

Self-Care

Healthy Eating

Eating regular, nutritionally balanced meals is important for maintaining energy and vitamin levels. What we eat and when we eat can effect our energy levels, blood sugar levels, and general mood day to day, but also in the long term.

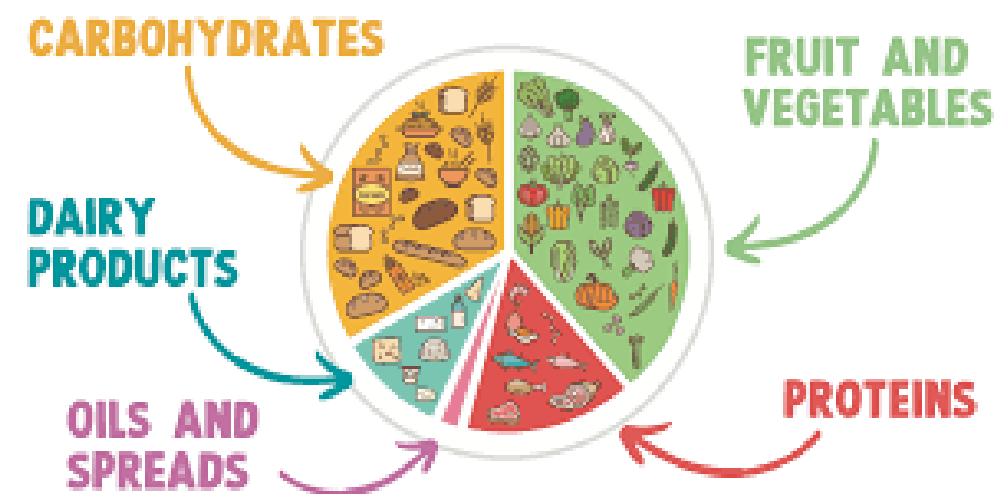
We need food to create and release “happy hormones” in the brain. Healthy eating should always be focussed on what foods are good to eat, nourishment and enjoyment rather than being restrictive or labelling foods as “good” or “bad”.

www.nutrition.org.uk/nutrition-for/teenagers/

Top tips:

- Eat breakfast to prevent a blood sugar crash later in the morning and soak up cortisol (a stress hormone)
- Try to eat as many different coloured fruit and veg each day/week

Mental HEALTH



Sleep

Good quality, regular sleep is vital for our physical health and mental health, as well as concentration levels and memory.

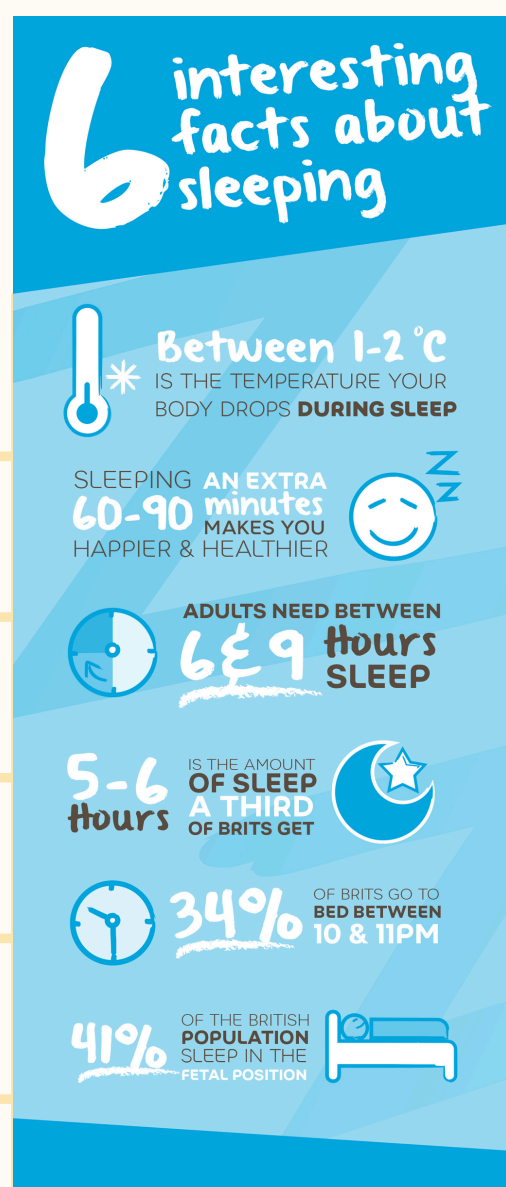
Four pillars of good sleep:

1. Environment (light/dark, temperature, comfort, silence/noise)
2. Lifestyle (caffeine, physical activity, screen time, diet)
3. Health (illness or injury)
4. Attitude (stress, mental health, relaxation)

www.mentalhealth.org.uk/explore-mental-health/publications/how-sleep-better

Top tip:

Maintaining a good bedtime and sleep routine is the best way to improve amount of, and quality of sleep.



Physical Exercise

Regular exercise has lots of health benefits for children and young people, such as:

- improving fitness.
- providing an opportunity to socialise.
- increasing concentration.
- improving academic scores.
- building a stronger heart, bones and healthier muscles.
- encouraging healthy growth and development.
- improving self-esteem.

Children and young people aged 5-18 can aim for 20-60 minutes of moderate exercise each day across the week to achieve these benefits (depending on health & existing disabilities).

Top tip:

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

For more information or support with any of the issues on this fact sheet, visit your GP or request a school nurse referral.

www.nhs.uk/live-well