

Tips for **TEENS** on **GOOD HEALTH**



Get your body moving!



Eat a well balanced diet!

Sleep

Lack of sleep can contribute to mental health issues.

You need about 8-10 hours of sleep per night. That amount of sleep is harder to get than it sounds, because the body clocks' of teens and young adults naturally keep them up late at night and make them want to sleep until mid-morning.

Having a smartphone, feeling anxious, etc. can all impact on falling asleep and quality of sleep.

While many things can impact mental health, including lots of things we can't control - such as genetics - sleep is one thing we can control.



CREATE THE RIGHT
ENVIRONMENT
FOR SLEEP zzzzz...



NAP
IF YOU
MUST

SOME SLEEP POSITIONS
ARE BETTER THAN OTHERS

SCREENTIME
IS NOT GOOD FOR
SLEEPTIME

KNOW YOUR
SLEEP
CYCLES



SLEEP
USUALLY
BEATS

working out

KNOW YOUR SLEEP NEEDS



EXERCISE HELPS
YOU SLEEP BETTER

Why is it important to move our bodies?

Exercise has a social, emotional and health benefits, including reduced risk of diseases, increased concentration, increased confidence, and reduced aggression.

Lack of exercise is also associated with increased feelings of depression.

If you are someone who struggles with stress or anxiety, exercise can mimic 'fight' or 'flight' response, which can send your brain a message to calm down. This is because your brain thinks you have fought off or ran away from a possible danger!

Studies have even shown that exercise is actually an effective treatment for feelings of anxiety and depression.

Joe Wicks



The Body Coach

<https://www.youtube.com/user/thebodycoach1/videos>



Healthy eating helps keep your body strong, full of energy and working at its best. It means eating a variety of foods from the five food groups every day:

- Fruit
- Vegetables
- Bread and cereals
- Meat and meat alternatives
- Dairy foods

It is a good idea to learn about the five food groups, so you know which foods fit into which food group and how much of each you should be eating. Your snacks should also come from these groups. Stay away from junk food on a daily basis.

Tips for **HEALTHY** eating

- Eat 3 meals each day - breakfast, lunch, dinner - and have healthy snacks in between, like during the morning and afternoon.
- Go slow on the sugary and fatty foods, like sweets, soft drink, chips and fried foods.
- Drink plenty of water throughout the day. Try to get in at least 8 glasses per day.

Remember James from Energy Drinks Awareness Campaign?

Watch his video made especially for you all. It's a quick reminder of the need to be aware of what you are drinking during lockdown!

Click the link below to watch his video.....

<https://youtu.be/vgWmMYHrt3w>



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