  **Getting a good night’s sleep (teenagers need between eight and 10 hours sleep every night)**

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| **WHY** | **HOW** | **MY PLAN** |
| Sleep deprivation – impacts mental wellbeing, low mood, anxiety, low self-esteem and academic performance at school – concentration difficulties, lack of enthusiasm, slower physical reflexes, poor decision making, poor diet choices … | Establish a relaxing bed-time routine – keep the same routine for at least four weeks – learn some relaxation techniquesStay active during the day so that you are more physically tired at nightSet up a regular wake-up time Try keeping a to-do list – jot things down before you go to bed, to avoid staying awake thinking about thingsPut screen based devices away an hour before bed-time – you’ll gain an extra 21 minutes sleep a night  |  |
|   **Limiting your screen time** **(no magic number – 2-2.5 hours a day – comes back to purpose)** |
| **WHY** | **HOW** | **MY PLAN** |
| General health and wellbeingHeadaches, eye-strain, sleep disturbanceObsession with screen use – might this be procrastination?Decline in academic performance and failure to complete school work  | Avoid media multitasking Establish screen-time limitsExamine screen-time use: purpose, time spent and why  |  |
| ***Eat right….*****There are seven nutrition groups found in the food we eat, these are:*** Carbohydrates.
* Proteins.
* Fat.
* Fibre.
* Vitamins.
* Minerals.
* Water.
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| **WHY** | **HOW** | **MY PLAN** |
| Growth and developmentEnergy | Eat mainly from the core food groups Three regular meals a day – breakfast!!!!Healthy snacks and keep up the water! |  |
|  **Physical activity - recommended 60 minutes a day (three times a week)** |
| **WHY** | **HOW** | **MY PLAN** |
| develop healthy musculoskeletal tissues (i.e. bones, muscles and joints);develop a healthy cardiovascular system (i.e. heart and lungs);develop neuromuscular awareness (i.e. coordination and movement control);maintain a healthy body weightpsychological and social benefits | Put down your phone!Walk or run with a friendJoin a social sporting groupPlan for daily exercise routines that you can do at homeDance, dance, dance like there’s’ nobody watching! |  |