

Move, Rest, Thrive

Youth Action Committee



01

✨ Moving Your Mood

Regular **exercise** boosts **endorphins**, which **reduces stress** and improves your overall **mood**. Even a **short walk** helps!



02

🍏 Fuel for Focus

Eating **balanced meals** is what gives your brain and body the **energy** they need to stay **sharp** and feel **good**.



zzz Rest to Reset

03

Quality sleep helps **regulate emotions**, improves **concentration**, and restores your **body's strength**.

**Your mental
health is a priority**

04

👥 Connect & Care

Socializing and seeking support improves **well being**, **reduces stress** and promotes **overall health**.

01

MOVE YOUR BODY, BOOST YOUR MOOD

- Exercise releases endorphins that reduces stress and improves happiness
- Staying active enhances focus, energy, and sleep quality
- Even 10 minutes of light movement (e.g. Walking, Stretching, Dancing) can help a lot!



02

FUEL YOUR MIND & BODY

- Nutritious foods support brain health and emotional balance
- Hydration is key! Drink plenty of water for energy and focus
- Limit processed foods and excess sugar which can affect moods



STAY
ACTIVE

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WELLNESS STARTS WITH BALANCE

RECHARGE WITH REST



03

- Sleep strengthens memory, focus, and emotional health
- Aiming for 7-9 hours of quality sleep each night can enhance your well being
- Create a bedtime routine! Try to avoid screens and any caffeine before bed



CONNECT & CARE

04

- Socializing reduces stress and boosts overall mental well being
- Make time for hobbies and relaxation to maintain balance
- Talking to someone (friend, family, counselor etc) can provide important support

