

Having a healthy lifestyle will help you from worrying too much

Did you know that your emotions affect your body? When you are sad you feel blue, but your body might also feel tired and weak. When you are happy you have a big smile on your face, lots of energy, and you might even jump around! When you worry you might get stomachaches or headaches, or grind your teeth together, or feel jittery.

And the opposite is also true, the way your body feels will affect your mood. When you take care of your body, your mood is better and you are not as likely to worry about things. This is due to a chemical that your brain produces when you eat well, sleep well, and get plenty of exercise. The chemical is called serotonin, and is one of many chemicals that your brain produces that affects your emotions. Serotonin is particularly important because it helps you feel calm and peaceful.

There are lots of things that cause your brain to produce serotonin, helping you feel happy and calm. Below are pictures of some things that make your brain produce serotonin, mixed in with pictures that make your brain produce chemicals that cause you worry and stress. Circle only the pictures that will make your brain produce the calming chemical, serotonin.



Answers: The only things that don't produce serotonin are the snake and the rain cloud. Does that surprise you? Most people don't realize that chewing gum actually improves your mood (and dentists tell us that chewing sugar free-gum is actually good for your teeth).



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Of all the things that help you control your moods, getting a good night's sleep, eating healthy food, and getting at least an hour of exercise a day are most important. Use the chart below to see how your healthy habits affect your mood for one week.

For each day, put a check mark if you:

- ✓ Get at least 8 or 9 hours of sleep.
- ✓ Eat plenty of fruits and vegetables, and whole grains.
- ✓ You get at least an hour of exercise.

Then rate your mood from 1= anxious and sad, to 10=calm and happy.

DAY	SLEEP	FOOD	EXERCISE	MOOD
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

If you didn't get a lot of check marks this week, make another chart and see if you can get more check marks next week!