



Halfway through 2023!

Can you believe that we are already **HALFWAY THROUGH 2023!**?
When we reflect on the past 6 months we usually default to one of two responses -

Gratitude for how far we've come,
or
Stress for what we have yet to accomplish.

At Niagara Life Centre it's easy to think about all the things we want to prepare, events we need to organize, lives we desire to have impacted, and community we want to see connected... it's easy to focus on what is ahead and to allow those details to bring a sense of urgency into our everyday.

But remember, God's timing for today is perfect. God created today to be enjoyed as **today** - *not as an extension of tomorrow.*

"This is the day the Lord has made, let us rejoice and be glad in it!" (Psalm 118:24)

We are halfway through 2023 and there is so much to look back on and be thankful for. Let's rejoice in today! Let's celebrate today as a gift that is unique and beautiful. And let's anticipate what God is going to do next!



What about the Stress?

It's one thing to say you're going to enjoy the day more but it's a whole other topic to practically do it.

We all have things in our lives that we can't just forget about or we find hard to set aside so we can relax.

Here are a few easy ways to help you shift gears.



Go Outside

Getting outside is a great way to reset. Can't go for a walk? Make a coffee or a tea and just enjoy the outdoors. What do you see? What do you hear? Is the sun shining... can you feel a breeze? Noticing these little physical details bring us into the moment more fully.

Get creative!

No one said you had to be an artist or skilled to create. Don't enjoy baking or drawing? What is one of your favourite songs? Hum or sing along with it and see what memories come to mind as you do! There are so many creative outlets to choose from so take time, explore, and find something that resonates with you!

Be Mindful

Mindfulness has a strong ability to pull you into the moment. Journaling is a great way to process what's going on inside. It can be a place to see the good or a private place to express the bad - and both are ok! not a writer? you can record your thoughts on a voice memo or simply verbalize them to yourself. Give it a try and see what new perspectives you might have at the end.

Get off Social Media

Social media can be a great tool, however, it isn't always an accurate representation of reality. Not only does it cause comparison, it pushes advertising through products we *could* get, events we *could* go to, people we *could* connect with, places we *could* travel to and the list goes on and on...

Try shutting down the apps for a specific time and see what new thoughts come to mind. Do you feel bored? Do you feel like you're missing out? Do you feel lonely? - all these thoughts indicate how social media is filling a need in your life that might be better met in a different way. Be open to how you feel and how time off social media affects you.

Connect with Friends!

Friends, family, and human connection are incredible for bringing our focus back to today. Sharing our experiences and being open to hear theirs offers a give and take that naturally pulls our mindset to a present space. Who can you connect with today? Give them a phone call, send them a text message, write an email, mail a letter, meet up for coffee, go for a walk with them, or just hang out and chat... there are so many ways we can connect with our friends and family!



Building Awareness for Help



**In Crisis? We are here to help.
289-968-5446**

This month we want to continue building awareness of our crisis hotline - a free resource available Mondays 9:00am - 12:00pm offering help and support when you need it most.

Don't need to call now? Save our number and make it easy to find or share in the future!

Thank you to Sunshine Express Garden Centre for partnering with us to make this crisis hotline possible!

Sponsorship Highlight

Owned and operated by Chris Mascia, **Element Snowplow Services** is a continual supporter of NLC.

When the winter weather starts, you can find Chris out doing snow removal and plowing. We have relied on him every time the snow hits our parking lot! He has been so faithful in helping us keep our office accessible to the public during those cold winter months.

Once the warmer months come around you can find him doing smaller landscape jobs, like sodding, as well as maintaining and creating gardens and walkways. His company also offers driveway grading, and property maintenance.

This year we are excited to partner with Chris to maintain our lawn and landscaping throughout the spring and summer months! Thank you, Chris, for your continued support of NLC and our Niagara community.



Follow on Instagram!

_plowman85

Reach Chris at: **905-658-4463** or
send an email
to: cmascia@live.ca



Thank you for Praying!

We are excited!! God has provided a female counsellor to join our NLC team!

Thank you for praying for this need! Thank you for being a part of what God is doing through this ministry. Let's thank God together for His provision!



Did
YOU
Know!

Brain training isn't just for children! Designed to test our memory brain training games can be effective at sharpening our cognitive decision making, strengthening our reaction times, and aiding our short-term memory.



Let's Train our Brain

Check out this free game! Brain Trainer is a fun mental workout made to target our cognitive skills and strengthen our neural connections in our brain so that we grasp and process incoming data more fluidly. Basically... a fun game to keep us sharp!

[Play Here!](#)

