

Ways to Wellness

Small steps can make a big difference.

Practise gratitude

Being grateful can help develop a positive outlook on life.

Giving and receiving thanks creates a more positive outlook, which helps to keep you emotionally balanced.

Here are some ways to be grateful:

Keep a gratitude journal

Make it a habit to think about positive or good things you are grateful for daily and write them down.

Reflect through mindfulness, meditation, or relaxation

Take time to be still and calm and focus on the present moment.

Thank someone

Nurture your meaningful relationships. Send a thank you card or leave a note to someone you are grateful to have in your life.



Give back

Return kindness that someone extended to you.

Small gestures

Sometimes all it takes is a smile, handshake, or wave to express your thanks.



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