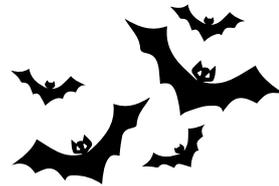


# ARA News

## OCTOBER 2023



Welcome to the "Kindness" zone! What does it mean to be kind, you ask? Well, picture a friendly, generous, and thoughtful soul. That's kindness in a nutshell! And here's a hot tip: sprinkle a little kindness into your day-to-day routine, and you'll notice life gets a whole lot sunnier. Don't worry about breaking the bank, it's the little things that count, like holding open a door, or flashing a smile to a stranger. So, let's spread those warm and fuzzy vibes!

### Random Acts of Kindness

- Smile at a stranger
- Compliment a friend
- Speak positively
- Volunteer at a shelter
- Stand up against bullying

### Why Random Acts of Kindness are important

- It makes people happy
- It Lowers stress levels
- It makes people feel appreciated
- It doesn't harm anyone to be kind
- A lot of people are struggling in silence



### Pssst...Fun Fact Alert!

Whoa! In 2023, a whopping 2,503 food items were sent straight to the doors of independent residents!

### Tips for being Kinder to Yourself



**Show up for your difficult feelings:** Notice when and how you are avoiding your own challenging feelings and try to stop avoiding them. This will allow you to be kinder to yourself.

Kindness is a gift that everyone can afford to give



### GET YOUR SPOOK ON AT THE GHOSTLY PAINT SESSION!

Creep on over to 1144 Amirault St, Dieppe on **Thursday, October 12th** from **2:30-4:00pm** and join Lauren for ARA's first Art Therapy session. Beware, only 5 spots are available, so **RSVP to Lauren ASAP at (506) 866-8558 or Csc@arainc.org**. Don't miss out on this wickedly fun event!



People who are kind have 23% less stress hormones and age 2X slower than the average population



### Did You Know?

The First ever Jack-O-Lanterns were carved out of Turnips!

