

Inside and Out



Purpose:

What does it mean to be physically and emotionally healthy? You can commit to practicing and promoting healthy behavior. It is always a challenge to keep your life mentally and emotionally well balanced. Learn how to have a positive mental attitude most of the time and keep your body healthy and feeling well.

Requirements:

Juniors: 4 discover, 2 connect, 1 take action

Cadettes: 4 discover, 2 connect, 1 take action

Seniors: 4 discover, 2 connect, 1 take action

Ambassadors: 4 discover, 2 connect, 1 take action

Discover:

1. Get a piece of paper and something to write with. Write the word "menu" across the top. Draw a line down the middle and on one side write "Body" and on the other write "Mind. This menu will be more than just appetizers and entrees. You need to create one menu for your body and one menu for your mind. These "menus" will give you some healthy choices so that you can learn to take good care of yourself. Consider the following questions when creating your menu:
 - How can we start the day with healthy choices for our body? (Don't forget to include grooming!)
 - What can we do during the school day to keep our bodies healthy?
 - What are some fun ways that we can get enough exercise?
 - How can we make sure our body is well rested and getting enough sleep?
 - What are some yummy, healthy snacks we can eat?
2. Our bodies and minds work together to affect each other. Think about how your body feels when you have a fight with a friend. How do you feel in the morning you have a test at school, or after something big has happened in your family? How does your mind feel if you haven't had enough sleep? What about when you skip breakfast or lunch?
3. Are you practicing healthy habits? What might stop you from sometimes making healthy choices? How can we take the lead in helping others make healthier choices? Sometime we all need a little help figuring out how to make healthy choices.
4. Make a list of some of the stressors in your life. Now, think about your body. What are some ways that bad stress can affect our bodies? Hint: if you made a "menu" from activity one you can look for some answers on the healthy side. Write those down. Now, think about what you can do to relieve stress and relax your mind. Write those ideas down too.

Connect:

1. Make a list of tips that will help you to feel in control of your life so you will be less stressed. Here are some ideas to get you started:
 - a. TALK IT OVER – if your upset with friends or family, talk it out with them to clear the air
 - b. GET ORGANIZED – prioritize your homework and start assignments early
 - c. ASK FOR HELP – if you feel like you have too much to do, ask your family for help
 - d. LEARN TO RELAX-practice relaxing by doing things you enjoy

Now, add to your list by listing stress busters if you do get stressed. Here are some ideas to get you started:

- a. MOVE YOUR BODY – ride your bike, dance, jump rope, swim laps or take a long walk
- b. WORK ON A HOBBY – a puzzle, a sticker collection or a photo album
- c. LISTEN TO MUSIC
- d. CLOSE YOUR EYES, take deep breaths in through your nose and out through your mouth
- e. GET PLENTY OF SLEEP – at least 8-10 hours every night
- f. Eat a balanced diet, low in sugar and fat
- g. Talk to a friend or adult you trust about what is stressing you

- h. SPEND TIME THINKING QUIETLY
 - i. DO SOMETHING NICE for someone else.
2. Join Dove with the [#GirlsUnstoppable](#) Campaign.
 3. We all have feelings. The trick is managing our feelings. Write a list of things that make you feel better when your mood is blue.
 4. The way we react to situations that make us mad, upset or stressed can be just as important as the situation itself. Have you ever heard that little voice in your head that says "I'm not good enough" or "I'm always messing up" or "Life isn't fair?" Practice changing your tune! Find a partner and share out loud any mean things you've said to yourself recently, or negative things that you tell yourself all the time. If you don't have a partner write all the things down or tell yourself while looking in a mirror. After the partner has heard enough they/you should shout "STOP!" Now, come up with thoughts that show you forgive, accept and care about yourself. Think about what you would say to your best friend if she went through a similar situation. Practice "Changing your tune."

Take Action:

1. Think of something that you want to accomplish in the next few weeks. (shooting free throws, auditioning for the school play, writing a story for the school newspaper on a deadline, giving a speech) Close your eyes. Keep your eyes closed while you think about it. Imagine yourself achieving your goal; Begin with arriving at the event or situation. Imagine every detail from beginning to end; what you're wearing, how your clothes feel, the smells, the sounds – use each of your senses. Picture yourself going through the situation or event feeling relaxed, confident and completely in control. Now, open your eyes and write down the details of the vision. Post the written version somewhere you will be able to reread what you wrote in the days and weeks leading up to the event.
2. Think about how taking care of your body and mind can help you to lead a healthier life. Find a partner with who you will share a commitment to adopt a healthy choice. Shaking hands each person should complete these sentences: I will choose to practice keeping my body healthy by _____; I will choose to practice keeping my mind healthy by _____.