

HOW TO STAY HEALTHY



1

Eat smart

lots of fruits, veggies, and



2

Move your body

at least 30 mins a day



3

Drink water

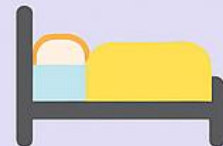
stay hydrated



4

Sleep well

7-9 hours every night



5

Avoid bad habits

no smoking, less alcohol, less



6

Check your health

regular doctor visits + manage stress



→ Small daily habits = strong, energetic, and healthy you!

Mental Health

HEALTHY HABITS



Boost energy
and mood



Improve cognitive
function and rest



Access expert
guidance and support

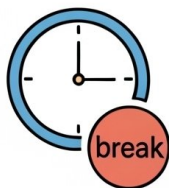


Find immediate,
confidential assistance

STRESS MANAGEMENT



Engage in
enjoyable
activities



Recharge and
prevent burnout



Prioritize tasks
reduce overclueum



Treat yourself with
and understanding



Time Schedule Drinking 8 Glasses of Water a Day

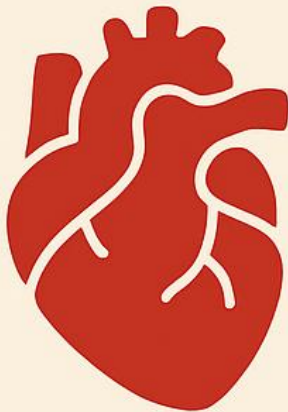
- > **6:30 – 7:00 (after waking up) – 2 glasses** 
★ **Benefits:** Flushes out toxins, hydrates the brain, and jumpstarts digestion.
- > **8:30 – 9:00 (before breakfast) – 1 glase** 
★ **Benefits:** Balances pH levels, boosts immunity, and lubricates joints.
- > **11:30 – 12:00 (30 min before lunch) – 1 glass** 
★ **Benefits:** Helps burn fat, improves metabolism, and aids digestion.
- > **1:30 – 2:00 (1 hour after lunch) – 2 glasses** 
★ **Benefits:** Prevents dehydration, improves blood circulation, and supports muscle function.
- > **4:00 – 4:30 (before tea/snack) – 1 glass** 
★ **Benefits:** Minimizes acid buildup and removes toxins
- > **6:30 – 7:00 (before dinner) – 2 glasses**
★ **Benefits:** Prevents overeating and reduces colon cancer risk.
- > **8:30 – 9:00 (after dinner) – 1 glass**
★ **Benefits:** Aids nutrient absorption and prevents constipation.
- > **10:00 – 10:30 (before sleeping) – 2 glasses**

HOW SMOKING DAMAGES YOUNG PEOPLE'S HEALTH



LUNGS AND BREATHING

- Irritates and damages lungs
- Slows lung growth
- Increases risk of asthma attacks



HEART AND CIRCULATION

- Raises heart rate and blood pressure
- Damages blood vessels
- Increases chance of early heart disease



BRAIN AND ADDICTION

- Teen brain is still developing
- Leads to nicotine addiction
- Affects memory and attention



APPEARANCE AND PHYSICAL FITNESS

- Causes bad breath, yellow teeth
- Reduces stamina
- Slows healing from injuries

HOW DOES SPENDING TIME IN NATURE BOOST WELLBEING



**REDUCES
STRESS**



**IMPROVES
MOOD**



**INCREASES
ENERGY**

**ENHANCES
CREATIVITY**



BENEFITS OF PRACTICING KARATE



PHYSICAL FITNESS

- Improves strength, flexibility & balance
- Enhances cardiovascular health
- Builds endurance & agility



MENTAL GROWTH

- Sharpens focus & concentration
- Boosts discipline & self-control
- Reduces stress & anxiety



SELF-DEFENSE SKILLS

- Practical techniques for protection
- Builds awareness of surroundings
- Increases confidence in safety



CONFIDENCE & CHARACTER

- Encourages perseverance & resilience
- Develops respect & humility
- Strengthens self-esteem



DANGERS OF TOO MUCH SCREEN TIME

KIDS

- Impaired social skills
- Delayed language development
- Decreased academic performance

HEALTHY LIMIT

Under
2 hours/day



TEENS

- Sleep disruption
- Addiction-like behaviors
- Increased anxiety & depression
- Reduced attention span

HEALTHY LIMIT

Under
3 hours/day



ADULTS

- Poor posture & musculoskeletal problems
- Sedentary lifestyle
- Reduced physical fitness

HEALTHY LIMIT

Under
4 hours/day



OLDER ADULTS

- Digital eye strain
- Possible increased risk of myopia

HEALTHY LIMIT

Under
3 hours/day



EFFECTS OF ALCOHOL ON YOUNG PEOPLE'S BODIES

SHORT-TERM



**IMPAIRS
MEMORY,
LEARNING, AND
DECISION-MAKING**



**INCREASES
HEART RATE
AND BLOOD
PRESSURE**



**IRRITATES
THE STOMACH
LINING**



LONG-TERM



**CAUSES
CHANGES
IN BRAIN
STRUCTURE**



**INCREASES
RISK OF
HEART DISEASE**



**SLOWS
BONE
GROWTH**

HEALTH BENEFITS OF PRACTISING GRATITUDE



IMPROVES MOOD

Increases
happiness and
reduces symptoms
of depression



REDUCES STRESS

Lowers levels
of cortisol,
the stress
hormone



BOOSTS IMMUNITY

Strengthens the
immune system



ENHANCES SLEEP

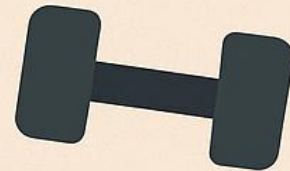
Improves sleep
quality and duration



What can you do to improve your mental health?



1. Exercise regularly

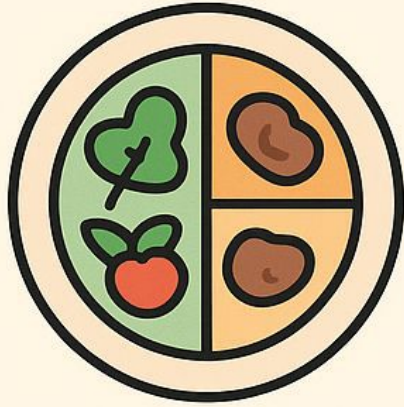


2. Practice mindfulness



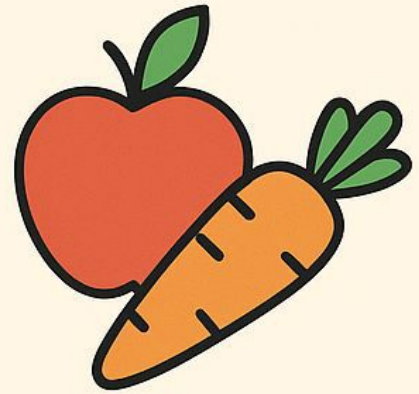
3. Get enough sleep

IMPORTANT TO KNOW ABOUT NUTRITION



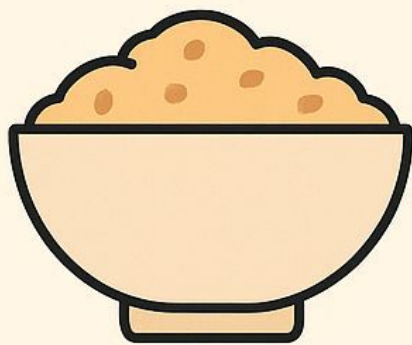
BALANCED DIET

Eat a variety
of foods



FRUITS AND VEGETABLES

Eat plenty of fruits
and vegetables



WHOLE GRAINS

Choose whole
grains



LIMIT SUGAR

Limit sugary drinks
and sweets

MENTAL HEALTH

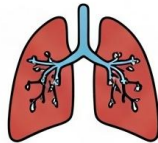
MINDFULNESS TECHNIQUES



MEDITATION



BREATHING



EXERCISES



JOURNALING



GRATITUDE PRACTICE

THERAPY



CONSULING



TALKK TO A THERAPIST



SELF-REFLECTION

SPORT & PHYSICAL ACTIVITY



RUNNING



YOGA



SPORTS



ENERGY

SOCIAL STABILITY & RELATIONSHIPS



FRIENDSHIPS



FRIENDSHIPS



SUPPORTIVE
TOGETHER

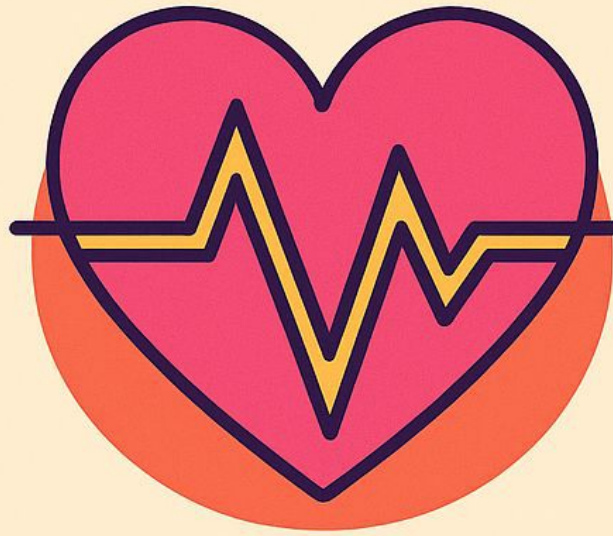


SUPPORTIVE COMMUNITIYS

Why are energy drinks dangerous for young people's health?



**High in sugar
and caffeine**



**Can raise heart rate
and blood pressure**

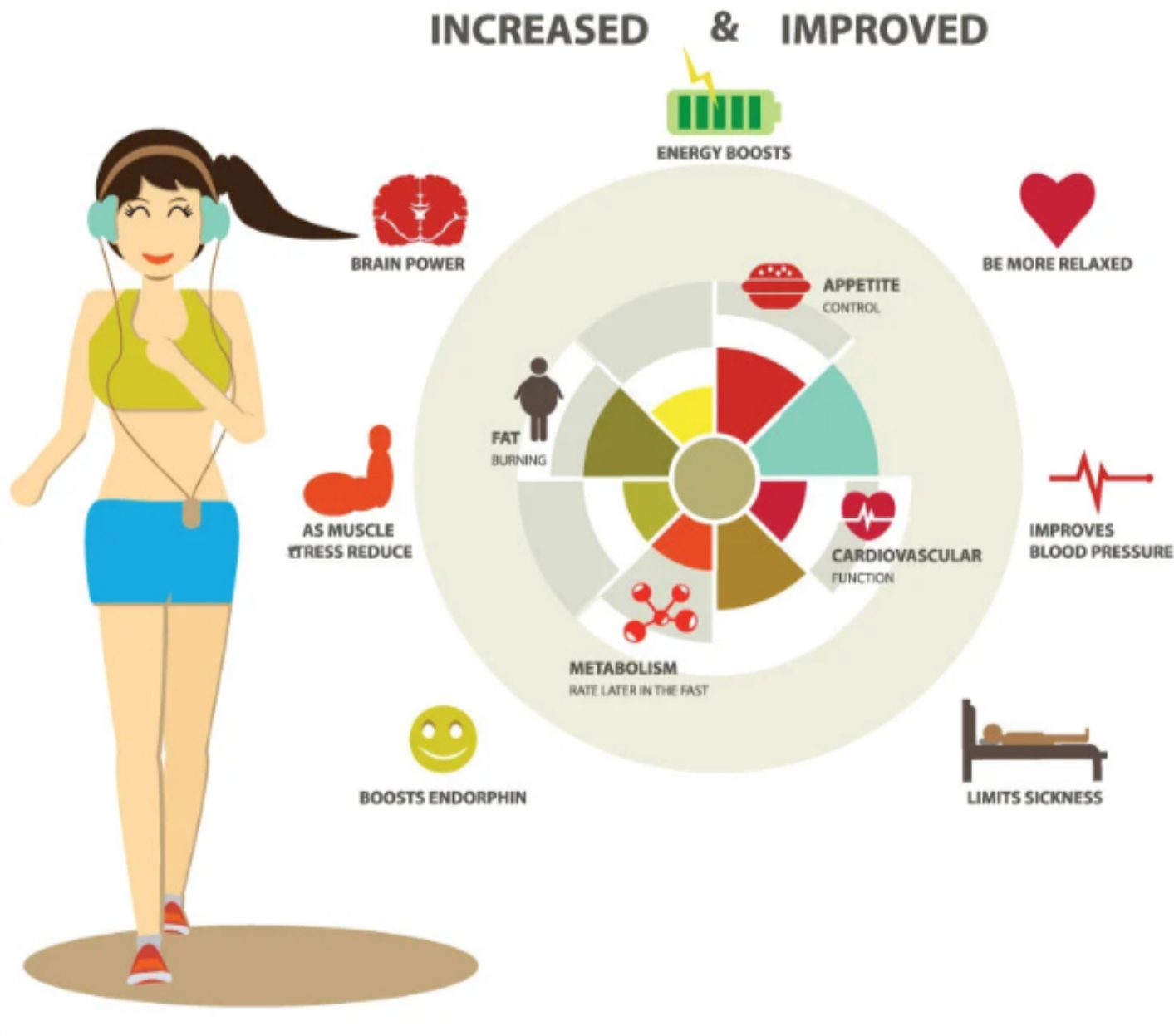


**May cause
sleep problems**



Harmful to developing brain

HEALTH BENEFITS OF EXERCISE



FRIENDSHIP & SOCIAL CONNECTION

HEALTH BENEFITS

MENTAL HEALTH BENEFITS



Emotional support



Happiness boost

Reduced risk of depression

PHYSICAL HEALTH BENEFITS



Stress regulation

Immune system boost

Longevity

COGNITIVE & BEHAVIORAL HEALTH



Healthier habits

Cognitive sharpness

A SENSE OF BELONGING AND PURPOSE

Feeling connected

Meaning, motivation



WHY IS HIKING BENEFICIAL FOR YOUNG PEOPLE'S HEALTH?



PHYSICAL HEALTH

improves fitness,
strengthens muscles



MENTAL HEALTH

reduces stress,
boosts mood



SOCIAL BENEFITS

fun with friends,
builds teamwork



WHY IS IT IMPORTANT TO UNDERSTAND AND EXPRESS YOUR EMOTIONS?



Build Self-Awareness

Knowing your emotions helps you understand yourself better.



Strengthen Relationships

Expressing feelings clearly creates trust and connection.



Reduce Stress

Sharing emotions prevents them from building up inside.



Make Better Decisions

Emotions guide your choices and help you respond wisely.

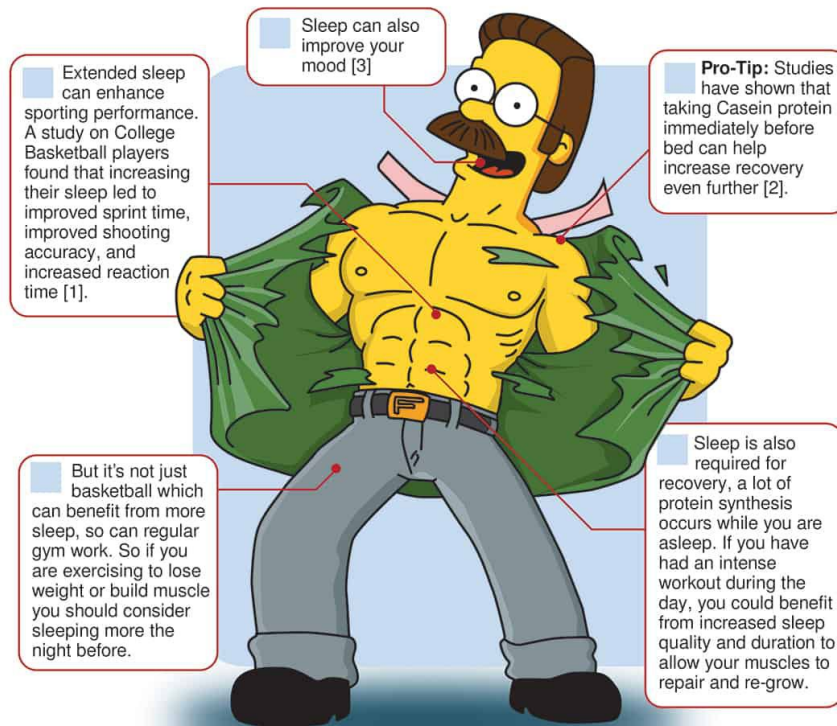


Improve Mental Health

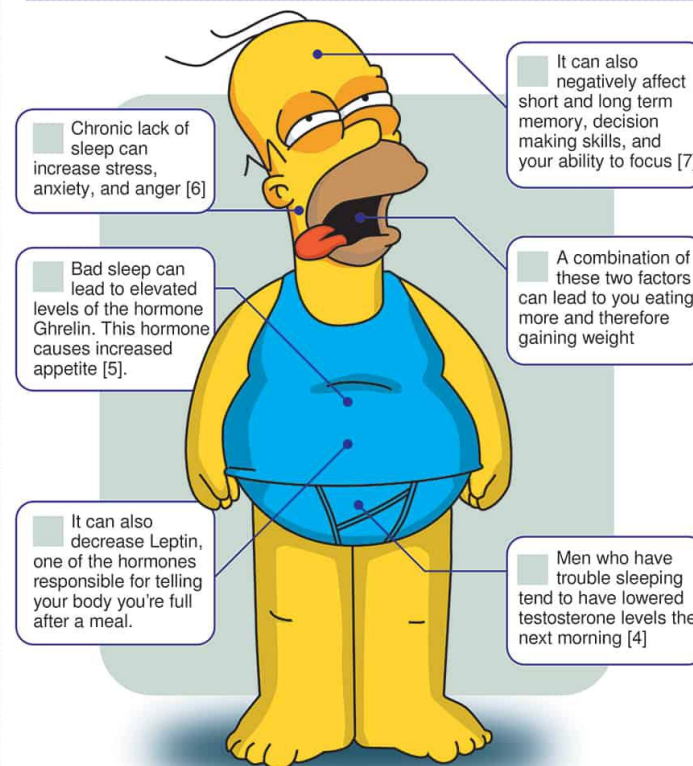
Healthy expression of emotions leads to balance and well-being.

TO SLEEP... OR NOT TO SLEEP

Benefits of a good night's sleep



Negatives of a bad night's sleep



How to have a good night's sleep



A study by Kredlow et al (2015) found that regular exercise can positively affect total sleep time, sleep efficiency, how quickly you fall asleep, and sleep quality [8].



Carlson & Garland (2005) found that mindfulness-based stress reduction (yoga, meditation, body awareness) helped lower stress which led to improved sleep. Try it before going to bed if you're having trouble sleeping due to stress [9].



Eating a diet that contains lots of fruit, vegetables, whole grains, and protein can improve sleep [10]. Making sure that your B vitamin levels are high are also important as they are needed to synthesise serotonin.



Sleep can be negatively affected by restricting calories [11]. If your diet is leading to bad sleep then it might be of more benefit to stop the diet than to continue.



Lose weight. Many studies have found that becoming leaner can improve your sleep quality.

References

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