

BE KIND TO YOURSELF

You are allowed to say no.

It's ok to ask for help.

You are important - you matter.

Put yourself first.

Set healthy boundaries.

5 WAYS TO SELF-CARE:

Connect – with the people around you.

Keep Learning – try something new or discover an old interest.

Be Active – in a way you enjoy!

Take Notice – of the world around you.

Give Back – do something good for others.

Self-care is about making decisions and taking action in the interest of your health.

Go outside.

Listen to music.

Make time for simple pleasures: a bath, cup of tea or phone call with a friend.

Laugh!

Practicing **GRATITUDE** can help you feel good.

Write a thank you note to someone.

Write a list of great things about your day.

Take pictures of things you are grateful for.

Give thanks for the abilities you do have.

MORE RESOURCES

<https://www.albertahealthservices.ca/news/Pa ge13125.aspx>

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abl0225&#abl0226>

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

