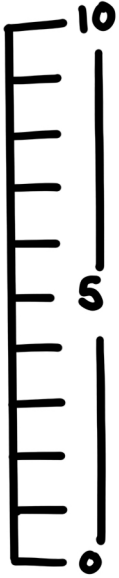




**YOUTH FOR CHRIST**

# HOW TO BE HEALTHY

Being healthy is about being in the best condition we can because it helps us to feel and be our best.



On a scale of 1-10, how would you rate your current level of health?

One way of thinking of your health is that you are made up of four parts. Heart, soul, mind and strength.

**Heart** = our emotional well-being  
**Soul** = the core of who we are and our identity  
**Mind** = our thinking, intelligence and mental health  
**Strength** = the energy to take on life

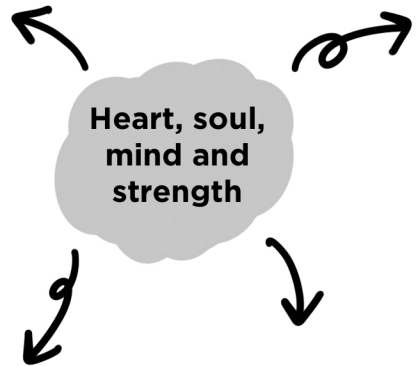
Use the mindmap below to write down some ideas of ways you could specifically look after your health in these areas.



Sometimes being healthy is about making healthy choices with our time. How do you usually spend each day?

What do you think it means to be healthy?

Why is it important to be healthy?



### Read the Bible?

Check out some of these passages - what do you think they mean for us and our health?

- Proverbs 14:30
- Jeremiah 30:17
- Proverbs 17:22
- Matthew 11:28
- 1 Kings 19:1-9

# HEALTHY BINGO

Why not try some of the suggestions below and log in when you've tried it?

<p>Fun - Mark out some time this week to do something simply because it brings you joy!</p>	<p>Rest - resting helps us reduce stress. Build in some time today to rest. No school work or rushing around. Let yourself stop.</p>	<p>Breathe - Slow deep breaths are a great way to still our bodies and minds, especially if we are feeling panicked or anxious. Have a go at breathing out slowly for the count of 4, hold your breath for 4, then breath out for 4. Repeat this a few times.</p>	<p>Sleep - It helps us to fight infections, restore energy and improves our memory. How could you improve your sleep quality? Think of things like making the room darker, making your bed comfortable and inviting, not going on screens right before sleeping.</p>
<p>Help others - this can bring a sense of satisfaction and calm. On slips of paper, write a few ideas of things you could do to help other people, pop them in a jar or box and pick one each day to do.</p>	<p>Spend time reflecting - this helps us to process things so that we feel less overwhelmed and more confident. Have a go at writing in a journal each day or praying each morning.</p>	<p>Exercise - exercise can help reduce the risk of diseases and reduce stress. Why not try a new physical activity this week? (Running, dancing etc.)</p>	<p>Limit screen - limiting screen time at least an hour before bed can help with better sleep. Create tech free times for yourself!</p>
<p>Water - drinking water can help improve focus, the condition of your skin, blood circulation, prevent headaches and so much more. Take a bottle of water with you this week. You could set a reminder on your phone to remind you too!</p>	<p>Gratitude - gratitude can help with being more content and improve our sleep quality. Before you sleep, think of 3 things from the day you are thankful for.</p>	<p>Hang with others - being with people (not online) can bring us joy, lower anxiety and help us to regulate our emotions. Arrange to meet up with some friends this week.</p>	<p>Get outside - being in the outdoors can help boost our energy. Set yourself a mini challenge to spend 10 minutes outside each day.</p>