

5 THINGS YOU CAN DO



FIND A REASON TO GET OUT OF BED IN THE MORNING

To celebrate and raise awareness about mental well-being, we have put together a full month of resources, tips and virtual activities to support the community with their mental health. Here are some ideas for activities you can enjoy, online and in-person, while keeping yourself and your family safe.

- 1 VISIT GLENBOW RANCH PROVINCIAL PARK**
The lands of Glenbow Ranch have a rich history that span thousands of years. There is nearly 30kms of trails to explore.
- 2 ENJOY A SCENIC DRIVE**
Drive sections of Cowboy Trail, Bow Valley Trail or even Hwy 40, to experience some spectacular scenery, the Rocky Mountains, beautiful rolling foothills, and the wide-open prairies.
- 3 TAKE A TRIP ONLINE**
Tour another city, country or museum virtually. Google Arts & Culture is featuring online tours and virtual exhibitions from 2,000 galleries and museums around the world.
- 4 TRY A NEW DISH**
The best way to experience a culture is through its food! Lucky for us, there are lots of really amazing restaurants in Cochrane featuring food from around the globe. Order a new dish for delivery or do a curbside pick up!
- 5 DO SOMETHING YOU ENJOY**
Try to make time for doing the fun things you enjoy. If you like going for a walk, painting, reading or a specific TV show, try to set aside time to enjoy yourself. If we don't spend any time doing things we enjoy, we can become irritable and unhappy.



Cochrane Scavenger Hunt is an opportunity for all Cochranites to rediscover, explore and ultimately, have fun while adventuring in their own backyard this spring. Fun for all ages and prize draws!

Download instructions and maps at cochrane.ca/ScavengerHunt.



Follow this Facebook event for the entire month of May for daily mental health tips, resources and more.

fb.com/events/155068976471900

