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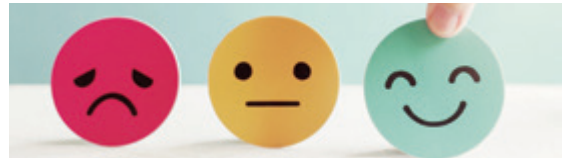


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RESIDENT PERSPECTIVES

Do I Need to Be Happy?

by Michelle Poon, Registered Psychologist



Happiness is defined as an emotional state characterized by feelings of pleasure, contentment, and a sense of satisfaction. During a state of happiness, we may feel energized, enjoy healthy relationships, and feel like we are living with a sense of purpose. Alternatively, during a state of unhappiness, we may feel disappointed, think more pessimistically, and experience fatigue and changes in weight or appetite.

However, life is a balance of a variety of emotions, both comfortable and uncomfortable, and it's healthy to experience a wide range of emotions. Anxiety, sadness, guilt, and anger are all normal emotions, and they can help us grow and become more resilient. Life satisfaction does not come from feeling happy all the time, but instead stems from evolving factors such as mindfulness, living by your values, and responding more effectively to unhelpful thoughts.

The following are ways to both increase life satisfaction, and cultivate more moments of happiness:

- **Have more mindful moments** – be in the here and now, practice gratitude, perform random acts of kindness, and pay more attention to the small things around you.
- **Live by your values** – identify what you want to stand for in life and incorporate these values into activities such as volunteering and/or other community involvement.
- **Reframe and respond more effectively to unhelpful thoughts** – consider alternative perspectives, focus on the bigger picture, and let go of thoughts that aren't enhancing your life.

Keep in mind that the above strategies take committed action and time. It's always okay to ask for help and to try out different strategies to find the one that works best for you.

"Even if happiness forgets you a little bit, never completely forget about it." - Jaques Prevert



Membership Drive 2024

***Become an MRCA member today!
Renew your membership!***

Mount Royal is a vibrant and diverse community with wonderful neighborhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

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Mount Royal Real Estate Update

Last 12 Months Mount Royal
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2024	\$1,880,000	\$1,895,888
January 2024	\$1,699,900	\$1,699,900
December 2023	\$2,500,000	\$2,432,000
November 2023	\$1,999,900	\$1,950,000
October 2023	\$1,535,000	\$1,482,500
September 2023	\$1,972,500	\$1,950,000
August 2023	\$962,450	\$1,067,500
July 2023	\$1,059,616	\$1,012,500
June 2023	\$1,695,000	\$1,650,000
May 2023	\$1,507,500	\$1,472,500
April 2023	\$2,599,999	\$2,400,000
March 2023	\$1,825,000	\$1,750,000

Last 12 Months Mount Royal
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2024	4	5
January 2024	5	3
December 2023	3	3
November 2023	4	3
October 2023	3	6
September 2023	8	8
August 2023	8	2
July 2023	4	8
June 2023	10	7
May 2023	7	8
April 2023	11	7
March 2023	7	3

To view more detailed information that comprise the above
MLS averages please visit umr.mycalgary.com

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Get Ready Calgary – Green Line Is on Its Way!

by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also



expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.

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	3	8	5			6		4
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2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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