



YOUR LOVE RARA'S

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# HEALTHY HABITS TO BOOST YOUR MIND

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2021

# YOU LOVE TO SLEEP

Did you know teenagers need 8-10 hours of sleep per 24 hours?

Here are some ways to make sleep habits to support you:

- Have a sleeping schedule- This means going to bed at the same time each night and getting up at the same time each morning.
- Limit screen time at night- Stop using electronic devices 30 minutes before bed. You can set up screen time limits on your phone. When going to sleep make sure all devices are put away where you can't see them.

# YOU LOVE TO GO OUTSIDE

## **Nature**

Did you know that simply looking at the colour green can help you feel better? One study found that by looking at nature your brain works better as it associates the colour green with happiness calmness and comfort.

## **Exercise**

Going outside is a great way to encourage exercise, whether is going for a run, play in the park or simply a walk. If your body is healthy, there are high chances that your mind set will improve. Aim to do 10,000 per day

# YOU LOVE TO LEARN SOMETHING NEW

Research has proven that by learning new skills, you are boosting self confidence and raising your self esteem.

Some of the things you could try include:

- new hobby
- new responsibility at work/school
- DIY project
- try signing up to a new course
- cook something new

# YOU LOVE TO JOURNAL

- Journaling can help improve improve your mood by helping you prioritise fears, problems and concerns.
- Journaling does not only boost your memory but it also increases your working memory.
- Too much stress can be damaging to your physical, mental, and emotional health. It's proven journaling is a great stress management tool and a good-for-you habit that lessens impact of physical stressors on your health. In fact, a study showed that expressive writing for only 15 to 20 minutes a day three to five times over the course of a four-month period was enough to astressful experiences can help you manage them in a healthy way.

# YOU LOVE TO CELEBRATE YOUR SMALL WINS OF THE WEEK

Think about everything you have learnt and achieved this week, and celebrate it!

You deserve it

You can forget about the negative events of your week, they don't matter anymore.