

# HEALTHY BODIES, HEALTHY MINDS

## Mental Well-Being

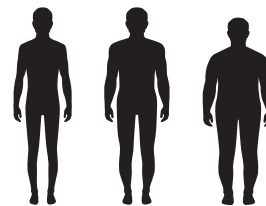


### Respect all bodies and focus on the positive qualities in yourself and others

- Making assumptions or judgements based on a person's shape or size may cause stigma and can have a negative impact on health and well-being.
- Focus on and celebrate everyone's gifts, talents and interests - including your own!
- Help to build spaces that are free from comments and actions that are critical of weight, shape, or size.

### Healthy bodies look different for different people

- Focus on health! Focusing on weight may take away from more important things. Instead focus on: eating well, being active, getting enough sleep, feeling good (body and mind), and listening to what your body is telling you (e.g., hungry, tired, stressed).
- Thin bodies can be unhealthy just as larger bodies can be healthy.



### Role model healthy living behaviours where you live, learn, work, and play



- Adults and peers are important role models that influence attitudes and behaviours about our bodies and health.
- Reflect on your own beliefs and attitudes about health such as, body size, eating, activity and how you feel about yourself.
- Focus on your own skills and talents rather than how you look.

### Be critical of media messages and food advertising

- Think about the purpose of the media message. Ask questions such as:
  - \* Are they trying to sell you something?
  - \* Are the images realistic? Is it too good to be true?
  - \* Is a celebrity promoting the message?
  - \* Is the information coming from an expert in the field (e.g., Registered Dietitian)?



### Get enough quality sleep



- Children need 10-13 hours a day of sleep and adults need 6-9 hours.
- Go to bed and wake up around the same time every day.
- Create a comfortable bedroom that is quiet, dark, at a nice temperature and free of electronic screens.
- Learn relaxation techniques to reduce stress and control tension. This will help you have a worry-free sleep.
- Alcohol, tobacco, caffeine, strenuous exercise and heavy meals before bed can interfere with sleep.