Alberta Health Services

What are you doing for your mental health?
Follow AHS as we take you through seven steps for positive mental health

Alberta Health Services challenges you during Mental Health Week, May 5 – 11, to take care of yourself and learn to de-stress by reminding you that small steps make a big difference.

Share with us the simple ways you are de-stressing and improving your mental well-being through your Facebook and Twitter. Hashtag your posts with #AHSMentalHealthWeek.
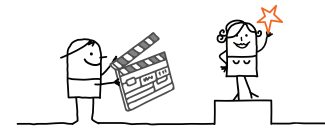
Day 1 – Food and Mood
What we eat can affect how we feel. Eating healthy makes us feel healthy. What healthy foods did you eat today? Post your healthy snack or recipe.

Day 2 – Get moving
Exercise releases chemicals in your brain that help improve your mood. Did you get moving today? Post creative ways you fit exercise in to today.

Day 3 – Be yourself
How you feel about yourself can play a big part in your mental well-being. You are unique. Post three things you like about yourself or post a picture of your awesome self.

Day 4 – Laugh
It may sound simple, but laughter is a powerful antidote for stress. Do something silly. Tell us what you did today that helped make you laugh.
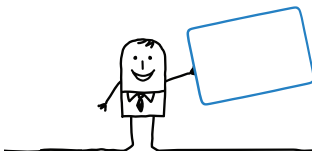
Day 5 – Give gratitude
Giving thanks builds stronger relationships and helps make you feel more positive. Look for the good in your day. Share one thing you're thankful for.

Day 6 – Get your groove on
Music has the ability to change our moods and can help pick us up when we're feeling down. Tune in. Share a song that helps you de-stress.

Day 7 – Do something good
Giving is receiving. Showing kindness improves your mood and connects you to others. What random act of kindness did you do today? Post how you made someone smile.

For more information on the challenge or to follow along check it out:

- AHS_behealthy, https://twitter.com/ahs_behealthy
- Facebook https://www.facebook.com/pages/Alberta-Health-Services/179579998746821
- www.albertahealthservices.ca