

PRACTICE
Mindfulness

Practicing mindfulness together can help build your family's connection with each other.

Need help to calm a busy mind? Try this simple strategy to tune into your surroundings using your 5 senses. Look around you, what do you see, hear, smell, taste, feel?

Mental Health Tip

Move
YOUR BODY

Move your body every day to improve your mental and physical well-being. The key is to make movement fun and try activities that you enjoy.

What is your family's favourite way to connect and get active together?

Mental Health Tip

Fuel
YOUR BODY

Did you know that what you eat and drink affects how you feel? We know that it helps your body grow and stay strong, but it's also good for your brain.

Make a family goal to focus on drinking water to hydrate your body and keep your brain fuelled and energized.

Mental Health Tip



Build
ASSETS

Did you know there are many things you can do to help your kids grow up great? A simple way to build assets and model kindness is to tell your kids why they matter to you.

Talk together about how being kind makes you feel great! Kindness can reduce stress, fill your heart with joy, and assist you in feeling more helpful and hopeful.

Mental Health Tip

Interested in more ideas on how to create positive connections and build a healthy family?

Join us for the **Move Your Mood June Family Challenge**

Register in May at www.sparcreddeer.ca

Everything gets better when you move your body. www.participaction.com

EXPAND YOUR
Mind

Did you know that being creative, dancing, and listening to music are simple ways for your family to boost their mental well-being and release feel good chemicals in their brains?

Take time to expand your mind today. Be kind to yourself and others, have a great laugh, turn up the music and dance like no one is watching!

Mental Health Tip

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

