



CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux
dans Vaudreuil-Soulanges

Newsletter
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Being in harmony with yourself, the environment is healthy and within everyone's reach!

Eve Martel (part of an article Le Bel Âge)

<https://lebelage.ca/entre-nous/psycho/3-facons-datteindre-lharmonie/>

How to get there

Recently, as I pondered my plans for the new year, I asked myself: *am I in harmony?* How is my home and how does it affect my mood? Do I start each day feeling like I belong in the world? Or am I skating along, forgetting myself and destabilizing myself without realizing it?

This reflection led me to become more aware of the actions I take to live the life I deserve and feel good about it. And right now! Because to be in constant expectation of becoming someone different, someone “better”, is to take the fast track to inner imbalance. Here are a few habits to help you find the peace of mind that harmony brings.

Accepting yourself (at last) as you are

One thing that helped me was to try to be at peace with all facets of my personality. I'll give you an example: I like to get together with my friends, but I also need to be alone to recharge my batteries... I don't have to feel guilty about wanting to listen to myself! Accepting ourselves doesn't mean imagining ourselves to be perfect, but understanding who we are, what makes us a unique and valid person.



But how can we achieve this?

We can get to know and love ourselves better by entrusting our thoughts to a journal, where we describe every day the little things we achieve, the positive impact we have in other people's lives and all the other moments that feel good, therapy can help deprogram certain guilt reflexes that greater traumas may have caused.

Seeking tranquility

Letting go of what we can't control and living in the moment are also peacemaking reflexes. There's nothing like fear, regret and guilt to break harmony. Meditating a little each day is very calming. This can be with an online app, or simply by closing your eyes for 10 minutes, sitting in a rocking chair.

Spending time in nature is also incredibly beneficial for experiencing the sense of communion that comes from great inner harmony. Think of how we feel when we come home with flushed cheeks after a long walk outside! Achieving harmony is also made easier by keeping our home healthy and well-organized. Let's create a place where we feel at ease, by spending a few minutes each day taking care of our living space.

Showing the real us to others

Do you ever hide your opinion or water down your values to please others or avoid causing conflict? Stop it right now! Because listening to your inner voice and living according to what gives you positive, authentic vibrations is essential to harmony.

Showing our true colors can also mean setting limits when it comes to the demands of those around us. Let's remember that we can't please everyone, and that “no” is a complete sentence!

- I live in harmony*
- by accepting who I am;*
 - by creating a peaceful life;*
 - listening to myself.*





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