

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>

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Make a difference in your mental wellbeing

It's Mental Health Week, May 1-7, and Alberta Health Services wants to remind you resources are available to help your emotional and mental health.

During the week AHS is hoping to inspire you to learn more about how you can increase your positive emotional and mental health including ways to help you de-stress through online resources such as:

- [Ways to Wellness](#), an online mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take through the video: [Ways to Wellness](#) (YouTube).
- [Help in Tough Times](#), has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including [self-help tips](#) to ease some of the stress you may be feeling.

AHS wants Albertans to remember, if you are struggling, whether it's day to day stresses, a loss of a loved one, home or job, or family crisis, you are not alone. There are supports in place to help you cope. Help can come in many forms and for some of us we may need more support than others.

For more information on addiction and or mental health services near you, call Health Link at 811 or visit: <http://www.ahs.ca/amh/amh.aspx>.