



A *small change* CAN SUPPORT YOUR ENVIRONMENT AND YOUR HEALTH

OFTEN WHAT HELPS THE ENVIRONMENT CAN ALSO BENEFIT YOUR OWN HEALTH. USE THESE TO NOT ONLY INSPIRE YOU TO THINK OUTSIDE THE BOX BUT TO GET OUTSIDE AS WELL!

GET OUTSIDE

Walk, bike or use public transit to [get to work](#).

COMMUNITY GARDEN

Set up a [community garden](#) with your school.

RECIPE SWAP

Recipe swap with your co-workers using our [favourite recipes](#) that include local ingredients.

STAFF ADVENTURE WALK

[Alberta Parks](#) is full of information on events, activities and advisories across our province.

PLANT TREES

Organize a [tree-planting](#) day in your school community and invite all students and staff to join.

Visit [The Sandbox](#) for more great ideas and connect with other wellness champions from schools across Alberta. To learn more about how ASEBP can support the health and wellness of staff in your school jurisdiction, contact an [ASEBP health advisor](#).



making A difference IN YOUR HOME AWAY FROM HOME

CHALLENGE YOURSELF AND YOUR COLLEAGUES TO BE ROLE MODELS AND LEADERS WITHIN YOUR SCHOOL COMMUNITY BY CREATING A HEALTHY AND INCLUSIVE WORKPLACE. FOSTERING DIVERSITY AND INCLUSIVENESS NOT ONLY BRINGS PEOPLE CLOSER TOGETHER, IT BREAKS DOWN SOCIAL BARRIERS.

WORKPLACE ACTIVITIES

Involve your colleagues in organizing activities to encourage healthy eating and [promote physical activity in the workplace](#).

WORK-LIFE BALANCE

Take steps to make sure you're maintaining a [healthy work-life balance](#). If available, access your [Employee and Family Assistance Program](#) for further support.

WORKPLACE WELLNESS

Develop and implement a [workplace wellness policy](#).

BE POSITIVE

Be a positive role model in your school. Use [positive self-talk and optimism](#) to get through a stressful day and your colleagues may be inspired to follow suit.

CARING WORKPLACE

Foster a caring work environment by standing up against [mental health stigma](#), [weight bias](#) and [bullying](#).

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scheduling yourself INTO YOUR DAY

MENTAL HEALTH CAN FLOURISH IN ENVIRONMENTS THAT ARE SAFE, EQUITABLE AND FOSTER SOCIAL CONNECTION. GO AHEAD AND GET CREATIVE WITH THE ENDLESS TECHNIQUES AND ACTIVITIES AVAILABLE. WHEN IT COMES TO SELF-CARE, ONE SIZE DOES NOT FIT ALL!

TAKE A BREAK

Take a [small break](#) in your day to reset, unwind and refocus.

MENTAL FITNESS

Learn more about [mental fitness](#) as this is an important step towards self-care.

PROMOTE A SAFE WORKPLACE

Promote [psychological health and safety](#) in the workplace.

BE PRESENT

Practice [mindful breathing techniques](#) to help bring yourself back into the moment when you feel stressed or overburdened.

REST AND RELAXATION

Remember to [take some time for yourself](#) to get some well-deserved rest and relaxation.

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THE *bread* AND *butter* OF EATING HEALTHY

START YOUR DAY ON THE RIGHT FOOT BY FUELING YOURSELF WITH ENERGY. AS A RESULT, YOUR MIND AND BODY WILL BE READY TO TACKLE ANYTHING THAT COMES YOUR WAY!

MEAL PLAN

Use a [sample meal plan](#) to stay on track. If you're feeling extra motivated, develop your own meal plan.

HEALTHY SNACKS

Combat hunger in between meals with [healthy snack ideas](#).

STAY HEALTHY ON THE GO

Learn how to [maintain healthy eating practices](#) when you're on the go, such as during meetings or at events.

MEET WITH A DIETITIAN

Meet with a Registered Dietitian through your [Employee and Family Assistance Program](#), local [Primary Care Networks](#) or [Alberta Health Services](#).

ACCESS RESOURCES

Learn something new about healthy eating every day with the Dietitians of Canada's [eaTracker app](#).

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CONNECT THE DOTS OF HEALTH THROUGH *social connection*

STUDIES SHOW THAT PEOPLE WHO HAVE SATISFYING RELATIONSHIPS WITH THEIR FAMILY, FRIENDS AND COMMUNITY ARE HAPPIER, HAVE FEWER HEALTH PROBLEMS AND LIVE LONGER. SOCIAL CONNECTIONS AT WORK AND AT HOME CAN EVEN HELP RELIEVE HARMFUL LEVELS OF STRESS.

MEANINGFUL SOCIAL CONNECTION

Hang around people who make you laugh and bring positivity to your life to [improve your overall health](#).

FIND COMMON GROUND

Getting active with your peers, colleagues and friends is a great way to [connect](#), so try hosting a workout class or create a walking club at lunch.

DO WHAT WORKS FOR YOU

If you find you interact better in situations other than face-to-face, join an [online forum](#) or create your own about a specific interest.

SOCIAL INCLUSIVITY

[Promote socially inclusive environments](#) by developing policies and regulations like providing diversity in programs or low-cost activities.

QUALITY AND QUANTITY

Take steps towards building the quality and quantity of your relationships with others through these [daily tips](#).



jump for joy – AND YOUR HEALTH

THE ACQUISITION OF SKILLS SUCH AS SLIDING, CATCHING, DANCING, JUMPING AND SO MUCH MORE ARE IMPORTANT FOR THE HEALTHY DEVELOPMENT OF OUR MINDS AND BODIES. INFUSING MOVEMENT INTO YOUR DAY MOVES NOT ONLY YOUR BODY BUT YOUR MIND AS WELL.

GET MOVING

Warm up your minds and bodies with a quick [follow-along activity](#).

PHYSICAL LITERACY

Host a [fundamentals workshop](#) to experience physical activity while engaging in discussion and problem solving with others. You will also learn how to present these skills with your students and colleagues.

PROFESSIONAL DEVELOPMENT

Invite [Ever Active Schools](#) to share one of their awesome professional learning opportunities such as Using Technology in the Physically Active Classroom, or capitalize on their mentorship and networking opportunities.

REMOVE BARRIERS

Check in with your local [Primary Care Network](#) or family physician for ideas to make activity in your life easier. Try tools like the Exercise is Medicine® Canada (EIMC) [Exercise Prescription and Referral Tool](#).

GET OUT, GET ACTIVE

Join a free initiative like [Get Out, Get Active](#) where you and your school, office or even family can track your steps and activity for prizes and, of course, reap the amazing benefits of physical activity.