

Take Notice



How to be more aware

1 – Take time to appreciate something good that is present in your life.

2 – Be aware of your thoughts and feelings without getting lost in them. This can keep you calm, reduce stress and improve your mood.

3 – Focus on the present moment. Spending too much time thinking about the past or worrying about the future can cause anxiety and depression.

4 – Take time to be more aware of your needs, values and interests. The things that make you who you are, and love yourself.

5 – Breathe deep and feel the air moving past your body as you walk, look around and see the beauty in your surroundings. Take time to notice.

Experience the beauty of the four seasons at one of our surrounding provincial or national parks.

- [William A Switzer Provincial Park](#)
- [Jasper National Park](#)

Hinton has many opportunities to practice mindfulness through Yoga and meditation.

For a list of these alternative approaches to wellness, check out the [Yoga Room-Hinton](#) on Facebook.

Taking time to stop and be aware of our surroundings and the moment you are in can positively change the way you feel about life and how you approach life's challenges.

Take in the sights and sounds of the many birds and creatures that make the [Beaver Boardwalk](#) their home.