

In honour of Mental Health Week, May 5-11, we are highlighting Move Your Mood healthy lifestyle practices that improve mental and physical well-being and enhance connections to others.



## DID YOU KNOW?

### EXPAND YOUR *Mind*

Strengthening your brain involves understanding your emotions, thoughts, and actions. It also means learning skills and ways to help you with difficult times. When you do things that stimulate your brain, it releases feel-good chemicals.

Take a moment to turn up the music and dance, share a good laugh, read a book or get creative!

### *Fuel* YOUR BODY

Fueling your body with a variety of food and water provides the energy your body needs to grow, learn and play. A balanced diet can improve your mood, focus and emotional well-being. Sharing meals with others can strengthen connections as well.

Choose foods that make you feel your best, and aim for a balanced diet with plenty of vegetables, fruits, protein, and whole grains.

### *Move* YOUR BODY

Moving your body every day improves your mental and physical well-being.

Regular movement can lift your mood, energy, and self-esteem. It also helps reduce stress, anxiety and depression. Being active can help you focus and be creative. Plus, it's a great way to connect with others. The key is to make movement fun by finding activities you enjoy.

Get outside, go for a walk, ride your bike or visit a local park.

### *PRACTICE* *Mindfulness*

Practicing Mindfulness is being present in the moment, without distractions or judgment. Practicing it can help reduce stress and anxiety, improve focus, creativity, and self-esteem. Being mindful helps with decision-making and emotional well-being.

Try practicing by tuning into your surroundings through your 5 senses. Look around you, what do you see, hear, smell, taste, feel?



Interested in more ideas?

Visit:

[CMHA Mental Health Week](#)  
[Help in Tough Times](#)  
[Move Your Mood Website](#)

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Move Your Mood Alberta

### *Build* ASSETS

Developmental Assets are building blocks to help kids grow up healthy, caring and responsible. Just like a superhero has gadgets to solve problems, these assets help kids handle life's challenges and make good choices.

Help kids build assets by showing kindness, helping others, setting goals and connecting to caring adults.

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