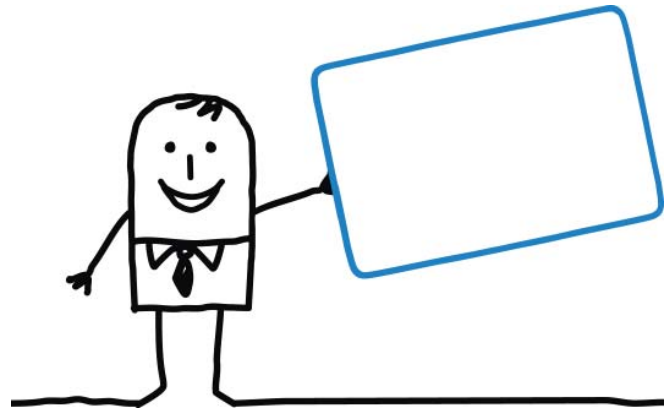


Ways to Wellness

Small steps can make a big difference.

Be kind

Showing kindness can help you and others feel good.



Kindness helps you and others by:

Enhancing positivity

Changing your perspective

Creating a sense of community

Helping us feel connected to others

Reducing stress

Improving mood and self-esteem

Simple ways to spread kindness:

- Volunteer
- Help a friend or neighbour
- Ask someone how they are feeling
- Offer support and encouragement to others
- Say good morning and smile
- Make someone laugh
- Be generous with compliments
- Leave a kind note for someone special



For more health related information,
visit: www.albertahealthservices.ca
or call Health Link at 811