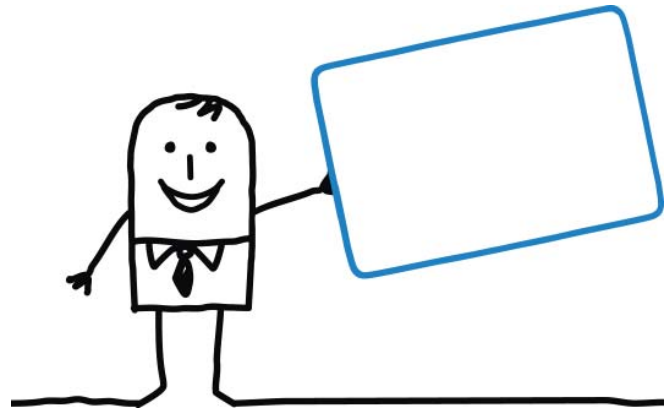# Ways to Wellness

Small steps can make a big difference.

Be kind

Showing kindness can help you and others feel good.

Kindness helps you and others by:

Enhancing positivity

Changing your perspective

Creating a sense of community

Helping us feel connected to others

Reducing stress

Improving mood and self-esteem

Simple ways to spread kindness:

• Volunteer

• Help a friend or neighbour

• Ask someone how they are feeling

• Offer support and encouragement to others

• Say good morning and smile

• Make someone laugh

• Be generous with compliments

• Leave a kind note for someone special

Alberta Health Services

**For more health related information,
visit: www.albertahealthservices.ca
or call Health Link at 811**