

Social Well-being Tips

Taking care of your health means taking care of your mind too. And AHS is reminding Albertans of simple steps to improve their mental health and wellness as part of the AHS 'What's your balance?' wellness initiative.

Follow along and try these tips for yourself to help prioritize your social well-being.
Remember to share your thoughts and tools using
[#AHSwhatsyourbalance](#).



Smile and say "Hi"

While walking between meetings, or out in the park with your dog, say hi when you pass by someone. A warm smile and a "Good morning," may just make someones day!

More than work...

Next time you have a request or question for a colleague, start with "How are you, today?" or "How was your weekend?" Take the time to genuinely listen and connect, before you get to business.

Stay Connected

Call a friend or family member that you haven't spoken to in a while. Live close by? Invite them out for coffee or walk to catch up!

Offer to Help

Check in on a friend, family member or colleague and see how they are doing, and ask what they're up to. There might be an opportunity for you lend a helping hand!



Food with Friends

Food brings people together. Pack a healthy lunch and invite a friend or colleague to join you. Try to eat outside if the weather is nice!

Volunteer

Looking to meet new people, and do something positive in your day? See if there are volunteer opportunities in your community that you could be a part of. You could also volunteer to lead a wellness club at work or in your neighbourhood!

Join the conversation, and be inspired to think about your wellness!

Share what balance looks like to you, using
[#AHSwhatsyourbalance](#) on social media.

Or visit ahs.ca/whatsyourbalance to download the Wellness Scorecard to get started on your path to finding balance.