Self-Care Tips for Teens

From: Mrs. Lecrenski

1

Maintain a regular sleep schedule

Try your best to get at least 7-8 hours of sleep per night.

Your brain needs time to relax, recharge and regain energy.

Studies show that sleeping more actually leads to better school performance, so let's try not to pull all-nighters just because we aren't in school!

2

Remember to eat and drink water

Drinking enough water (8 glasses per day) and eating balanced meals is important for your body to function properly.

Try to eat your protein, carbs, vegetable and vitamins before you dive into that pint of ice cream.

Your brain will be more stressed if you are not eating properly.

3

Take breaks

Your study sessions are not a race. You get no points for sitting with books for 10 hours straight. If anything, your brain with get burnt out and you won't be able to take in any additional information.

Take some time to step away from your assignments for a half hour and relax.

Try an activity that recharges and refreshes your mind.

4

Spend some time outside every day or exercise

Don't spend all day cooped up in your room or your house. For a change of scenery, consider stepping outside, whether it's to help your caretaker unload the groceries from the car, or taking a walk around the block.

Going outside and exercising are not only good for your physical health, they have excellent benefits for your brain function and mental health.

5

Make time for your friends and family
Staying socially connected through this time is extremely important, especially when you are not seeing your friends at school every day.
Send each other funny memes, text your friends to tell them you are thinking about them, video chat, and utilize social media to remain connected.
This will reduce feelings of loneliness and improve your overall emotional health.