

Ways to Wellness

Small steps can make a big difference.

Get your groove on

Music soothes the soul.



Music has the ability to change your moods and can help pick you up when you're feeling down.

Listening to music can be an integral part of healthy living and lead to a greater quality of life.

Music has a positive impact on your mood and may:

- Help you focus and concentrate.
- Facilitate creativity and personal reflection.
- Help to ease pain.
- Improve sleep quality.
- Help you feel more optimistic, joyful, friendly, relaxed, and calm and promote positive emotions.
- Reduce negative emotions.

Here are some suggestions how to incorporate music into your life:

- Turn on the tunes while you are cooking, doing housework or studying.
- Listen while you are commuting to and from work or school.
- Make a play list with your favourite up beat songs to listen to when you need a 'pick me up'.
- Check out some live music shows in your community.



For more health related information,
visit: www.albertahealthservices.ca
or call Health Link at 811