

PL - TREAT PHYSICAL ILLNESS: Go to the doctor when necessary and take prescribed medications.

E - BALANCE EATING: Maintain a healthy and balanced diet.

What are some ways you can eat healthy?

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A - AVOID HARMFUL ACTIVITIES: Do not engage in activities or behaviors which can negatively impact your mood or cause you harm. For example, if you notice you consistently get mad when playing a certain game this may be an activity which is better to avoid. It is also important to keep your body safe, i.e. do not engage in risky behaviors such as riding a bike without a helmet.

S - BALANCE SLEEP: Practice healthy sleep practices. (See Sleep Tips Handout)

- Ages 6-13 should get 9-11 hours of sleep per night
- Ages 14-17 should get 8-10 hours of sleep per night

E - EXERCISE releases endorphins in your brain, a hormone which makes you feel happy. Exercise can also help you work on your skill of building mastery! It is important to balance exercise, however, since too much exercise can overexert your body. It is important to exercise safely.

- Taking a walk
- Practicing a sport - like hockey
- Jumping Rope
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