

# WELL-BEING *with Heart*

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## BALANCE

*“Balance is not something you find, it’s something you create.”*

*Jana Kingsford*

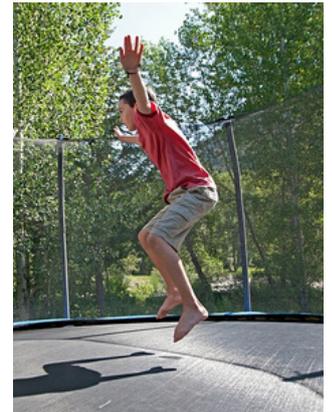
### FIVE TIPS FOR BALANCE

#### 1. EXERCISE

For people aged 13-17, experts recommend at least 60 accumulated minutes every day of moderate-vigorous intensity exercise\*. Exercise is great for managing stress and mental health as it:

- releases muscle tension and helps you feel relaxed
- facilitates the release and burn of adrenaline (a stress hormone)
- stimulates the release of endorphins associated with positive mood, increased energy levels and sleep regulation
- improves immune system functioning
- promotes cardiovascular health, leaving you feeling more energised.

\*Source: Australia's Physical Activity & Sedentary Behaviour Guidelines for Young People, Australian Government: Department of Health, [www.health.gov.au](http://www.health.gov.au)



#### 2. HEALTHY DIET

Stick to a healthy, balanced diet and have regular meals. Monitor and limit the amount of sugar in your diet - too much can lead to sugar highs followed by crashes, leaving you feeling moody, irritable and tired.

#### 3. SLEEP

High school age adolescents should be sleeping approximately 8-9 hours per night. It can take a couple of weeks to reset disordered sleep routines. Persistence is key. Check out Wellbeing With Heart Issue 4: 'Sleep' for more information and strategies.





*"The key to keeping your balance is knowing when you've lost it."*

*- Anonymous*

#### 4. SELF CARE

To maintain psychological wellbeing it is important to have a mix of:

- **pleasurable** activities
- activities that provide a sense of **achievement**
- activities that **connect** a person with other people.

To prevent stress, and to manage it if you're already feeling stressed, aim to make time for activities that fall into each of the 3 slices of the pie chart on the right, remembering to include both exciting and relaxing activities.



#### 5. MANAGE SCREEN TIME

Keep an eye on how much time you are spending on your devices. Make sure you have regular breaks from your screens, and enjoy some device-free activities. Turn your notifications to silent or leave your device in another room so you won't be distracted when you are doing schoolwork or having device-free time. And remember it's not a good idea to use your devices in the hour before you go to bed as this can interfere with your sleep.

