

# Staying Healthy

*From the Wellness Center*

## OVERVIEW & PURPOSE

Staying healthy can look very different for each individual. However, a general guideline for good health is to eat well, stay active, get enough sleep and enjoy life's moments. Sometimes, this is easier said than done. For teens, staying healthy starts with finding a balance in life. The teen brain is developing and will continue to mature throughout the teen years; it can change, adapt and respond to its environment. Because of this, the brain is very vulnerable during this time. Mental disorders can emerge and stress can result in anxiety and depression. However, even though the teen brain is vulnerable, it is also resilient. Most teens develop coping strategies and some changes/stress/etc are important for this phase of brain development.

<https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know/index.shtml>

## Some Ideas To Think About

- Teens need 9-10 hours of sleep
- Here is a great article on teen sleep:  
<https://childmind.org/guide/parents-guide-to-teenagers-and-sleep/>
- Look forward not back, shift thoughts to future goals. Try to let go of what has been lost during this time.
- Enjoy the small things, be mindful of positive feelings and thoughts, and take time to reflect.

## Articles

*Short Read:* Teen Depression Symptoms

<https://childmind.org/article/what-are-the-symptoms-of-depression-in-teenagers/>

*Longer Read:* How to Talk About Mental Health Issues: When teens are struggling, speaking up can be hard, but reaching out is the first step to feeling better.

<https://childmind.org/article/talk-mental-health-issues/>

\*\*If you have any questions please call the Wellness Center at (530) 280-2009.

