

# Balance® resources for the dimensions of wellness

Balance is a comprehensive program that addresses various pillars of wellness, including financial, mental and physical wellness. This list highlights some of the resources available on Balance to help users improve various aspects of their overall health and wellness.

1. FINANCIAL WELLNESS				
Trackers	<ul style="list-style-type: none"> <li>Savings tracker</li> </ul>			
Newsletter	<ul style="list-style-type: none"> <li>Your financial checklist</li> </ul>			
30-day challenges	<ul style="list-style-type: none"> <li>Become debt free</li> </ul>	<ul style="list-style-type: none"> <li>Planning for a comfortable retirement</li> </ul>	<ul style="list-style-type: none"> <li>Track your budget</li> </ul>	
Learn & earns	<ul style="list-style-type: none"> <li>All about budgeting</li> <li>Dealing with a debt collector</li> <li>Eating healthy on a budget</li> </ul>	<ul style="list-style-type: none"> <li>Financial health</li> <li>Getting help from a credit counsellor</li> </ul>	<ul style="list-style-type: none"> <li>Mortgage refinancing—what you need to know</li> </ul>	<ul style="list-style-type: none"> <li>Pros and cons of credit cards</li> </ul>
2. MENTAL WELLNESS				
Trackers	<ul style="list-style-type: none"> <li>Mood tracker</li> </ul>	<ul style="list-style-type: none"> <li>Stress tracker</li> </ul>		
30-day challenges	<ul style="list-style-type: none"> <li>Caring for the caregiver</li> <li>Happiness habits</li> </ul>	<ul style="list-style-type: none"> <li>Manage stress</li> </ul>	<ul style="list-style-type: none"> <li>Manage stress in the workplace</li> </ul>	<ul style="list-style-type: none"> <li>Take care of your mental health</li> </ul>
Learn & earns	<ul style="list-style-type: none"> <li>Anxiety: when to see your doctor</li> <li>Dementia in Canada</li> <li>Depression: finding support</li> <li>Eating disorders</li> <li>Mental health and wellness</li> </ul>	<ul style="list-style-type: none"> <li>Mental illness in the workplace</li> <li>Mood disorders—overview of depression and bipolar</li> <li>Obsessive compulsive disorder</li> <li>Post-traumatic stress disorder</li> </ul>	<ul style="list-style-type: none"> <li>Sharing caregiver responsibilities</li> <li>Stress—let’s talk</li> <li>Stress in relationships: Separation and divorce</li> <li>Stress: building solutions and positive change</li> </ul>	<ul style="list-style-type: none"> <li>Understanding depression</li> <li>Work life balance: make it your business</li> </ul>
Additional resources	<p><b>Risk reduction supports where mental wellness is discussed:</b></p> <ul style="list-style-type: none"> <li>Alcohol and your health</li> <li>Brain basics: understanding sleep</li> <li>Childhood obesity</li> <li>Make your heart healthy—active transportation</li> <li>Osteoarthritis</li> <li>Physical activity tips</li> <li>Sexual health</li> </ul>			

### 3. PHYSICAL WELLNESS

#### Physical activity

<b>Trackers</b>	<ul style="list-style-type: none"> <li>• Asthma tracker</li> <li>• Blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Blood sugar</li> <li>• Cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Pain improvement</li> <li>• Step tracker</li> </ul>	<ul style="list-style-type: none"> <li>• Weight tracker</li> </ul>
<b>30-day challenges</b>	<ul style="list-style-type: none"> <li>• 30 days to a healthier heart</li> <li>• Arthritis: reduce your risk</li> <li>• Cancer: reduce your risk</li> <li>• Enjoy winter outdoors</li> </ul>	<ul style="list-style-type: none"> <li>• Get around the healthy way</li> <li>• Get moving</li> <li>• Healthy children, bright future</li> <li>• Healthy coping mechanisms for seniors</li> </ul>	<ul style="list-style-type: none"> <li>• Improve your body image</li> <li>• Improve your cardiovascular fitness 30-day challenge</li> <li>• Improve your cholesterol levels</li> </ul>	<ul style="list-style-type: none"> <li>• Manage your blood sugar</li> <li>• Physical activity and aging</li> <li>• Staying fit in the office</li> </ul>
<b>Learn &amp; earns</b>	<ul style="list-style-type: none"> <li>• Benefits of physical activity</li> <li>• Can you “walk the walk”?</li> <li>• Caregivers and exercise—take time for yourself</li> <li>• Diabetes tools and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• First steps of becoming active</li> <li>• Getting active: small steps for big change</li> <li>• Outdoor summer safety</li> <li>• Physical activity—make it your own</li> </ul>	<ul style="list-style-type: none"> <li>• Physical activity tips</li> <li>• Physical activity while aging: get fit for life</li> <li>• The expert’s guide to lowering blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Types of physical activity</li> <li>• Walk, dance, bike!</li> <li>• Water and strength training</li> </ul>

#### Nutrition

<b>Trackers</b>	<ul style="list-style-type: none"> <li>• Fruit + veggie</li> <li>• Alcohol tracker</li> </ul>	<ul style="list-style-type: none"> <li>• Blood sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Gout and uric acid</li> </ul>	<ul style="list-style-type: none"> <li>• Weight tracker</li> </ul>
<b>30-day challenges</b>	<ul style="list-style-type: none"> <li>• Allergies and food intolerances</li> <li>• Drink more water</li> <li>• Farm to table</li> <li>• Healthy breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy holiday diet</li> <li>• Improve your body image</li> <li>• Improve your brain health</li> </ul>	<ul style="list-style-type: none"> <li>• Improve your cardiovascular fitness 30-day challenge</li> <li>• Improve your cholesterol levels</li> </ul>	<ul style="list-style-type: none"> <li>• Improve your kidney health</li> <li>• Manage your blood sugar</li> <li>• Reduce your alcohol intake</li> </ul>
<b>Learn &amp; earns</b>	<ul style="list-style-type: none"> <li>• Celiac disease</li> <li>• Celiac disease—the gluten connection</li> <li>• Childhood obesity</li> <li>• Children’s breakfast and nutrition</li> <li>• Chronic pain</li> <li>• Common liver disease—cirrhosis and fatty liver disease</li> <li>• Congestive heart failure</li> <li>• Diabetes—are you at risk?</li> <li>• Diabetes—what is it?</li> </ul>	<ul style="list-style-type: none"> <li>• Diabetic foot care</li> <li>• Eating disorders</li> <li>• Facts on milk allergies</li> <li>• Food safety and you</li> <li>• Food safety for adults ages 60 and over</li> <li>• Healthier grocery shopping</li> <li>• Healthy eating and the environment</li> <li>• Healthy eating at work</li> <li>• Healthy eating for parents and children</li> <li>• Healthy eating for seniors</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy eating on a budget</li> <li>• Healthy eating while eating out</li> <li>• Healthy eating: about registered dietitians</li> <li>• Healthy eating: nutrition labelling</li> <li>• Healthy eating: salt and sodium intake</li> <li>• Healthy holiday eating</li> <li>• Healthy weight</li> <li>• High blood pressure: reduce your risk</li> <li>• Limit highly processed foods</li> <li>• Liver disease—am I at risk?</li> </ul>	<ul style="list-style-type: none"> <li>• Meal planning basics</li> <li>• Minimizing the risks of cardiovascular disease</li> <li>• Navigating the food market</li> <li>• Strategies for eating more vegetables and fruits</li> <li>• The basics of diabetes</li> <li>• Whole grains—get the facts</li> </ul>

<b>Sleep</b>			
<b>Trackers</b>	<ul style="list-style-type: none"> <li>• Sleep tracker</li> </ul>		
<b>30-day challenges</b>	<ul style="list-style-type: none"> <li>• Sleep better</li> </ul>		
<b>Learn &amp; earns</b>	<ul style="list-style-type: none"> <li>• Brain basics: understanding sleep—part one</li> <li>• Brain basics: understanding sleep—part two</li> </ul>	<ul style="list-style-type: none"> <li>• Common sleep disorders</li> <li>• Importance of sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Safe sleep for you baby</li> <li>• Sleep: just the basics</li> </ul>
<b>Additional resources</b>	<p><b>Risk reduction supports where sleep is discussed:</b></p> <ul style="list-style-type: none"> <li>• Anxiety: when to see your doctor</li> <li>• Asthma</li> <li>• Binge drinking</li> <li>• Cancer pain</li> <li>• Childhood obesity</li> <li>• Chronic low back pain</li> <li>• Chronic pain</li> <li>• Common liver disease</li> <li>• Congestive heart failure</li> <li>• Constipation</li> <li>• COPD: improve your health</li> <li>• Depression: finding support</li> <li>• Fibromyalgia</li> <li>• GERD/heartburn</li> <li>• Healthy weight</li> <li>• Heart disease risk and prevention</li> <li>• High blood pressure: reduce your risk</li> <li>• High cholesterol: healthy changes</li> <li>• How to prevent falls in the home</li> <li>• Kidney disease: prevention and management</li> <li>• Living with heart disease</li> <li>• Living with stroke</li> <li>• Maintaining a healthy heart</li> <li>• Managing obesity</li> <li>• Mental health and wellness</li> <li>• Migraine pain</li> <li>• Mood disorders: depression and bipolar</li> <li>• Osteoarthritis</li> <li>• Osteoporosis</li> <li>• Staying healthy at work</li> <li>• Stress: let's talk</li> <li>• Stress in relationships</li> <li>• Stress: building solutions and positive change</li> <li>• The basics of diabetes</li> <li>• The danger of high blood pressure</li> <li>• Thinking of becoming pregnant?</li> <li>• Understanding depression</li> </ul>		
<b>Smoking</b>			
<b>Trackers</b>	<ul style="list-style-type: none"> <li>• Quit smoking</li> </ul>		
<b>30-day challenges</b>	<ul style="list-style-type: none"> <li>• Addiction—know the signs</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce your cancer risk</li> </ul>	<ul style="list-style-type: none"> <li>• Quit smoking</li> </ul>
<b>Learn &amp; earns</b>	<ul style="list-style-type: none"> <li>• All about tobacco</li> </ul>	<ul style="list-style-type: none"> <li>• Nicotine addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Quit smoking</li> </ul>
<b>Additional resources</b>	<p><b>Risk reduction supports where smoking is discussed:</b></p> <ul style="list-style-type: none"> <li>• Atrial fibrillation</li> <li>• Benefits of physical activity</li> <li>• Breast cancer</li> <li>• Cancer risk reduction and screening</li> <li>• Colon cancer</li> <li>• Common sleep disorders</li> <li>• Congestive heart failure</li> <li>• COPD: improve your health</li> <li>• Diabetic footcare</li> <li>• Esophageal cancer</li> <li>• GERD/Heartburn</li> <li>• Getting active: small steps for big change</li> <li>• Heart disease risk and prevention</li> <li>• High blood pressure: reduce your risk</li> <li>• High cholesterol: healthy changes</li> <li>• Keeping lungs healthy</li> <li>• Kidney disease: prevention and management</li> <li>• Living with cancer</li> <li>• Living with heart disease</li> <li>• Living with stroke</li> <li>• Lung cancer</li> <li>• Maintaining a healthy heart</li> <li>• Minimizing the risk of cardiovascular disease</li> <li>• Oral health</li> <li>• Osteoporosis</li> <li>• Peptic ulcers</li> <li>• Rheumatoid arthritis</li> <li>• Stress: building solutions and positive change</li> <li>• The basics of diabetes</li> <li>• The expert's guide to lowering blood pressure</li> <li>• The importance of kidney</li> </ul>		

