

# BACKPACK NEWS

## TEENS

### Heart Health Month

Your heart is an important part of your body, and there are a lot of different things you can do to keep it healthy and strong in honor of "Heart Month": Check out these different suggestions below:

#### Physical Activity

Getting exercise is a great way to keep your heart strong. Teens should aim for 60 minutes of exercise daily, and this can be playing outside, gym class, walking/running, sports or even virtual fitness classes!

#### Nutrition

What we eat makes a big difference on how we feel and keeping your heart strong. It's important to eat lots of fruits and vegetables, lean proteins (like chicken, beans and fish), and make sure grains are whole grains. Limit the number of sweets, fats, processed and fast foods.

#### Healthy Weight

Talk to your Primary Care Provider about what is the right weight for your height at your age, and if it is over or under what is recommended, you can work together on a plan to achieve that ideal weight.

#### Movement with Screen Time

With many schools doing virtual learning, screen time is inevitable. Make sure to take stretch & movement breaks throughout the day, and to limit phone, tablet and tv time.

#### Don't Smoke or Vape

Smoking/vaping not only hurts your heart, but it also hurts your lungs, blood and other organs. Just say no!

### Being More Optimistic

Notice the good as they happen  
By finding the things you're grateful for, it can help you be more positive and start to see the good in all situations.

Don't blame yourself when things go wrong

Turn around your "inner voice" to look at what you learned in a situation, and what you can do differently/better next time.

Remind yourself: Setbacks are temporary

As soon as something goes wrong, remind yourself that it will pass and things will improve.

Give yourself credit

If you have a good outcome, take a few moments and think about what you did in order to make that happen—and, feel good about your efforts!

Source: [How to be more optimistic](#)

### Ways to help a friend that cuts

#### Tell someone

Your friend may want you to keep their cutting a secret, but it's important to tell an adult (parent, counselor, teacher, or provider) so they can get the help they need. They may be mad at you at first, but telling someone can help overcome the problem.

#### Help your friend find resources

If your friend won't talk to an adult or someone to help, you can look into books or online support groups for teens that self-injure but be aware of sites that are pro-cutting!

#### Acknowledge your friend's pain

Be kind and let that friend know you trust they are going through a hard time, and that you want to help find a way to help them cope.

Source: [How Can I help a friend who](#)

### Dental Health Month

Taking care of your teeth is an important part of your health. Keeping your teeth healthy allows you to chew your food, talk clearly and smile big, and dental health is something that everyone should be practicing.

By keeping up with healthy dental habits, it can help prevent different dental ailments later in life—such as cavities, gingivitis (causes gums to be red, sore and swollen) and other conditions.

Here are different ways you keep your teeth and gums healthy:

#### Brushing

Brush at least twice a day, everyday! When brushing, it's best to use a toothbrush with soft bristles, and to make sure your toothbrush cleans ALL teeth—including the ones in the front, side and back of your mouth.

#### Flossing

Flossing at least once a day helps to remove germs and leftover food that gets stuck in between your teeth, and can cause bad breath, gingivitis and cavities.

#### Nutrition

Sweets, candies, soda and sugar are not good for teeth, and can cause problems. Focus on eating lots of fruits and vegetables, whole grains and protein!

#### Visiting your dentist

Dentist check-ups and cleanings should be scheduled twice a year to be sure you're on track!