### What is “Living a Healthy Lifestyle”?

- Trying to do things every day that are good for your body and your mind.
- It promotes physical and mental health and wellness for you and those around you.
- It can help you feel your best, both physically and emotionally.

### What should I discuss with my clinician about a healthier lifestyle?

- Things that worry you and how you can deal with stress and other difficult emotions in a healthy way.
- Gender, sex, and sexuality. Ask them about birth control and why it may be good for some people.
- Ask how to prevent sexually transmitted infections.
- The risks of drinking alcohol, smoking and drug use.
- Visit your healthcare providers at least once a year for a check-in.

### How can I live a healthier lifestyle?

- Stay up to date with your vaccinations.
- Be physically active every day doing something fun.
- Eat a healthy diet (such as fruits, vegetables, whole grains, calcium and iron rich foods every day); choose candy, chips and soda less often. Try to avoid fad “diets” and minimize caffeine.
- Drink at least 2 Liters (64 ounces, 8 glasses of 8 ounces each) of fluid each day; choose water most often. You will need even more water with exercise.
- Get enough sleep at night (8-10 hours recommended).

### How Can I Live a Healthier Lifestyle (continued)?

- Brush your teeth twice a day, floss once a day and visit your dentist regularly.
- Use sunscreen and avoid tanning beds.
- Be comfortable with who you are and how you look (this means having a healthy body image).
- Try to avoid comparing your body with those on television, in magazines or on social media.
- Limit your time on social media. Remember that what you post is permanent!
- Do not text and drive. Do not use social media while driving.
- Be in charge of your body. Healthy dating relationships are built on respect and concern. Any physical intimacy (even hugging and kissing) requires consent. Saying NO is okay. NO ONE has the right to your body against your will. Please share any concerns with a trusted adult.
- Talk to someone you trust if you are being bullied or stalked. Be respectful of your peers and avoid harmful words that could have real and lasting consequences.
- Choose friends who like you for who you are.
- Don’t ride in a car with a driver who has used alcohol/drugs; call a trusted adult for help.
- Wear a safety belt, helmet, protective gear, or life jacket when needed.
- If there are guns in your home, make sure they are locked in a safe, unloaded with the ammunition locked separately. If you will be exposed to guns, look for a gun safety class.
- Consider volunteering in your community; helping others also helps us feel our best.