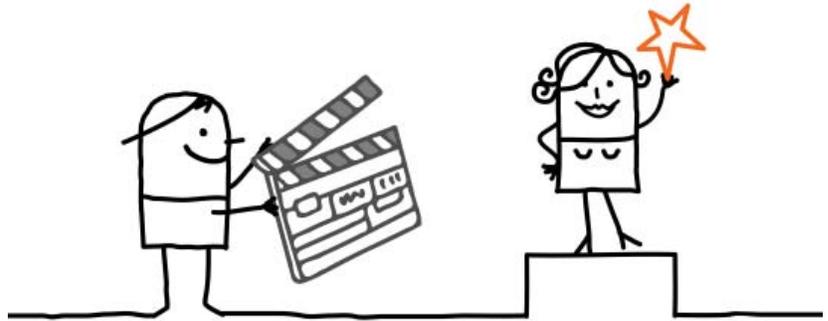


Ways to Wellness

Small steps can make a big difference.

Be yourself

Appreciating yourself can have a positive impact on your mental health.



Believing in and respecting yourself can help to prevent negative thinking.

It gives you the courage to try new things, and helps you feel proud of yourself for trying even when things go wrong or you make mistakes.

Here are some tips to help you to learn self-acceptance:

- Surround yourself with positive people who accept you as you are.
- Write down positive things about yourself and your life. Place these notes around your house as reminders to help you stay positive.
- Try something new. Getting out of your comfort zone builds confidence.

- Don't compare yourself to others. Focus on the qualities that make you unique.

- Compliment yourself like you would compliment a friend. Positive self talk builds confidence and reduces negative thoughts.



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