



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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Alberta Health Services (AHS) knows that wellness matters, and this year AHS has been asking our people and Albertans, 'What's your balance?' Throughout the year of wellness and finding balance, AHS is highlighting four areas of wellness, including healthy eating, mental wellness, physical activity and sleep & fatigue.

Over the next couple months, AHS is bringing Mental Wellness to the forefront, and this May the theme is 'Turn up the Volume'.

AHS wants you to get loud about your mental health ***Make a difference in your wellbeing and encourage others***

During Mental Health Week, May 7 – 13, Alberta Health Services (AHS) is reminding you to take care of yourself and share how you are making a difference in your own mental wellbeing.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress.

AHS Ways to Wellness is a week-long challenge to help you take care of your mental wellbeing. Try these simple steps with family, friends, co-workers to better the health and wellness of yourself and others.

Start now and take AHS' Ways to Wellness Challenge from May 7-13. Activities are listed below, or you can visit: ahs.ca/whatsyourbalance, and tell us what you do each day for your mental health using the #AHSwhatsyourbalance on social media.

Day 1 – [Eat healthy foods](#)

- What we eat can affect how we feel. What healthy foods did you eat today? Share your healthy snack or recipe.

Day 2 – [Get active](#)

- Move your mood! Get some physical activity in your day to improve your mood. Share creative ways you fit exercise in your today.

Day 3 – [Be kind](#)

- Showing kindness can help you and others feel good. What act of kindness did you do today? Share how you made someone smile.

Day 4 – [Practice gratitude](#)

- Being grateful can help you develop a positive outlook on life. What are you thankful for today?

Day 5 – [Be yourself](#)

- Appreciating yourself can have a positive impact on your mental health. Tell us what you like about yourself or share a picture of your amazing self!

Day 6 – [Get your groove on](#)

- Have you heard, “music soothes the soul”? Make a play list with your favourite up beat songs to listen to when you need a ‘pick me up’.

Day 7 – [Laugh](#)

- Laughter is medicine for the mind and helps to reduce stress and tension. Tell us what you did today to bring humour and laughter into your day.

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.