TAKE CARE OF YOU +

Boost Your School Performance

Exercising, eating well, and getting enough rest will help you feel better overall, enjoy school more, and improve your ability to handle life's challenges.

AshleyClinic

Southeast Kansas Mental Health Center

YATES CENTER DENTAL

Regular Exercise

- *Improve your everyday life.*
  Exercise elevates mood, reduces stress, and increases energy levels.

- *Feel more alert and creative.*
  Increased blood flow to the brain, the release of endorphins, and an improved mood all contribute to enhanced creativity.

- *Make time for connection.*
  Getting outside, participating in sports, or simply going for a walk can create opportunities to meet new people.

Tip: Even 15 minutes walking between classes makes a difference!

A Healthy Diet

- *Don't skip meals.*
  Make sure to eat a nutritious breakfast every day. Skipping meals can lead to a lack of energy.

- *Remember food is fun and fuel.*
  Consider trying a new recipe for bean salad to bring to school, or making a smoothie on your way out the door.

- *Stay hydrated.*
  Avoid excessive amounts of caffeine, as it can lead to dehydration. Aim to drink at least 8 cups of water a day (64 to 88 oz).

Tip: Pack brain foods like nuts, fruit, or yogurt for easy snacks between classes.

Rest + Manage Stress

- *Get at least 7-9 hours of sleep.*
  Inadequate sleep can result in mood changes and a lowered resistance to illness.

- *Remember to take breaks.*
  Take short study breaks, especially when you feel stuck.

- *Find natural ways to unwind.*
  TSet aside time each day to relax, particularly before bedtime. Listen to music, read, or engage in activities you enjoy.

- *Talk it out.*
  If you are feeling overwhelmed or down, reach out to someone, such as a friend, teacher, or school-based therapist.

Tip: Try breathing exercises or guided meditations to help wind down before bed.