



**Self-Care is critical to maintain physical and mental health**

**S=Healthy Sleep**

**E=Eating Healthy**

**L=Light (Vitamin D**

**F=Fun**

**I=Interaction (Social)**

**E=Exercise**

**Sleep**



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- Sleep is the **Brains Hygiene**, it rids the brain of waste and toxins
  - Sleep 9-10 hours per night. Optimal 9.25 hours for teens
  - Only 15% of teens get 8-10 hours of sleep at night
  - 1 in 5 teens get fewer than 5 hours of sleep per night
  - Blue light from screen viewing releases dopamine and keeps you awake
  - Sleep and mood are intimately connected. When sleep deprivation continues for days or weeks at a time, it can interfere with our ability to think clearly. Disrupted sleep is one of the most potent triggers of depression.

### Sleep Quiz:

- Do you need an alarm clock to wake up in the mornings?
- Do you sleep longer and better on weekends?
- Do you have trouble getting out of bed in the morning?
- Do you feel tired during the day?
- Do you have bags or dark circles under your eyes?
- Do you doze off while sitting in a public place, such as a movie theatre or class?
- Do you have trouble concentrating?
- Do you have early morning headaches?

### Action Plan for better sleep:

- Turn off your phone, TV, computer or tablet 1 hour before sleep time
- Keep bedroom quiet, cool and pitch black
- If you have a night shift mode on your phone, it will change the blue light to a yellow light
- Condition your brain and body for sleep
  - Practice healthy bedtime rituals such as showering or reading
  - Don't do other things in your bed except sleep (homework, reading, watching tv, texting)
- Go to bed and wake up at the same time every day, including weekends
- Avoid caffeine and other stimulants after 2 pm
- Turn down thermostat at night
- Avoid taking problems to bed with you
- Use sleep meditations (can be found free online)
- Quiet your mind.
  - Replace scenes from a favorite movie in your head

- Visualize a relaxing scene
- Use progressive muscle relaxation or body scan
- Talk things through with a trusted individual
- Write down your thoughts
- Fill your mind with explicitly positive images
- Practice gratitude
- Get adequate exercise. Exercise should be done at least 2 hours before bedtime
- Don't try to fall asleep.

## **10 Healthy Sleep Habits**

#1 Use the bed ONLY for sleep  
-Avoid doing homework, reading, watching TV.

#2 Get up at the same time every day  
-Even on the weekends

#3 Avoid Napping



#4 Avoid Bright Light at Night  
-Turn your phone to night shift, or put it away 1 hour before bed

#5 Avoid Caffeine and Other Stimulants  
-Especially after 2 pm

#6 Keep the same bedtime every night  
-Maintaining a routine will train your body for sleep

#7 Keep bedroom quiet, cool, & pitch black  
-Turn down the thermostat or get a fan

#8 Avoid taking your problems to bed  
-Quiet your mind; meditate, listen to music, body scan  
These can be found FREE online

#9 Don't try to fall asleep  
-Once you stop worrying about how long it takes to fall asleep, you'll drift off

#10 Get adequate exercise  
-At least 2 hours before bed. Exercising too close to bedtime will create wakefulness

## **Eating Healthy**



## Omega-3s Can Fight Depression and Anxiety

- Increases energy levels
- Improves overall health and well-being
- Your brain is 60% fat, so fat molecules play a crucial role in construction of brain cells.
- Omega 3 fatty acids\* are critical building blocks for brain structure and function
- Omega-3s can easily travel through the brain cell membrane and interact with mood-related molecules inside the brain.
- They also have anti-inflammatory actions that may help relieve depression.
- Sources of Omega 3's:
  - Nuts, Wild game, Fish, Seeds, Leafy vegetables

## Other Healthy Eating Tips

- Try to limit foods like cookies, candy, frozen desserts, chips, and fries, which often have a lot of sugar, unhealthy fat, and salt.
- For a quick snack, try recharging with a pear, apple, or banana; baby carrots;
- Don't add sugar to your food and drinks.
- Drink fat-free or low-fat milk and avoid sugary drinks. Soda, energy drinks, sweet tea, and some juices have added sugars, a source of extra calories.

**YOUR BRAIN NEEDS OMEGA-3s**

- Your brain needs omega-3s throughout your life.
- DHA is the most abundant omega-3 fatty acid in the brain, but you must replenish the supply.
- Eating at least two servings of fatty fish per week or taking a daily omega-3 dietary supplement can literally provide "food for thought."

**DHA is important for pregnant and nursing women, as well as infants, to ensure healthy brain development.**

**EPA and DHA are important in childhood because the brain continues to develop into adulthood.**

**Evidence suggests that consumption of omega-3s may support cognitive performance in adults.**

EPA & DHA are the most important omega-3s in your diet - and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.

**Omega-3s**  
Always a good look for your brain

## Light (Vitamin D)



## **Your body can produce its own Vitamin D from sunlight?**

Vitamin D is important in maintain overall health, including strong and healthy bones and teeth. It is also a key component in muscle, heart, lungs, and brain function. It also helps the body fight infection.

- The brain gauges the amount of light you get each day and it uses that information to reset your body clock. Without enough light exposure, the body clock eventually gets out of sync. When that happens, it throws off important circadian rhythms that regulate energy, sleep, appetite and hormone levels. A half hour of sunlight every day is enough to reset your body clock.
- Vitamin D gets activated in your body 10-15 minutes per day.
- Unlocks hundreds of genes that control functioning. Brain cells, heart, bones, nerves and blood vessels. It's a hormone.
- Because you must have your eyes closed or protected in a tanning bed, you don't get enough light exposure to absorb Vitamin D.
- If you are unable to get the daily allowance of Vitamin D, there are supplements available.



**Go Outside!**





## Interaction



- Face to face interaction and physical touch releases a neurochemical called oxytocin.
  - **Oxytocin** is primarily associated with loving touch and close relationships. This hormone provides a multiple whammy of warm fuzzies, by stimulating dopamine and serotonin, while reducing anxiety.
- Creates love, bonding and connection.
- Boosts serotonin (happy neurochemical).
  - **Serotonin** is an important chemical and neurotransmitter in the human body. It is believed to help regulate mood and social behavior, appetite and digestion, sleep, and memory
- Regulates mood
- In order to maintain healthy oxytocin levels everyone needs 8, 8 second hugs per day

### For better interaction:

- Decrease technology time as it increases social isolation
- Find a support. Remember, relationships matter
- Social connection
  - Make real friends, not online friends
  - Join a team, club, or group
  - Set healthy boundaries
  - Pet an animal (increases oxytocin)
  - Healthy hugs
  - Family dinner conversation (each family member tells their highs and lows for the day)
  - <https://parentsempowered.org/>
  - Take a break from social media



Contact (who would you talk to)?	How comfortable are you talking to them (1-10)?	How Available Are they? (1-10)




## Exercise



- Regular exercise helps the body remain youthful
- Exercise is medicine, one that affects the brain more than any other drug
- Helps you look and feel good
- Boosts your immune system
- Releases endorphins & stimulates brain chemicals
- 30 minutes of brisk walking 3 times a week promotes good mental health & combats depression
- Examples: walking, biking, jogging, weight lifting, swimming, hiking, yoga, paddle-boarding
- Exercise makes positive changes in the brain
- Exercise leads to increased energy which leads to a better mood with leads to greater social activity which leads to more exercise.
- How to make it enjoyable
  - Make is social. Engage a friend
  - Work out to music
  - Exercise games (DDR)
  - Get outside
  - Make it purposeful (have a goal)
  - Include chores, vacuuming, gardening, mowing the lawn

### Quiz:

- How much physical activity do you get per week?
- Who can you exercise with?
- What kinds of physical activity do you enjoy?
- What are the benefits of exercise?

### Action Plan:

- Set aside an hour

- Create a routine
- Space things out (every other day)
- Exercise no later than 2 hours before bedtime
- Create a plan. Use technology to monitor
- Create a jar of fun exercise options and draw one each week/day

### **My Exercise Plan- 30 Minutes Per Day**

Exercise	Buddy
When, How Much, Where	Purpose



Create a Personal Self-Care Plan

Be Creative

Combine Self-Care Activities

Make it Fun



### Works Cited

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