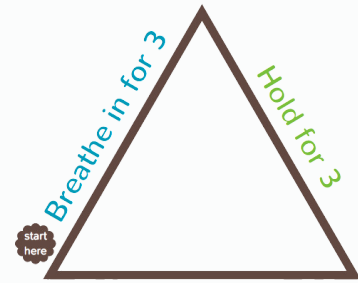


## *PRACTICE* *Mindfulness*

Practicing mindfulness together can help build your family's connection with each other. Try this simple strategy to relax and calm a busy mind.



## *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.

## *Fuel* *YOUR BODY*

Food and water give your body the fuel it needs to grow, learn and play. Choose foods that make you feel good and give you energy. By eating with others, it can help create connections.



## *EXPAND YOUR* *Mind*



Expand your mind by doing something you enjoy like being creative, dancing and listening to music. This releases feel good chemicals in your brain.

## *Build* *ASSETS*

Build assets and help your kids grow up great by doing simple actions such as:

- telling your kids why they matter to you
- greet them warmly each day



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



MyHealth.Alberta.ca

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



Health Link  
Health Advice 24/7



Alberta Health  
Services