

You should be getting more sleep!



But HOW?

Do you ever hear people saying that you should be getting more sleep? But are you ever really told how to do this? Personally, I find this really frustrating, so I've written some tips below that I use to get a good night's sleep.

Getting more sleep is a great way of maintaining a healthy relationship with yourself and your mental health!

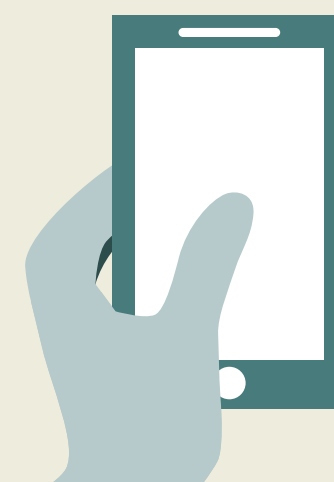
My top tips for getting a good night's sleep:

I know it can be hard, especially if you do lots of sports or clubs in the evenings, but try and get to sleep at the same time each night. If you do this, you can have better and longer night's sleep. But don't worry if you can't manage it every night!



Try not to eat or drink an hour before sleeping. I'm not very good at doing this - sometimes a late night snack is too tempting! But, if you can resist the urge, you'll get a better quality night sleep as your body won't be working on digestion.

Lots of people say we shouldn't go on our phones before bed. This is because the blue light from our screens wakes our brains up. But I know this isn't always realistic for me! So, when I am using my phone before bed, I always use a blue light filter.



Try and avoid stressful things an hour before bed. One thing I used to find was that doing schoolwork before bed would make it harder to sleep. So, ditch the work, and listen to some music, watch TV, or read a book instead!



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You should be eating well!



But HOW?

Do you ever hear people saying that we have to eat well from a young age? I've never actually been sure how to do this without using negative words like 'dieting' and 'healthy and unhealthy foods.' So, I've written some tips below that I use to try and eat well.

Eating well is a great way of maintaining a healthy relationship with yourself and your mental health!

My top tips for eating well:

Eating lots of different foods helps our bodies stay energised and keeps us feeling good. But I know this can be difficult if we aren't making our own meals or only have a few things to choose from. I try to eat just one or two different types of food each day where I can - every little change helps when we're young.



Try not to worry every time you eat chocolate, sweets, or other things that contain lots of sugar. Small amounts are ok, as long as we balance them out with healthier foods. I always remind myself - all food is good, because it gives me energy!

What we eat is linked to how we feel, mentally and physically. So, I always try to eat foods that taste good but also give me lots of energy, like bananas and cinnamon. That way, I can make the most of my day!



Try not to eat and drink certain things after lunchtime, because they can affect the chemicals in our brains and make it harder to relax and sleep later in the day. After lunch, I always try not to drink caffeine, for example, which is in coffee and energy drinks.



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You should be exercising!



But HOW?

Do you ever hear people saying that we should be exercising more? We have PE and sports lessons from a young age, but we're never really told how to get the most out of our exercise. Even if we do know how to, it's hard to get out and do it without needing a parent or adult to come with us. So, I've written some tips below that I use to try and exercise well.

Exercising is a great way of maintaining a healthy relationship with yourself and your mental health!

My top tips for exercising well:

A really good opportunity to exercise is at lunchtime at school. You don't have to worry about getting an adult involved, as there are already teachers on duty. You can do whatever activity you want; all exercise is good exercise!



Another great way to get active is through exercise videos. This is my personal favourite, because you can do it whenever you want, without needing an adult to take part with you. Joe Wicks does some really good videos for young people - they get your heart rate up and blood pumping which is perfect for a small workout!

If you fancy getting some fresh air while you workout, asking an adult to take you on a walk, jog, or bike ride is a great way to get moving. It doesn't matter how far you go, or how long you workout for - any opportunity to get moving is good! Remember; all exercise is good exercise!



Some people find it hard to exercise, and that's ok! A really good thing to aim for is getting some movement every hour. This can be something as simple as getting up to fill up your water bottle, or even going to the toilet!



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You need to manage your feelings!



But HOW?

Do you ever find it hard to understand how you're feeling? We're told from a very young age that we need to learn how to manage our feelings - but what does that really mean? Personally, in the past I've struggled to understand my feelings or what to do when I feel down. So, I've written some tips below that I use to try and understand and manage my feelings.

Understanding your feelings is a great way of maintaining a healthy relationship with yourself and your mental health!

My top tips for understanding your feelings:

Sometimes, to try and manage your feelings it can be important to understand what you are feeling. It can be hard, and sometimes scary to figure out what you are feeling- so if you are struggling to do this it's ok!



A great way of managing our feelings is by understanding what helps us feel calm. This is usually different for everyone, and that's okay - as long as it works for you! I try to do things like reading or watching my favourite TV show.

Talking to someone is another a great way to help manage our feelings. I try to find someone I trust and feel comfortable around, and I always remember: talking about our feelings isn't a sign of weakness; it's part of looking after ourselves!



Getting out in nature can have a really calming effect on our minds. Research has shown that going for a walk is a great way to de-stress and calm down. I try going for a walk if I've had a difficult day at school, or if somethings got me stressed!