



NBSRT CENTRAL BRANCH

Garth Wade and the wellness folks in Central Branch continue to encourage our members to remain physically and mentally engaged during the COVID-19 pandemic.

Responses to a recent call to Central members asking for suggestions revealed a wide variety of activities with something for everyone – **reading** (mysteries to wine reviews), **watching** (specialty channels with a low emphasis on repetitious news programs promoting negativity), **physical activity** (house and yard work to sports), **mental development** (puzzles and games), and of course **food** recipes (baked beans to French cuisine).

Wade reported, *“I read an article in the UNB Alumni News by Ryan Hamilton. Ryan is a Mental Performance Coach at UNB as well as providing services for many athletic teams at both the amateur and professional levels. In the article, Ryan recommends that you select 3 things to do each day. They do not have to be from different categories or be major tasks but just 3 tasks each day. It keeps you focussed and provides a sense of accomplishment. Good read....”*



You can read the complete article - *3 minute read* - by clicking on the link below.

<https://www.unb.ca/alumni/alumni-news/insights/ryanhamilton.html>