

# 12 Days of Balance

In 2018 we've journeyed through how to maintain a healthy balance in our daily lives. We've discovered healthy eating, learned more about mental wellness, taken time to get physically active and explored how to manage sleep and fatigue.

As we enter the season of celebrations and wrap-up 2018, we encourage you to reflect on all you've accomplished in your health and wellness goals. We're here to help you remember what you've learned and bring that into 2019 and beyond. Follow the tips below from our year of balance as we celebrate 12 Days of Balance in December.

Share your wellness journey using **#ahswatsyourbalance** and **#12daysofbalance** on social media.

What's your balance?

## 1 Mental Wellness

Busy with holiday planning? Connect with someone you haven't talked to in a while - an old friend, family member or even a colleague. Ask that individual to join you for a quick coffee or chat on the phone. Positive and supportive relationships can help improve your health and happiness.

## 7 Physical Activity

Get active in your community. Try one of the squares from our [Community Bingo](#) activity. Ask your friends or family to join you for added fun!



## 2 Healthy Eating

Staying hydrated will not only help you stay alert, but also promote a healthy body and mind. Not a fan of plain water? Try adding flavour with lemon, lime, cucumber, fresh mint or berries.



## 8 Sleep and Fatigue

Start 2019 off right by setting your wellness goals and tracking your progress with our [Wellness Scorecard](#). Bring on the New Year with a goal for improved health and wellness!

## 3 Mental Wellness

Try some tips for improving your mental, social and physical wellness with our [Ways to Wellness Challenge](#).

## 9 Mental Wellness

It's a long known fact that pets have a paws-itive effect on the mental health of their owners and those around them. At Alberta Health Services there are 295 registered volunteers who join us with their furry companions through various pet therapy and pet visitation programs across the province. Take the extra time today to spend with your furry friends! Post photos and stories of your pets on social media using the hashtag **#AHSwhatsyourbalance**.

## 4 Sleep and Fatigue

Tracking your sleep can help you understand why you might be feeling tired. Keep a [sleep journal](#) for a week and see where you can make improvements.



## 10 Healthy Eating

Spice up your cooking routine today with a healthy, new recipe. Take your inspiration from [Make a Change: One Meal at a Time](#).

## 5 Physical Activity

It may be cold outside, but try to find ways to stay active! Bundle up and park a bit further away or try taking the stairs at work or while holiday shopping.

## 11 Mental Wellness

If you're trying to find or maintain balance, doing something small for yourself can have a big impact on your mental health and ability to bounce back from adversity. Choose one activity from [30 Days of Self-Care](#) and try it today.



## 6 Healthy Eating

Potlucks are a great way to bring people together anytime of the year, especially during the holiday season. Keep it healthy with these [holiday eating tips](#).



## 12 Sleep and Fatigue

A busy schedule during the holiday season is common and can lead to feeling fatigued. Limit activities to a manageable amount and try one of our tips from [30 Days to a Well-Rested You](#).