

RECIPE FOR WELLNESS

Have Healthy Relationships

- People in healthy relationships R THERE for each other (Respect, Trust, Honesty, Equal, Responsibility, Effort)

Get Enough Sleep

- 8-10 hours for teens
- Reduce screen time around an hour before bed
- Include some "wind-down" time before bed

Connect with Others

- Spend time with people you enjoy being with
- Talk with trust adults about your emotions

Be Active

- Move your body 60 minutes every day
- Find a way to be active that you enjoy!

Eat Well

- Variety of nutritional foods
- Balanced

Find Ways to Relax

- Do things that make you happy!
- Take a break from social media

RECIPE NOT WORKING?

Sometimes we do all these things and still don't feel right.

It is important to reach out and lean on the trusted people in our lives. There are a lot of people who want to help you be your happy and healthiest self, including myHealth! We are here for you and have wonderful counselors and nurses that are here to talk.

WE ARE HERE TO HELP myHealth for Teens & Young Adults

952-474-3251

15 8th Ave S, Hopkins, MN

National Suicide Prevention Lifeline

In crisis? If you or someone you know is in crisis now, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24-hour crisis center. <https://suicidepreventionlifeline.org/>

myHealth
For Teens & Young Adults