



# The Quad

a gathering place on  
**health**  
**positivity**  
**wellbeing**  
**community**



## IN THIS ISSUE:

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**Nature Scavenger Hunt**  
**Using Anxiety Productively**  
**Eating Mindfully**  
**Animal Shenanigans**  
**And more...**

## BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents

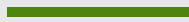


## Livingston Place Summer Re-Opening Plan

With most public health restrictions lifted in our province on July 1, we have compiled building specific information to outline what employees can expect over the summer months at Livingston Place, to compliment QuadReal's RTW Playbook.

For more information, please access this link: [Livingston Place Summer Re-opening Plan.](#)

We are sincerely delighted to Welcome you Back to Livingston Place. We have missed you and cannot wait to see you in person again!



## .JULY SUMMER CAMP

Join us for a [nature-themed program for the whole family](#) on Wednesdays throughout July. Participants are invited to complete post-webinar activities for a chance to win a prize.



## Foraged Art Workshop

**July 14 ~ 3 p.m. ET / noon PT**

Bring the beauty of the outdoors inside by using natural pigments for an art activity.

Learn more + Register: [HERE](#)



## Life Cycle of a Potato

July 21 ~ 3 p.m. ET / noon PT

Learn about the impact of the food we eat, as well as how to grow vegetables at home by replanting food scraps.

Learn more + Register: [HERE](#)



## Seed Ball Workshop

July 28 ~ 3 p.m. ET / noon PT

Learn how to make your own seed ball, to create a pollinator-friendly garden in your yard or planter box.

Learn more + Register: [HERE](#)



## Nature Scavenger Hunt: Explore & Win!

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On July 7 we held our first family Summer Camp session focused on urban green spaces. Participants were invited to complete a Nature Scavenger Hunt for a chance to win a Canadian Nature prize package, including a wildlife journal to document outdoor adventures.

If you missed the webinar, not to worry! You can [watch the recording](#) and download the

**Nature Scavenger Hunt Activity Kit**. Submit an image of the completed post-hunt Activity Kit to a **Bublup collective folder** by July 22. Enjoy exploring!



## Using Anxiety Productively

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Who said butterflies in the stomach was a bad thing? Sweaty palms? No problem! Anxiety stemming from nervousness about a new project or experience can be channeled in our favour, according to Harvard Professor Francesca Gino. Based on her own experience, Gino recommends following three strategies to 'change the narrative' from stressful to meaningful:

1. Expect to do well.
2. Reframe your anxiety as excitement.
3. Focus on your strengths.

Read the full article [here](#).



## Eating Mindfully

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Confession: eating in front of the television is a favourite guilty pleasure. As enjoyable as that can be, this habit contributes to binge eating. Instead, try and practice **Mindful Eating** by being present in the moment and focused on the task at hand: breakfast, lunch, or dinner. Mindful eating encourages healthy food choices, as well as better digestion.

We recommend you re-acquaint yourself with the dining room table for at least one meal a day and observe the difference. Bon appetit!



## Animal Shenanigans Part I: Bears

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Summer has been a busy one so far, as our animal friends venture into urban areas in search of food and a bit of fun. While the underlying causes of wild animals in our back

yards is due to habitat loss (a serious issue), we cannot help but love the footage of two black bears rummaging through a SUV as the Coquitlam, B.C. family slept peacefully at home.

Apparently bears can open a car door by using the door handle (how polite) and leave a strong, wet dog-like odour as a post-visit gift.



## Animal Shenanigans Part II: Elephants

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In China, a wild herd of elephants have become celebrities during their 15-month, 500-kilometer trek (so far) through villages and cities. The Asian Elephant herd has been eating crops, damaging buildings, and even poking their trunks through doors and windows. Captured by drone footage, the family of elephants are now known worldwide and continue to have a dedicated team of 500 people to ensure they are protected.

We think the image of the herd snuggled together for a snooze makes for a great family trip photo.



## Wellness Tip of the Month

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With June's record-breaking temperatures in Western Canada, some welcomed July's summer temperatures

with hesitation. To keep cool during the hot temperatures, remember to wear a hat and stay hydrated. For those with no air conditioning at home, consider placing a bowl of ice in front of a fan.

Looking for additional 'cool' tips? We have compiled a [list of ways to stay cool this summer](#), including links to recipes for no-cook meals and healthy frozen treats.



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