

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: May 3, 2021

Content provided by: Alberta Health Services

Your mental health matters

Your mental health matters. Small steps make a difference. We are all faced with stressful times, especially as we continue to face the impacts of COVID-19. During Mental Health Week, May 3 to 9, Alberta Health Services is reminding Albertans about the small steps they can take for their mental well-being.

Small things can have a big impact on your mental health and ability to bounce back from adversity. Building a healthy routine, limiting media use, and learning to manage your worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities like a walk around the neighbourhood, a regular sleep schedule, and self-care strategies such as mindfulness or meditation.

Aiming to include ways to connect with others in a safe way, physical, self-care and productive activities will help you take-charge of your mental wellbeing. Plan out a weekly schedule and identify mini-goals for yourself focusing on your healthy routine. At the end, reflect on what works best for you and commit to making them part of your regular routine.

As part of your routine you can include taking wellness courses such as a free virtual stress management workshop or sign up for Togetherall, an online resource that has self-assessment and courses available to all Albertans age 16 and above.

Resources and supports, such as [Text4Hope](#) and [Togetherall](#), are available to help you or someone you know. Just visit www.albertahealthservices.ca/helpintoughtimes. Remember, if you are struggling, you are not alone. There are supports in place to help you.

Talk about your concerns with your family doctor, your partner or someone else you trust. Or call the Mental Health Helpline toll-free 24 hours a day, seven days a week, at 1-887-303-2642.