

**Alberta Health
Services**

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.

Approaching the boy, he asked, “What are you doing?”

The youth replied, “Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don’t throw them back, they’ll die.”

“Son,” the man said, “don’t you realize there are miles and miles of beach and hundreds of starfish? You can’t make a difference!”

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf.

Smiling at the man, he said:

“I made a difference for *that* one.”

- *Loren Eiseley*

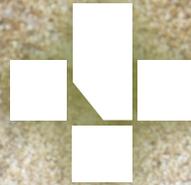
**small actions
make big differences**



**small actions
make big differences...**

in your life

- Ask for support.
- Treat yourself as well as you would treat a friend.
- Go for a walk.
- Practise gratitude.
- Laugh often.
- Understand the difference between feeling tired, hungry, angry or sad.
- Treat yourself kindly and with patience.
- Embrace a new hobby.



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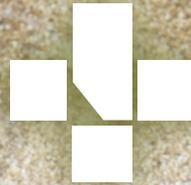
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with friends

- Ask “What’s wrong?” when a friend seems sad or angry.
- Listen without distraction.
- Follow through on your commitments.
- Encourage friends to be at their best.
- Notice the kindness of others.
- Visit a friend when they are sick.
- Be patient. Avoid rumors and grudges.



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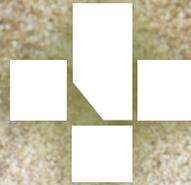
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in the workplace

- Show respect for your colleagues.
- Speak to a co-worker face-to-face instead of sending an email.
- Hold brown bag lunch sessions that encourage ongoing learning.
- Have lunch together with your colleagues.
- Host active, alcohol-free, family-friendly social events.
- Help staff see how they contribute.
- Volunteer as a group, mentor youth, or hold a fundraiser.



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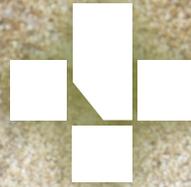
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with your family

- Eat a family meal together several times a week.
- Spend face-to-face time together daily.
- Listen without distraction.
- Praise children often; tell them what they are doing well.
- Be a positive role model.
- Get to know your children's friends and their parents.
- Volunteer together.



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with a senior

- Spend uninterrupted time together.
- Cook a healthy meal and eat together.
- Go for a walk together.
- Ask a senior to teach you something.
- Help a senior connect with others.
- Listen without distraction.
- Remember that aging does not have to mean declining mental health.