

Hobbies/Interests

Our lives can sometimes feel very stressed and 100mph. It is important we find a balance and enjoy things that give us satisfaction such as a hobby. By doing something we enjoy this will:

- Build confidence
- Improve our self-esteem
- Reduce stress
- Promote our personal growth
- Help us switch off from day to day pressures

Learn New Skills

Why learn something new?

Learning something new can be fun. New experiences broaden the mind and can give you a sense of achievement and satisfaction as well as broaden your knowledge. Longer term, these new skills may result in doing things quicker and easier saving you time, energy money and stress. Furthermore, it may result in earning more money with transferable skills learnt.

Did you know?

The white matter in your brain is called myelin. The more you practice a new skill, the denser the myelin becomes, which helps you learn even more!

Connect

Spending time with friends, family and the wider community are important and can help build broader and stronger connections in your life thus increasing feelings of happiness and self-worth. These connections give us a greater sense of purpose. Giving to others is proven to bring satisfaction. This could be simply calling or visiting a friend and asking how their day has been, being kind and complimenting friends/family members or arranging a day out with a friend.

TOP TIP

Switch off the TV tonight and call or visit a friend. They may really appreciate and need the support and company as much as you do.

Accept your emotions

We tend to ignore, deny and sweep under the carpet our emotions. Some people spend more energy on avoiding emotions than actually feeling them. The key is allowing yourself to feel your feelings. When you feel safe enough to let your guard down, whether that be alone or someone you trust, you can focus on the situation, fully experience the feelings and may be able to better understand why you feel that way and want to do something about the situation.

Don't be afraid to ask for help and talk about your feelings 😊

Health and Well-Being

Overview

This pamphlet is designed to educate you with **top tips to improve your health and well-being**. It is important to remember good health is about the mind as well as the body – feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life. Staying in good health is important to all of us and can become particularly important in later life. Sometimes it can be difficult to find the motivation, time, and energy to make changes to our lives, however a bit of effort can make a big difference and pay off in many ways.



**ST MARY'S
COLLEGE**

Exercise

Young people should aim to accumulate 60 minutes of moderate to vigorous exercise daily. Moderate exercise could involve a brisk walk or riding a bike to school where as vigorous activity would include running, playing sports such as football, netball and swimming. As a minimum for the week you should aim to complete 150 minutes of moderate activity or 75 minutes of vigorous activity. Benefits to exercising daily include:

- It can make you feel happier
- Helps with weight loss
- Strengthens bones and muscles
- Increased energy levels
- Reduces risk of chronic disease
- Stimulates your brain
- Helps your quality of sleep

Not only does exercise have many physical benefits but psychological and social benefits such as improved self-esteem, reduced low emotions, meet new/existing friends and a chance to escape the pressures of day to day life.

At St Mary's we have lots of opportunities to take part in sport and exercise. Speak with your head of year or Mr Ezard to find out how to get involved.

TOP TIPS

1. Set small, achievable daily exercise goals such as walking home in a set time or going to the gym.
2. Exercise with a friend

Sleep

Why is sleep so important?

For young people sleep is vitally important for many reasons and the importance of sleep should not be underestimated. Throughout each day our brain consumes constant information, makes constant decisions and it keeps us alive and functioning. During sleep our brain is still working but not as hard as when we are awake and it is during the sleep process that our brain cements all the information gathered. A lack of sleep could mean that you don't take in everything, don't remember daily things and struggle to control emotions.

Did you know you grow during the sleep process?

Sleep encourages the body to develop and muscles and bones to lengthen, it is whilst we are asleep that the growth hormone can be released, this tends to be dormant when we are awake. In fact, sleep helps balance every single hormone in the body. This growth hormone isn't just about height, it affects bone density and muscle mass. While the growth hormones get a boost, the hormone that makes us feel hungry is subsided. We don't eat as much when asleep – and not just because our bodies are resting. There isn't the need to eat. In fact, when you get enough sleep on a night, you don't feel the need to eat as much throughout the day.

So how many hours of sleep should I get?

A young person aged 12-18 should aim for 9 hours sleep per night

Daily Exercise Log

List your daily exercise below, remember this might include activities such as biking to school, going to the gym or playing a sport

Monday:Minutes
Tuesday:Minutes
Wednesday:Minutes
Thursday:Minutes
Friday:Minutes
Weekend:Minutes

TOTAL FOR THE WEEK:hours

Daily Sleep Log

List how many hours of sleep you get each night. For accurate results check what time you are about to sleep and set an alarm. Rate the quality of your sleep in the scale with 1 star being poor and 5 excellent

Monday: Hours ☆☆☆☆☆
Tuesday: Hours ☆☆☆☆☆
Wednesday: Hours ☆☆☆☆☆
Thursday: Hours ☆☆☆☆☆
Friday: Hours ☆☆☆☆☆
Saturday: Hours ☆☆☆☆☆
Sunday: Hours ☆☆☆☆☆
TOTAL: hours