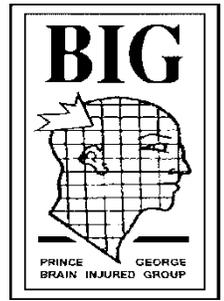# The Prince George Brain Injured Group

BIG
PRINCE GEORGE
BRAIN INJURED GROUP

WEEKLY NEWSLETTER

Weekly Mindfulness March 30ᵗʰ-April 3rd   **Phone: 250-564-2447**

Social Distancing is incredibly important right now!

It is easy to feel bored, lonely and it's normal to feel anxious about what is going on. We at PG BIG care about YOU! We are doing this weekly newsletter to help give ideas and activities that can help you feel happy, entertain yourself and NOT feel alone. You are doing your part by respecting social distancing! Yes it is a challenge but it is the right thing to do!

Stay Safe, Take Care of Yourself and WE will help you and your loved ones with activities and information to keep you engaged! Remember to do things that make you feel happy! Take breaks when you need them!

April is the month to Spring into positivity with *bright colors, laughter, flowers, plants and healthy greens.* Do things that make you smile!
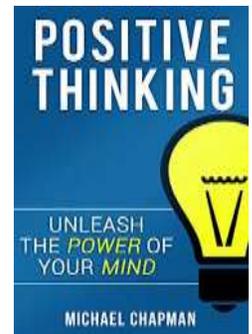
Virtual tours: Visit an international museum right from the comfort of your home.

Click on this link or type this in your internet search:

The National Museum of Anthropology in Mexico City, Mexico

POSITIVE THINKING
UNLEASH THE *POWER* OF YOUR *MIND*
MICHAEL CHAPMAN

Read a good book! Download books or checkout your own bookshelf!

Feel Good Activities…..

*Streaming services: There are tons of streaming services out there that can give you access to hundreds of movies, television shows and documentaries. All you need is an internet connection and an account. CBC Gem (psst! This one is free)

- Netflix, Amazon Prime, Crave, Disney+, AppleTV+, The great thing about streaming is you can pause whenever you want. You also don't necessarily need a television – just a computer with Internet access.

*Video message your friends and family: Video messaging is a great way to stay connected to family and friends while respecting the social distancing rules. **Here are some free video chat apps you can use**.

*Listen to music: Not many of us take the time to sit quietly and listen to music we enjoy. Now is the perfect time to do just that.