

**21**  
**WAYS**  
**FAÇONS** ✓

enjoy **LIFE** more  
jouir davantage de la **VIE**

*Each card has a daily suggestion of something you can do. The cards touch on some important life areas including: mental wellness, physical health, relationships, spirituality and life purpose.*

*We invite you to try one thing, each day, for the next 21 days to promote and improve your health and well-being.*

**[www.winnipeghealthregion.ca](http://www.winnipeghealthregion.ca)**

*21 Ways to Enjoy Life More is part of the Enjoy Life More public education campaign, developed by the Mental Health Promotion Team, Winnipeg Regional Health Authority.*

*Chaque jour, une carte vous propose un exercice. Ces cartes portent sur des thèmes de vie importants, notamment le bien-être mental, la santé physique, les relations, la spiritualité et le but de la vie. Nous vous invitons à essayer un exercice par jour, au cours des 21 prochains jours afin de favoriser et améliorer votre santé et bien-être.*

**[www.wrha.mb.ca/fr](http://www.wrha.mb.ca/fr)**

*Le projet 21 Façons de jouir davantage de la vie fait partie de la campagne d'éducation au public, Jouir davantage de la vie, élaborée par l'équipe de Promotion de la santé mentale de l'Office régional de la santé de Winnipeg.*

1

## start the day off fresh

*Take a deep breath. Fill your lungs with cool outdoor air as you start your day. It's a brand new day. Repeat this at lunch and when you arrive home...keeping in perspective that we can make a conscious choice to slow down and just breathe throughout our day.*



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2

## focus on the positives

*Write down 3 things that went well today. What was your role in it? Do this before you go to sleep and reflect on the good things of today. Being grateful can enhance your mental well-being.*



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3

## make time to play today

*Get outdoors. Play with your kids or your pet. Take a moment just to play and rejuvenate. This can be a healthful way of burning off steam!*



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4

## loved ones

*Call 2 people who you feel close to or enjoy spending time with and thank them for being a part of your life. Expressing and hearing affirmations is very healing and rewarding!*



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# 5

## bigger picture stuff

*What is meaningful in your life? How do you want to make a difference in your community? Jot down one thing you can do today which will make a difference tomorrow. Volunteer? Check on your neighbour who lives alone? Get involved in your local church? Pick one thing you will do over the next 21 days.*



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6

## treat yourself

*Eat some chocolate, but really experience the taste, smell and texture. Be mindful of all your senses as you enjoy this treat! Now share a piece of the chocolate with a colleague at work with a little note saying, "Enjoy, you deserve this treat!"*



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7

## embrace culture

*Reflect on your heritage. What part of your cultural roots do you still practice? Is it specific traditions or celebrations, foods, faith or spirituality? Embrace your uniqueness and celebrate your history as a valuable part of who you are.*



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# 8

## be active

*Call up friends and arrange to meet at a local park. Bring along your pets, Frisbee, balls and your favourite snacks. Did you know being active and connecting with others has real overall health benefits?*



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# 9

## personal resources

*What or who has helped you through difficult times in the past? Make a list. Now, add to this list what you do for yourself when feeling stressed. Keep this list for “when needed”. We all have difficulties from time to time, but knowing what helps us can make a difference in how quickly we get through it.*



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10

## learn

*Go to your library or local craft store and get information on a hobby you've always been curious about. Scrapbooking, drawing, photography, gardening...still interest you? Sign up for a low cost community club or Leisure Guide class to try it out.*



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11

## take a time-out

*Enjoy some quiet time. Close your eyes. As your thoughts drift, breathe. And if you like, take a warm bath and feel the warmth of the water while you sip some sparkling fruit juice...this is YOUR time.*



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12

## meaning

*Get in touch with your purpose in life. What excites you? What do you feel passionate about? How can you get more involved in what is important to you? Think about this throughout your day.*



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13

## enjoyment

*Spend ONE hour today doing what YOU want... What was that like? How do you feel now? Taking time to re-energize allows you to continue to be your best in other areas of your life.*



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14

## connecting

*Call a friend or someone in your life that you like to spend time with and arrange to meet for a cup of tea or coffee. Spending time with people we like can actually boost our immune system and helps us stay more mentally and physically healthy!*



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15

## reach out to others

*Do something kind for someone today. Say hello to your neighbours, bring a plate of cookies to the office, visit an elderly relative or friend, give someone a compliment. How did being kind and helping others make you feel? Think of other ways you can reach out to others in your community.*



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# happiness

*Create a happiness list. Write down 4 things that make you feel happy. Maybe it's an activity (drawing, skating or reading comics) or a person ( friend, spouse, or neighbour) or even places ( church, community centres or drop in centres).*



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17

## spirituality

*Say a little prayer of thankfulness. Nurturing your spiritual side not only provides hope and peacefulness but can encourage us to let go of things beyond our control and gives us the focus to change things we can.*



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DAY

18

## breathe

*Take 3 minutes to focus on your breathing. Get comfortable in your chair (legs uncrossed, arms relaxed by your side). Inhale slowly through your nose (or mouth), count one, two, three; completely fill your lungs. Hold your breath – pause, then exhale through your mouth. Repeat this process for a few minutes and focus on how relaxed you are.*



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DAY  
19

## disconnect

*Really? Yes, to stay connected you need to disconnect. Turn off all electronics for one hour today (BlackBerry, cell phones, television, computer, video games). Do something that you haven't done in a while – read a book, write in a journal, play an old-fashioned board game, or visit a friend. Enjoy this time without any interruptions.*



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DAY

20

## reflect

*Pull out a photo album and reflect on your memories. Each picture tells a story. What do you remember? Call someone who is in a photo that you like and reminisce about that time in your life. What was it that made that memory such a pleasant one?*



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21

## nature

*Take a walk in a local park and observe the nature around you (the sights and sounds, perhaps the bird songs, the squirrels scurry, footprints in the ground, or the texture on the tree bark). Re-connect with the natural world around you and Enjoy Life More!*



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*Congratulations! You have made a choice to © Enjoy Life More. Now that you have participated in 21 ways, which ones do you think you will continue or do again?*

*Inspired? Pass this along to others in your life at home, work, or school.*

*Did you know? Evidence shows that if you do something new for 21 days or longer, it is more likely the new activity will become part of your everyday routine.*

*Félicitations! Vous avez choisi de © Jouir davantage de la vie. Maintenant que vous avez participé de 21 différentes façons, lesquelles de ces activités allez-vous continuer de faire ou allez-vous refaire?*

*Inspiré? Parlez de ce projet à d'autres personnes à la maison, au bureau ou à l'école.*

*Saviez-vous : Des études ont révélé que si l'on fait une nouvelle chose pendant 21 jours ou plus, cette nouvelle activité deviendra probablement une habitude de vie.*



Mental Health Programs Programmes de santé mentale

Winipeg Regional Health Authority  
Office régional de la santé de Winipeg

Caring for Health À l'écoute de notre santé



