

## EXPAND YOUR Mind

Did you know that being creative, dancing, and listening to music are simple ways to boost your mental well-being by releasing feel good chemicals in your brain? Take time to turn up the music, have a great laugh and dance like no one is watching!

## Fuel YOUR BODY

Nourishing your body with healthy food and water helps your body grow and stay strong. It can affect your mood, how you react and how well you can learn and focus.

Make a family goal to drink water to hydrate your body and keep your brain fueled and energized.

## Move YOUR BODY

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

Get outside and move together as a family. Go for a walk, ride your bikes or visit a local park.

## PRACTICE Mindfulness

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

Try this simple strategy to relax and calm a busy mind.

Tune into your surroundings through your 5 senses.

Look around you, what do you see, hear, smell, taste, feel?



## 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. Kindness can reduce stress, fill your heart with joy, and assist you in feeling more helpful and hopeful.

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

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Move Your Mood Alberta



Get Active this June with  
ParticipACTION Community Better  
Challenge

Everything gets better  
when you move your body.

[www.participaction.com](http://www.participaction.com)

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



  
MyHealthAlberta.ca

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

 **811** Health Link  
Health Advice 24/7

 **Alberta Health  
Services**