Wellness Exchange: AHS continues launch of virtual wellness courses

Free, online courses focus on topics including exploring healthy connections

EDMONTON – Five different online courses are available ranging in topics from managing reactions, helpful thinking, and increasing confidence through effective problem solving. Albertans can register for any or all courses.

What: “Wellness Exchange” is a free online class with five topics related to wellness – one topic per week.

Where: Online (via smartphone, tablet, or computer).

When: Thursdays, 6:30 – 7:30 p.m. January 27 to February 24, 2022

Tuesdays, 11:00 – 12:00 p.m. March 8 to April 5, 2022

Who: Anyone interested in learning skills to cope with change, deal with stress, and pursue goals is welcome.

Registration: Register for any topic of interest. No need to attend all of the sessions.

- **Week 1 Problem Solving**
  It’s important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, gain control over what we can, and increase our confidence in the decisions that we make.

  Registration for Thursday, January 27 from 6:30 to 7:30 p.m.

  Registration for Tuesday, March 8 from 11:00 a.m. to 12:00 p.m.

- **Week 2 Positive Activities**
  Positive activities provide us with opportunities for enjoyment and can improve our mood, increase our sense of control over our life, and create hope.

  Registration for Thursday, February 3 from 6:30 to 7:30 p.m.

  Registration for Tuesday, March 15 from 11:00 a.m. to 12:00 p.m.

- **Week 3 Managing Reactions**
  Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

  Registration for Thursday, February 10 from 6:30 to 7:30 p.m.

  Registration for Tuesday, March 22 from 11:00 a.m. to 12:00 p.m.
Week 4 Helpful Thinking
Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful patterns to include helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Registration for Thursday, February 17 from 6:30 to 7:30 p.m.

Registration for Tuesday, March 29 from 11:00 a.m. to 12:00 p.m.

Week 5 Healthy Connections
Social support and connecting with others helps us feel a sense of belonging and reduces isolation that can occur when stressor increase. Building healthy social connections helps increase our confidence, overall effectiveness, and flexibility when handling life-changing events and problems.

Registration for Thursday, February 24 from 6:30 to 7:30 p.m.

Registration for Tuesday, April 5 from 11:00 a.m. to 12:00 p.m.

Questions: ahswellnessexchange@ahs.ca

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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