

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

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.

Do things you like: Know that you dont need to start meditation or model your self-kindness to others, maybe your idea of self-kindness is to listen to music, dance, read, call a loved one. Whatever it is, notice that doing it brings you joy and make an effort to do it more often and find other activities that you enjoy doing.

Ground Yourself: When you begin to feel unsettled or scared, pay special attention to your feet. Notice how they are planted on the ground and that the floor supports you. Bring your attention back to the current moment and try to anchor yourself to the present. Taking your mind off your thoughts might help you feel more clearheaded and settled.

Savour your physical senses: Savouring smells, tastes, or beautiful views, enjoying a delicious meal or noticing the smell of your favorite perfume can bring you much joy. Despite what else may be going on in your life, never forget the give yourself the gift of enjoying the little things - This can change how you see yourself and the world around you.

What you call
"Random acts of
Kindness", we call our
Daily dog routine"

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

Kindness is a gift that everyone can afford to give

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

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

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



