



Well-being  
... what's it  
all about?



It's all about  
**YOU** being  
the best you  
can be.



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can be.



4 Simple Steps to Wellness:



A Healthy Diet




Regular Exercise



Relaxation



Plenty of Rest



BE POSITIVE  
BE PATIENT  
BE PERSISTENT

While you **sleep** your brain processes the day and your body has a chance to heal itself. Sleep is important for the health of your heart, your brain. It helps you to concentrate and can even mean you're more creative. SO ... avoid 'blue' screens from tablets and phones and caffeine before sleep.



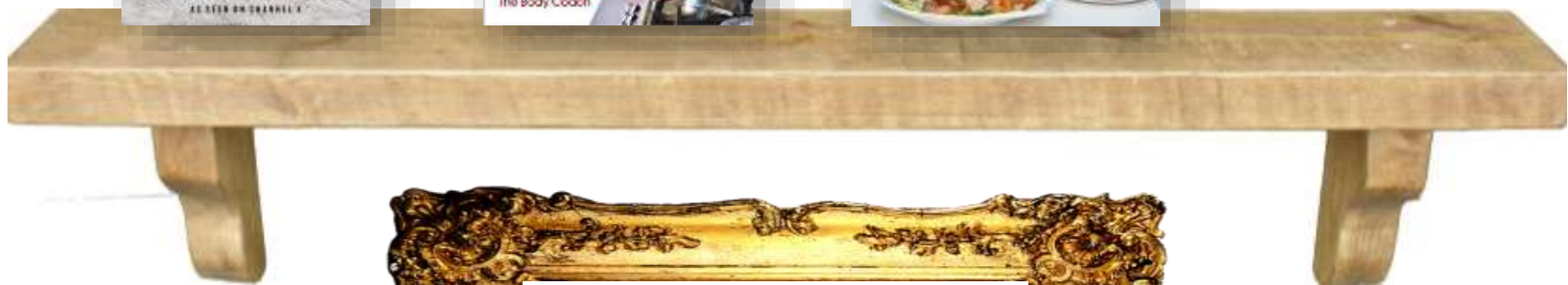
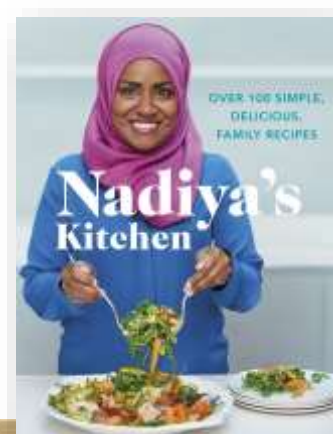
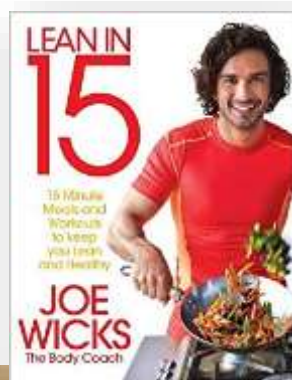
Sleep is vital;  
ideally  
**8 HOURS**  
per night ...

# Create a sleep zone and a bed time routine (no matter how old you are!)

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## BEST TIMES TO EAT

### BREAKFAST



Ideal time: 7-8 am  
Don't have it later than: 10 am  
Must remember: Eat within 30 mins of waking up

### LUNCH



Ideal time: 12:30-2 pm  
Don't have it later than: 4 pm  
Must remember: An ideal time gap between breakfast and lunch is 4 hrs

### DINNER



Ideal time: 6-9 pm  
Don't have it later than: 10 pm  
Must remember: The meal should be at least 3 hrs before you sleep



It's fine to treat yourself to something sweet or crispy but it should be a *treat*, not every day!

Your physical health is important;  
the food and drink you put in  
your body is important but so is  
how much you move.

**Exercise is vital.**

Try out lots of different activities  
until you find something that suits  
you and that you enjoy.

You might need a team behind  
you, or you might prefer to  
exercise alone which gives you  
some personal space.





# PRE SHOWER WORK OUT!



30 JUMPING JACKS

5 PUSH UPS



20 SQUATS



10 BURPEES



FINISH IN UNDER 2 MINUTES FOR MAXIMUM IMPACT.




It doesn't have to take long to stay active. A brisk 10 minute walk every day is enough.



Being a teenager (or almost a teenager) can be really stressful and unsettling and life can throw a lot at you, which can be hard to handle. We are here to help you, whether you just need a chat or if you need more support. All you need to do is ask for help if you need it.

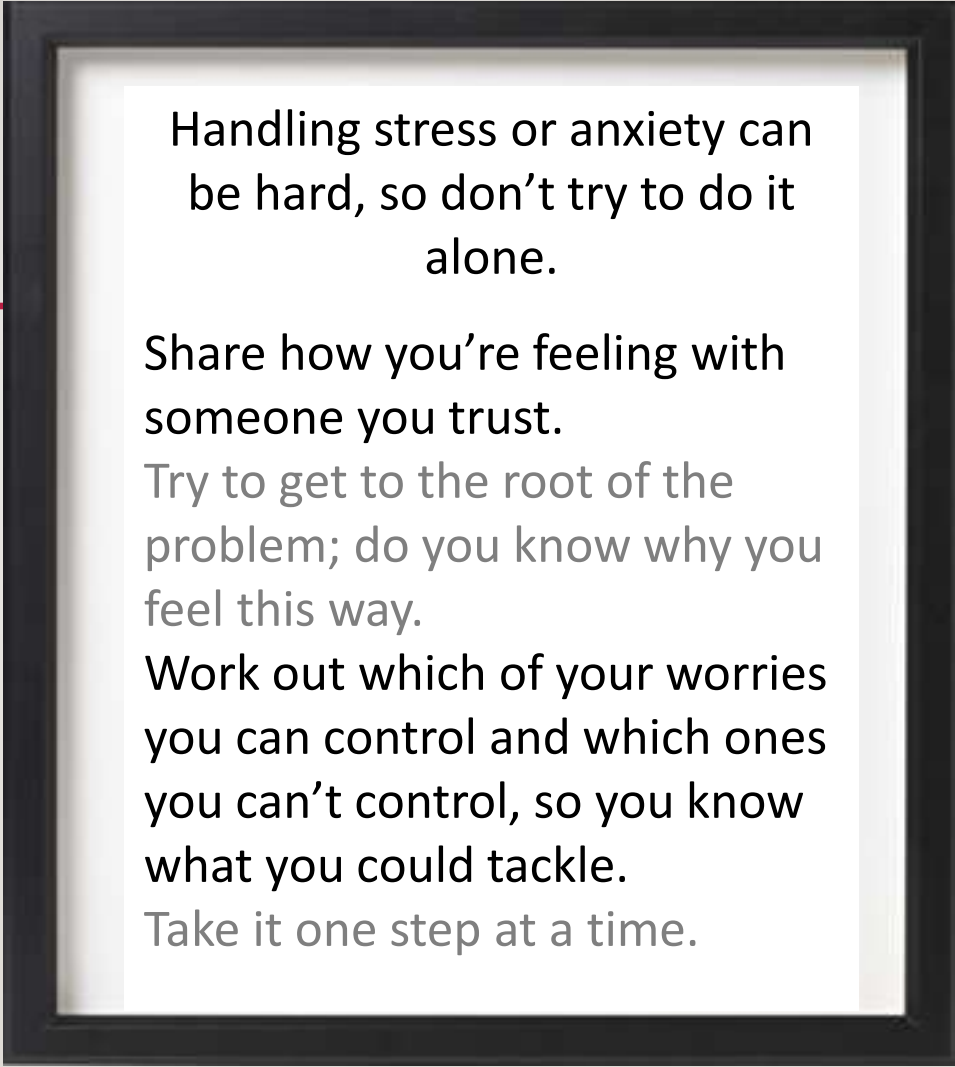




The first  
step is to  
talk about  
anxiety.



One day  
at a time.  
One moment  
at a time.



Handling stress or anxiety can  
be hard, so don't try to do it  
alone.

Share how you're feeling with  
someone you trust.

Try to get to the root of the  
problem; do you know why you  
feel this way.

Work out which of your worries  
you can control and which ones  
you can't control, so you know  
what you could tackle.

Take it one step at a time.



Learning to really relax will help you sleep better, handle the stresses of every day life and help you prepare for the day ahead.



### **Quick ways to relax ...**

- Close your eyes and take 10 relaxing breaths (or 3 deep breaths if you're in a hurry).
- Do something you enjoy.
- Talk to someone who makes you feel good.
- 10 minutes of exercise.
- Have a soak in the bath.
- Find some peace and quiet.
- Go outside, enjoy nature.

