

## October 2023 Edition

Compliments of Ask4Care Support Services Inc.

Issue #34

ASK4CARE Employee of the Month for October 2023 is **Temitope Bayowa!** 



Congrats to Temitope for being our October 2023 Employee of the Month! Keep it up!

Temitope's journey with Ask4Care has not only been about providing support, but also building lasting connections with clients and uncovering some hidden talents of her own such as developing her skills as a cook.

Temitope is now a professional comedian because she has figured out ways to make her clients laugh and forget about their problems.

One morning, a client of hers didn't want to eat their breakfast but she had to take her medications. Temitope persevered by continuing to redirect and prompt her and went so far as to sing for her!





The client finally ate and apologized to Temitope as she was having a bad day, and she told Temitope that her singing made her forget about her worries!

Favourite Quote: "Life is 10% what happens to you, and 90% how you react to it."

## **Spooky Halloween Activities**

Halloween is a scary time of the year, and who doesn't want to have a nice spook and enjoy this time of the year.

To make the most of this Halloween, here are some things you can explore:



- ✓ Halloween Boat Party Cruises
- ✓ Watch Horror Movies
- ✓ Trick-or-Treat
- ✓ Visit a Haunted House
- ✓ Throw a Costume Party
- ✓ Carve a Pumpkin
- ✓ Escape a Corn Maze







Many people have phobias or fears, which include the following: heights, spiders, social situations, public speaking, clowns, and death. What scares you the most?



**Challenge:** Try to confront one of your fears this Halloween or before the end of this year and record the results or post what happened on your social media!

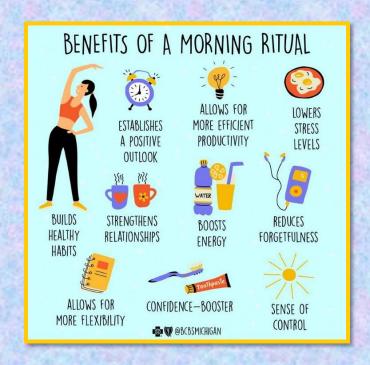
## Developing a Healthy Morning Routine

It can be difficult to find the motivation to wake up in the morning, but the key to success is developing good habits and a morning routine that works for you!

## Here are some tips that you can try to start your day off right!

- 1. Establish a standard sleep and wakeup times.
- 2. Go outside and
- 3. Listen to music.
- 4. Take a cold shower.
- Go for a walk and do some light or moderate exercise.





Recently, I have been testing out using a lamp by my bedside that I can turn on when I wake up, along with doing some stretching, and I have been finding this to be helpful to help me feel alert and get out of bed easier, rather than hitting the snooze button and falling back asleep.

Feel free to try out some of these routines and tips and let me know how it goes!

Source: https://www.scienceofpeople.com/morning-routine/

