

## Media Release

### **The Town of Yarmouth and the Association of Psychologists invite you to “sit and chat” to promote wellness**

“Sit and chat for a while” isn’t an invitation you hear much anymore, but the Association of Psychologists of Nova Scotia (APNS) and the Town of Yarmouth are looking to revive that old-fashioned custom.

APNS has donated a bench in an effort to raise awareness of the value of personal interaction as a way to enhance mental and physical health.

The idea came from “buddy benches” which are seen in school playgrounds. The park bench is a setting where it is natural to engage with other people, to chat with neighbours and get to know other members of the community. This, of course, is good for our mental health and psychological well-being.

“Research is clearly telling us we need to put down our electronics, get out into nature and connect with people for better psychological health”, says Dr. Shelley Goodwin, APNS Past President.

APNS wanted to extend the practice beyond the playground and encourage everyone to put away their electronic devices and engage in one-on-one conversations. The Town of Yarmouth liked the idea of supporting the wellness of its citizens while adding benches to their parks. Frost Park was chosen as the ideal place providing a beautiful view of the harbour and a soothing atmosphere.

“The mental health of all who live in our community is of great importance to us,” noted Mayor Pam Mood. “We’re tremendously thankful to be partnering with APNS in this manner to encourage more face-to-face conversations in peaceful, relaxing settings.”

The community is invited to Frost Park on Friday, June 16<sup>th</sup> at noon for the unveiling of the bench. Refreshments will be provided and we hope folks will take a seat and chat for a while on the new bench.

APNS hopes this will spread to other towns in Nova Scotia and perhaps even to larger cities. In this busy world everyone deserves a little time out to have a nice chat.

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*The Association of Psychologists of Nova Scotia (APNS) is a voluntary professional organization established in 1965 to represent psychology in Nova Scotia. APNS is the only provincial association devoted to representing the needs of psychology professionals in the province. APNS promotes psychology as a profession, as a science, and as a means of promoting human welfare. W: [www.apns.ca](http://www.apns.ca) T: [@apnsPsych](https://twitter.com/apnsPsych)*