

July 4, 2022

# Body, Mind, & Soul Connection

Your weekly newsletter

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## Reflection Questions

Use these questions to build a deeper connection with yourself. Perhaps you reflect on these while walking, sitting in stillness, or maybe you get curious about these while chatting with a friend over lunch. Take some time to get to know yourself and allow in whatever new information that you uncover.

- 1. What do you do for fun?** Things that are not work, and not for somebody else!!
- 2. What are you jealous/envious of?** This can be a great indicator of your true desires or a direction that you'd like to go in your own life.

**COLLECTING DONATIONS** for local (Kingston Area) homeless shelters and care centers. *From July 1 - August 31, swing by the office at 308 Wellington Street, unit B-4.* There will be bins that you can drop off:

- Used clothing for men, women, and children
- Feminine hygiene products
- Toiletries such as toothpaste, toothbrushes, hairbrushes, deodorant
- Socks, bras, and underwear
- Blankets, towels, and other linens
- Cat litter
- Dog food
- Diapers for children
- Adult diapers
- Reusable grocery bags
- \*Monetary donations will **not** be accepted

## Have a safe and relaxing long weekend.

## Happy Canada Day!

### THIS WEEK ON THE PODCAST

**Monday July 4:** Rest, Reset, Recharge; your value is not in how much you do. *Episode #95 with Stacey Bouma Johnson*

**Friday July 8:** Emotional eating, body checking, and the binge-workout-restrict cycle. *Episode #96 with Tammy Udowenko*



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