINS.

@HEARTSOFGROWTH

" GIVING UP BECAUSE OF ONE SETBACK IS LIKE SLASHING YOUR OTHER THREE TIRES BECAUSE YOU GOT ONE FLAT"

What happens to your mental health when you are bored?

Chronic boredom is associated with impulsivity and risky behaviour, including careless driving, compulsive gambling, drug and alcohol abuse, reckless thrill seeking and other self-destructive behaviours.

How to fight your boredom

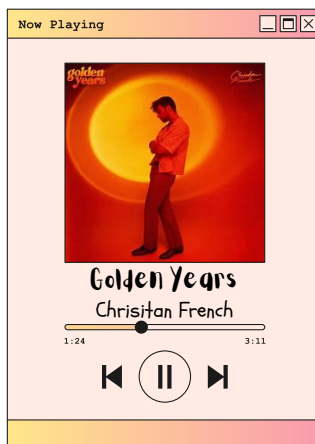
- WATCH YOUR FAVORITE MOVIE
- SUN TAN ON A NICE DAY
- MAKE A PLAYLIST OF YOUR FAVORITE SONGS
- HAVE A CLEANING DAY
- ORGANIZE YOUR CLOSET
- LEARN SIGN LANGUAGE
- PRACTICE HANDWRITING
- MAKE HOMEMADE PIZZA

Why is keeping your mind busy good for your recovery?

Structure, routines, and rituals help reinforce goals, provides better help benefits, reduces stress and put what you care about front and center.

Activities that Align with Purpose

1. Become a sponser
2. Find ways to volunteer
3. Join a book or movie club
4. Find new ways to explore spirituality
5. Expland your exercise efforts



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Getting out of your comfort zone



What is a Comfort Zone? A comfort zone means low-stress situations or places where you feel comfortable and at ease. Staying within your comfort zone is appealing because it avoids risks.

Why is it good to get out of your Comfort Zone? While it may be challenging to seek out new experiences, it allows for new experiences, skill improvement and opportunities for growth.

New experiences to try

- Go to a social event alone
- Compliment a stranger
- Join a club or group that interests you
- Participate in a group activity
- Do something you're afraid of
- Introduce yourself to someone new
- Go to a movie by yourself
- Give yourself a challenging goal