

# Balancing ▲ the body and mind



A program of:

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## Going Beyond the text

Just as activity trackers can be really motivating as a way to track how much activity you do, keeping a journal, electronically or on paper, is a great way to learn more about yourself and keep track of your goals. While you are reading this Newspaper in Education publication and working on your own health goals, keep a journal to keep track of your personal goals and achievements.

### Keeping a healthy house

According to Dr. Raquel Hernandez at Johns Hopkins All Children's Hospital, there are four pillars to keeping a healthy house: diet, exercise, sleep and mental health. Read the information in the article on Page 3. Write a summary of the article, noting the main points. Although all four of these pillars are important, which one do you feel you need to concentrate on most to improve in your everyday life? Do some research about this topic on the Internet. In your journal, write down at least five facts you have learned, along with your sources. Next, look through the *Tampa Bay Times* to find something written about or advertised in the newspaper to help you achieve or maintain this pillar. Write a fully developed paragraph in your journal about what you have found in the *Times* to assist in your goal. Share what you have learned and your thoughts and ideas with your classmates.





# Building the healthiest personal ‘home’ as a strategy to lifestyle change

Have you been thinking about how to get healthier? You’re not alone. Health and wellness are priorities that are often very difficult to achieve, especially as a busy teenager dealing with school, friends, family and many other challenges.

Johns Hopkins All Children’s Hospital is here to help. Here are some thoughts to keep in mind if you’re considering how to lose weight, improve your diet or simply get more energy.

We like the concept of keeping a “healthy house.” As in the figure below, each of the four pillars has to be in place to keep your house healthy.



**1. Diet:** Do you ever feel confused about what you should be eating? In today’s food environment, it can be easier to eat unhealthy foods than healthy foods. Generally, one of the first things to try to avoid is foods high in carbohydrates or sugars. These include items such as chips and cookies, but also include many cereals, sandwiches and yogurts that have hidden sugars. Make sure to read food labels to try to find foods that are low in carbohydrates (10 grams or fewer) and high in protein and fiber. This is a good way to start improving your diet.

In addition, try to avoid skipping meals. Many people think that reducing your calories by skipping breakfast and/or lunch will lead to weight loss,

but that actually isn’t correct. Your body requires nutrition to burn calories, so when you are not eating regularly your body will “hang on” to the calories it has already. Make sure you consistently eat three meals per day in addition to watching the content.

**2. Exercise:** Keeping your body active is essential to a healthy lifestyle. Exercise causes a release of endorphins in your brain, which boosts your mood. It is a great way to turn around a low or stressful day. One common mistake, however, is to try to overshoot with exercise and do a really high-intensity activity that may cause injury or make you feel discouraged if you can’t keep up.

First, start by identifying what you enjoy. Do you like walks, bike riding, swimming or something else? Once you’ve found an activity, identify what a practical first goal might be. This could be that you do the activity twice in the first week for a 20-minute interval. If you are able to get to this goal, think about expanding the times per week or the duration first, as this will be a great way to keep the activity up and feel successful with what you are achieving.

Activity trackers such as smartphones, wearable technology and pedometers can be really motivating as a way to track how much activity you do. Consider using some technology to set goals and reach them.

**3. Sleep:** One of the biggest challenges to health is getting enough sleep. Between homework assignments, exams, after-school activities and jobs, it is no wonder teenagers are notorious for not getting enough sleep. However, your body is unable to lose weight without good sleep. A lack of sleep puts stress

on your “house.” To keep your house from falling down, start thinking about how you can improve your sleep habits. This includes things like going to bed at a regular time, getting at least 8-10 hours of sleep per night, keeping an eye on how much caffeine you are taking in per day, and reducing your exposure to screens and white lights (from phones, tablets, etc.) at least one hour prior to bedtime.

**4. Mental Health:** It may seem obvious, but thinking about your mood and mental health is a critical piece to the “house” structure. When you are anxious or worried, feeling low or down, or simply feeling flat about things in general, thinking about your diet, exercise and sleep may be your last priority. Instead, you might just be thinking about how to get through your day.

First, make sure you know when to ask for help. If you are having thoughts about hurting yourself or others, call your doctor or the National Suicide Prevention Lifeline at 800-302-4917 as soon as possible. Know that you are not alone. Otherwise, make sure that if you have consistently been feeling low or worried, you find time to talk to a friend or family member. They can help you determine if you might benefit from talking to your doctor or a therapist. Studies show that one in three teens experiences mental health issues. The more you know that you are not alone and that a healthy mind is critical to getting a healthy body, the sooner you’ll see some major changes!

By keeping these four pillars in mind, we hope that you can start building your way to the healthiest, strongest personal healthy home. Remember, any change takes time, with ups and downs along the way. Don’t give up!







Like it or not, tests are necessary in school. Teachers use them as a guide for instruction and to determine what students know well and what needs to be repeated. While tests can be useful, they are a stressor for many students. We know that when stress enters the brain, learning slows down and memory becomes foggy and distant. By using coping strategies, you can be successful with any test.

**Be prepared.**

- Do not wait until the last minute to study. Small chunks of studying over a longer period of time will help you remember things more easily.
- Create silly songs or acronyms to help you remember lists and details.
- If you are an artist or a doodler, draw a picture that defines a scene you must remember.

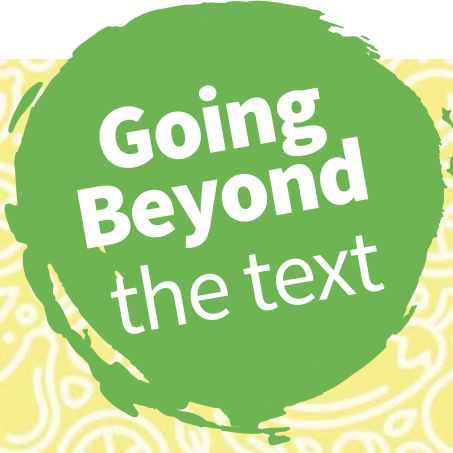
- Outlining a vocabulary word may help you remember spelling and meaning.
- Physically, make sure that you are well rested and well hydrated, and that you do not have a growling tummy. Eat a snack, drink a glass of water and tell yourself that you are going to do your best.

**Learn techniques that help you relax.**

- Visualize yourself receiving the grade you want.
- Breathe slowly in through your nose and out through your mouth.
- Tell yourself a joke right before the exam — laughter releases dopamine, a brain chemical that reduces stress.
- Once you get the test, read through it and do a “brain dump” on a scrap piece of paper. Write down all the bits of information that you are afraid you might forget.

**Put things in perspective.**

- Standardized tests can cause many students to freeze up. Remember that no one test can define you as a student.
- Think of all the non-test work you have completed (portfolios, projects, etc.) that create a well-rounded student, not just a test taker.
- Get to know your learning style. Reflect on common mistakes so you can watch for them during an exam. A self-reflective student is going to be successful.



**Fuel your studying**

The experts at Johns Hopkins All Children’s Hospital note that a healthy diet can enhance school performance. On these pages, there are many suggestions to help boost your brain power. One way to keep track of how you are fueling your body and brain is to, well, keep track. In other words, write down everything you eat and drink. Monitor your diet and school performance for a week. You can use the suggestions on these pages to help you make healthful food choices. Preplan your menu for the week by using the suggestions on these pages and the advertisements in the *Tampa Bay Times*. You also can use the recipes in this Newspaper in Education publication as well as recipes in the Taste section of the *Times*. Use some pages in your journal to keep track of your foods, energy levels, school assignments and grades. At the end of the week, share your results and ideas with your class.





# Food as fuel to do better in school

Most people think about studying harder as the only way to get better grades or score higher on tests. While this is important, one aspect of everyday life that can enhance school performance is a healthy diet. Choosing a variety of healthy foods for meals and snacks also makes a difference in academic performance. Students whose diets do not contain adequate vegetables, fruits, whole grains and dairy generally have lower grades. Nutritional habits that lead to increased intake of foods such as fast food, pizza, candy, packaged foods and sugar-sweetened beverages also can contribute to lower grades. Follow the suggestions below to boost your brain power with foods packed with vitamins, minerals and fiber.



## Breakfast

Start the day right with a balanced breakfast. Skipping breakfast can affect your alertness, attention and memory. While any breakfast is better than none, breakfasts that are low in sugar and have foods from at least three food groups give the brain a more continuous supply of energy to help learning. Pass on high-sugar foods such as toaster pastries, sugar-sweetened cereals, breakfast bars and doughnuts.

Instead, choose:

- Low-sugar yogurt topped with nuts and fruit
- Vegetable omelet and milk
- Tomato, avocado and cheese on whole wheat English muffin
- Whole-grain, low-sugar cereal with milk and a piece of fruit
- Unsweetened oatmeal with chopped apples, cinnamon and nuts
- Hard-boiled egg, grapes and milk
- Apple slices with natural peanut butter and milk
- Cottage cheese topped with berries

## Lunch

Paying attention in class can be difficult if you are hungry, so don't skip lunch. Consider packing a simple meal that will stay fresh. Veggies that pack well include cherry tomatoes, carrots, celery sticks, snow peas, mini peppers and cucumber slices. Try one of these ideas paired with a piece of fruit:

- Natural peanut butter and banana slices on whole wheat bread
- Hummus spread on a wheat pita with cucumber slices
- Black bean salsa with a handful of whole-grain chips
- Whole-grain wrap with turkey and avocado
- Cheese slices with 100 percent whole-wheat crackers
- A piece of string cheese and a handful of almonds

## Snacks

Long school days and activities afterward can cause long stretches without eating. Consider these snack foods that are easy to carry in a backpack:

- Fresh fruit, such as apples, oranges and tangerines
- Fruit chunks, such as watermelon, cantaloupe, honey dew, pineapple and berries
- Low-sugar yogurt: freeze the night before to keep it cold during the day
- Nuts and seeds, such as peanuts, almonds, sunflower seeds and mixed nuts. Add a small package of raisins for a homemade trail mix.
- Carrots and hummus
- Popcorn, but skip the ones with extra salt, butter and cheese



## Beverages

While grabbing a soda may sound like a good idea for an afternoon pick-me-up, consume sugar-sweetened beverages such as soft drinks, energy drinks, juices / fruit drinks and coffee beverages in moderation. Instead, carry a water bottle and fill it frequently throughout the day.





# Make-and-take recipes

## Recipe: Make-ahead egg cups

### ingredients:

- 1 tablespoon olive oil
- ½ onion, chopped
- 2 garlic cloves, minced
- 1 cup fresh spinach, chopped
- 1 small red bell pepper, chopped
- 2 ounces fully cooked sweet turkey sausage, crumbled (optional)
- 8 eggs
- ¼ teaspoon salt
- Black pepper to taste
- 1 teaspoon fresh oregano, chopped
- 1 teaspoon fresh thyme, chopped
- 2 ounces reduced-fat cheddar cheese, shredded

### directions

1. Preheat oven to 375 degrees. Coat eight cups of a muffin pan with nonstick cooking spray.
2. In a skillet, heat the oil over medium heat. Add the onion, garlic, spinach and bell pepper and sauté for about three minutes or until vegetables soften. Add the sausage, if using, and stir to combine. Remove from heat.
3. In a large measuring cup, beat the eggs with 1 tablespoon of water, salt, black pepper, oregano and thyme.
4. Evenly divide the vegetable mixture among the muffin cups. Top each cup with some cheese. Pour the egg mixture into the muffin cups.
5. Bake the egg muffins for 10 to 15 minutes, or until the eggs start to puff up and a toothpick inserted in the center of one of the muffin cups comes out clean.
6. Egg muffins can be stored in the freezer, individually wrapped in plastic wrap and freezer bags, for up to five days. To reheat, remove from the freezer bag and microwave on a microwave-safe plate for 45 seconds or until heated through.

From the kitchen of: **Fit4Allkids**

## Recipe: Veggie wraps

### ingredients:

- 1 medium zucchini, cut into ¼-inch slices
- 1 teaspoon olive oil
- Black pepper to taste
- ½ cup store-bought garlic hummus
- 6 whole wheat or multigrain tortillas (8-inch diameter)
- 3 teaspoon pine nuts
- 2 carrots, shredded
- 1 bell pepper, sliced thinly
- ½ avocado, peeled and sliced
- 1½ cups lightly packed spinach
- 1 small red onion, sliced thinly

### directions

1. Brush the zucchini with the olive oil and season with the black pepper. In a skillet, sauté the zucchini over medium heat until it is lightly browned, about four minutes.
2. Evenly spread the hummus over each tortilla. Sprinkle the pine nuts over the hummus. Top with the zucchini, carrots, bell pepper, avocado, spinach and onion. Roll up each wrap and cut in half on the diagonal.

From the kitchen of: **Fit4Allkids**



# Recipe: Fajita quesadillas

## ingredients:

1 large onion, sliced  
1 red pepper, sliced  
2 specialty peppers, sliced  
(cubanelle, Hungarian  
wax, banana or Anaheim)  
Olive oil  
1 teaspoon salt  
1 teaspoon oregano  
1 teaspoon cumin  
2 teaspoon chili powder

1 rotisserie chicken,  
shredded (about 4 cups)  
8 10-inch whole  
wheat tortillas  
2 cups grated cheese  
(jack, cheddar or  
Mexican blend)  
½ bunch cilantro,  
coarsely chopped  
3 tablespoons butter  
Guacamole, salsa and/or  
sour cream (optional)

## directions

1. Heat a skillet to 350 degrees (medium high) and add enough oil to just coat the bottom of the pan. Add the peppers and onions and cook, stirring occasionally, until they are wilted and beginning to brown, about 15 minutes. (Don't stir too much because you want some caramelizing.)
2. Remove the veggies to a bowl and mix in the chicken and spices. Let the pan cool enough to wipe it clean with a paper towel.
3. Heat the skillet to 250-300 degrees (medium low). Add about 1 teaspoon of butter and swirl to coat the pan. Put ⅛ of the chicken mixture on half of a flat tortilla, and sprinkle with ¼ cup of cheese and 1-2 tablespoons of cilantro. Fold over to create a half circle and place the tortilla in the skillet. Repeat, cooking two quesadillas at a time, carefully flipping the quesadillas after two to three minutes so that the tortillas brown and the cheese melts.
4. Top with guacamole, salsa and/or sour cream, if using.

From the  
kitchen of:

**Fit4Allkids**

## Safely using social media

Social media has become a part of daily life, allowing us to quickly and efficiently communicate with more people than ever before. However, social media also has the potential to take a toll on our mental health.

Using multiple social media sites has been linked to increased risk for anxiety and depression, and symptoms can be worsened by a negative experience on one of these sites. A 2016 study by researchers at Brown University School of Public Health suggested a threefold increase in risk for depression following a negative social media experience. Cyber-bullying and online harassment are quite common and can result in anxiety, depression, social withdrawal and even suicide.

As a teen, you are still developing skills such as self-regulation, self-reflection and understanding the long-term impact of actions. Before you tweet, snap or share, take a moment to remember that anything you post may remain online forever for anyone to see, and can't truly be deleted. One seemingly private text to a friend has the potential to be posted online with far-reaching consequence.

Social media is reshaping the adolescent and young adult school experience. Your parents may want to talk with you about how you use social media, what platforms you're on and what your experiences are. Even if you find it annoying at first, keeping communication open can be helpful. Talking to a trusted adult can help you manage any uncomfortable situations that arise online.

Finally, while we all have our own well-being to look after, don't forget to be a good friend. Changes in behavior or mood, decreased self-care, becoming socially withdrawn and increased irritability are all signs of mental health concerns. If someone you know is showing these signs, let that person know you are there for him or her (but don't feel obligated to try to fix his or her problems). It is always okay to get a parent, teacher, coach or other trusted adult involved.

Responsible use of social media is now an important life skill. Before you post, think twice about what you're saying.

## Going Beyond the text

### Social media safety

Cyberbullying and online harassment are quite common and can result in anxiety, depression, social withdrawal and even suicide.

What exactly is bullying? How do bullying and cyberbullying differ? Brainstorm these terms with your class. In your journal, free write about examples of bullying or cyberbullying you have seen or experienced. When it comes to bullying, teens are not the only victims or perpetrators. Adults can be bullies and victims of bullies, as well. Look in the *Tampa Bay Times* for four examples of articles displaying bullying. In your journal, write down the title of the articles and the main points of the articles. Explain why you think the act of bullying is being represented. In a fully developed essay, analyze the bullying behavior you have read about and provide arguments showing strategies to prevent the bullying behavior.



# Stress less

Feeling stressed or anxious? Well, you are not alone. According to a study conducted by the American Psychological Association, teens have regularly reported experiencing unhealthy levels of stress and anxiety, especially during the school year. This finding is not surprising when you take into account the stressors of the modern teen: school work, family life, social life, extracurricular activities, job or financial stress – and let’s not forget the ever-present media culture. It is a lot for anyone to handle.

Unfortunately, there is not a magic potion that will remove all stress from your life, but you can learn how to identify your triggers and manage your stress response. One of the best ways to manage stress and all of the discomfort it brings is to get up and get moving!

Regular exercise has been found to not only

reduce stress, but also can serve as a mood booster, improve your quality of sleep and even improve academic performance. The next time you are feeling stressed, consider taking a walk through a local park, focusing on your breath while performing yoga, dancing to your favorite song or going on a hike with friends. The most important thing is to choose an activity that you find enjoyable. Shoot for 60 minutes of physical activity per day to continue reaping the benefits all week long.

Have a project due or find yourself cramming for a test? Throw in small breaks for exercise during your day, especially when studying. Create a “move reminder” by setting your phone alarm to go off every 15, 30 or 60 minutes and do a few sets of jumping jacks, squats or pushups to get your blood flowing, which will improve your focus.



## Sadness or something else?

As a teen, you are undergoing many biological, psychological and social changes, many of which may be challenging or even scary to deal with.

You’ve probably experienced moodiness, self-consciousness or wanting to take a risk you might not have considered before. This is all typical behavior. However, these can also be signs of more serious emotional distress.

The most important thing to know is that mental health exists on a continuum, with wellness on one end and illness on the other. Psychologists use frequency, duration, severity and functional impairment to differentiate between wellness and illness, which allows for effective intervention and treatment.

You can use the same formula that psychologists use to better recognize the difference between symptoms of normal sadness and Major Depressive Disorder. Here are three steps to help you find where along the mental health continuum you may fall:

1. How often does the symptom occur? Where does it occur (i.e., at home only, at home and at school, at school only)?
2. Does the symptom come and go, or does it persist over a significant period of time?
3. Is the symptom interfering with academic, athletic or social performance?

Symptoms that are lasting and are impacting your ability to function will typically point to a larger issue. If you find yourself along the illness end of the continuum, consulting with a psychologist or therapist can help you cope with uncomfortable emotions and thoughts. Remember, seeking help is a sign of courage and strength.



Going Beyond the text

### Getting active

We all know that being active is good for our overall physical and mental health. That being said, many of us make excuses for not exercising on a regular basis. Using the materials you are reading about in this Newspaper in Education publication as well as other research you can find on the Johns Hopkins All Children's Hospital Fit4Allkids, Florida Department of Health and Centers for Disease Control and Prevention websites, you and your classmates are going to create a school-wide campaign to get your peers active. Using the advertisements, cartoons and editorials in the *Tampa Bay Times* as models, create a campaign to get your school fit. First, you will need a name for the campaign. Then you will need to create a full-page advertisement for the *Times*, as well as a cartoon. You then need to write an editorial or column persuading people to participate in the campaign you have created. Finally, you will share your campaign with the rest of the students in your class.



# Get Up, Get Moving



Even if you haven't been active before, it's easy to get started. Start small and work your way to more intense activity. Some people find setting a schedule or working toward a goal helpful in getting moving.

Activity can mean many things to different people, but the most important aspect is that it be fun for you. Group fitness classes such as yoga, Pilates, spinning, Jazzercise

and Zumba are popular ideas, and available at many recreation centers, YWCAs and YMCAs. If you aren't comfortable in a group, there are countless videos and resources available online to get you started in the comfort of your own home.

If running is something you might enjoy, you can use this beginner 5K training schedule as starting block.



## Beginner 5K Training Schedule

Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
	Recovery Walk	Cross Train	Moderate	Cross Train	Easy	Rest	Training Run
1	Easy Walk 20 minutes	Optional Cross Training; 30 Minutes Cross train = bike, swim, Zumba, boot camp, yoga	interval walk/run 30 minutes	Optional Cross Training; 30 Minutes Cross train = bike, swim, Zumba, boot camp, yoga	interval walk/run 30 minutes	Rest	1-min. jog/ 2-min. walk 2 miles
2	Recovery Walk 20 minutes		2-min. jog/ 2-min. walk x 8 = 32 min.		2-min. jog/ 2-min. walk x 8 = 32 min.	Rest	2-min. jog/ 2-min. walk 2.5 miles
3	Recovery Walk 20 minutes		3-min. jog/ 2-min. walk x 8 = 40 min.		3-min. jog/ 2-min. walk x 8 = 40 min.	Rest	3-min. jog/ 2-min. walk 3 miles
4	Recovery Walk 20 minutes		4-min. jog/ 2-min. walk x 8 = 42 min.		4-min. jog/ 2-min. walk x 8 = 42 min.	Rest	4-min. jog/ 2-min. walk 3.1 miles (5K)





Everyone should aim for 60 minutes of moderate physical activity every day. Combine cardio with strength-building stretching for a well-rounded workout and to help prevent injury. Here are some ideas you can try at home:



## Strength-building stretches

### Push-ups

- Lie on your stomach with your hands even with your shoulders..
- Push up on your knees, straightening your elbows.
- Try to keep a straight line between your knees and shoulders.
- Hold for two to three seconds.
- Repeat three to five times.
- If you can't do a full push-up, go toward the floor as much as possible while maintaining good form.

### Calf stretch

- Stand facing a wall with one leg straight behind you as far as possible.
- Bend your front leg and lean into the wall, keeping both heels down.
- Hold for 10 seconds.
- Repeat three times on each side.



### Side stretch

- Stand with your legs apart (a little wider than your hips).
- Raise one arm and reach toward the opposite side.
- Hold for five to 10 seconds.
- Repeat three times on each side.



### Hamstring stretch

- Sit with your legs straight out in front.
- Tuck your chin toward your chest, reach toward your toes and hold for 10 seconds.
- Repeat three times.





### Superman

- Start on your stomach, stretched out as though you want to fly. Lift your arms and legs off the floor, keeping your elbows and knees straight.
- Look down at the floor if your neck hurts.
- You can lift your arms and legs separately at first, or try an opposite arm and leg, working up to all four together.
- Hold for two to five seconds, working up to 10 seconds.
- Try to do five times.

### Thigh stretch

- Place one hand against a wall.
- With the other hand, reach back and gently grab your ankle.
- Hold for 10 seconds.
- Repeat three times on each side.

### Shoulder stretch

- Clasp your hands behind your back and stretch them backward, squeezing your shoulder blades together.
- Hold for 10 seconds.
- Repeat three times.

### Back twist

- Sit with your left leg extended out in front.
- Bend your right leg and place your foot alongside of your left knee to the left while looking to the right.
- Hold for 10 seconds.
- Repeat three times, then three times with arms and legs reversed.

### Sit-ups

- Extend your arms in front and tuck your chin toward your chest, or place your hands behind your neck, keeping your elbows to the side (don't pull on your neck).
- Lift your shoulders off the floor, reaching toward your knees. If you are strong enough, do a full sit-up.
- Tuck your feet under the couch or have someone hold them.
- Try to do as many sit-ups as your age.

### Squats

- Stand with your feet slightly wider than shoulder width apart.
- Bend your knees slowly, keeping your feet flat and your knees directly over your ankles.
- Hold for five seconds.
- Repeat 10-20 times.

Going  
Beyond  
the text

## Planning ahead

The experts at Johns Hopkins All Children's suggest that everyone should aim for 60 minutes of moderate physical activity every day. Tracking your activity in your journal is a great way to stay motivated, but planning ahead and changing things up a little each day also can be motivational. Using the ideas in this publication, plan two weeks of activities. If you do not have 60 minutes all at once, you can plan for 30 minutes at a time. Interchanging inside activities with outside activities will help keep you from being bored. To plan, you need to monitor the weather. Using the Weather page, the Bay Link section and the Weekend section in the *Tampa Bay Times*, plan out some fun physical activities you can do for the next two weeks that will keep you moving. Be sure to come up with alternative plans, just in case the weather changes.





# The Importance of Being Present

Have you ever found yourself sitting in class, but thinking about the big game? Or not paying attention to the conversation during a family dinner, but figuring out how to balance school and your social life?

We've all been there before, and sometimes it seems unavoidable in this age of multitasking. Smartphones and tablets allow us to hold the entire world in our pocket, keeping email, text messaging and social media close at hand. At one point or another, we have all been guilty of following celebrity gossip at lunch and texting our friends under the table at dinner. With FOMO (Fear of Missing Out) deeply embedded into our culture, how do we bring ourselves back to the now instead of always being five steps ahead?

To start with, we need to be present. Physically we can only be in one place at a time, but our minds can wander anywhere we allow them to. If you feel your mind starting to drift, ask yourself, "Where am I?" If the answer is anywhere but "here," it's time to refocus.

Come back to the present by shifting your attention to what is around you. Focus on the sounds, the smells, the weight of your own body and the rhythm of your breathing. Use your five senses to ground you in the present moment. Then you can pay attention to the things that are really important.

When practiced daily, a technique known as mindfulness meditation can improve focus, productivity and mood. It's simple and can be as short or long as you need.

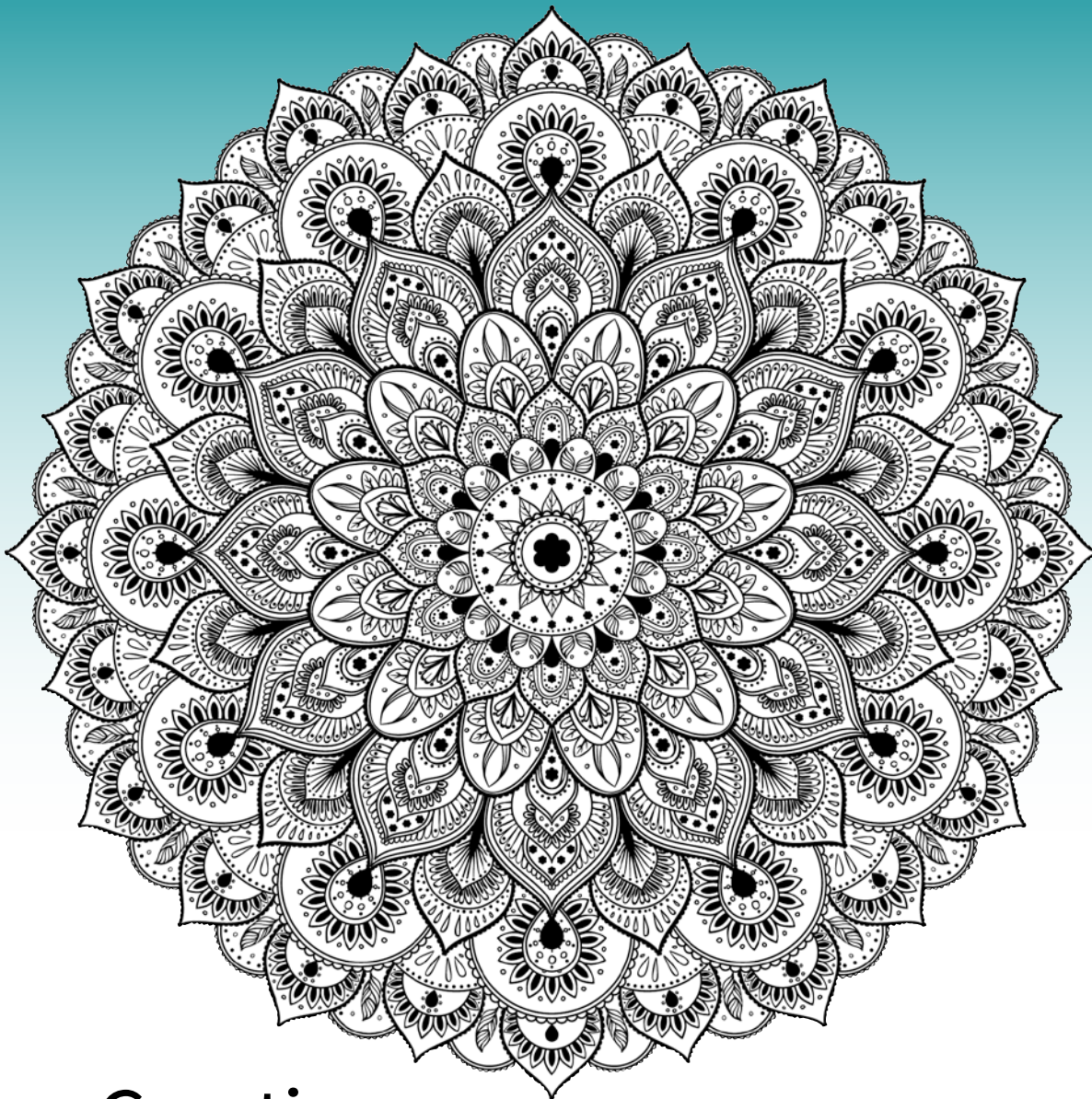
- If possible, start by sitting somewhere comfortable — in a chair with your feet touching the ground or on the floor with your legs crossed in front of you. Your spine should be straight and long.
- Breathe slowly and deeply. Count your inhales and exhales from one to 10. When you reach 10, start again by counting backward. Repeat up to five times.
- When you finish counting breaths, continue breathing at the calm pace for a few minutes. Visualize your breath moving through your body, bringing in peace and calm and taking away stress and anxiety.  
If you find yourself needing a more in-depth or guided meditation, there are many apps and online resources available. Try out as many as you need until you find something that works for you.

Going Beyond the text

## Paying attention to the details

Most of the time when we are looking at a problem, we tend to get overwhelmed. Instead of focusing on taking care of one item at a time, we tend to look at the big problem and it may seem insurmountable. That is why bringing yourself to the present and dealing with one item at a time can reduce stress. Look for a photograph in the *Tampa Bay Times*. What do you see when you look at the whole photograph? What is the main point of the photo? In your journal, write down two or three sentences about the photo. Now look at the details. What details do you see in the photo? Look for small details that tell you more about the setting or characters in the photo. Write down as many details as you can in your journal. Write a descriptive story about the photo using the details and photo as the basis for your story. Be creative.





# Mandala

A mandala (“circle” in Sanskrit) is a Hindu or Buddhist graphic symbol of the universe that is used as an aid to meditation. Many people find creating and coloring mandalas very relaxing.

## Creative de-stressing

While coloring shouldn't be confused with art therapy, it can have health benefits. These types of tasks allow the opportunity to switch your brain off from overwhelming thoughts and focus on a repetitive action, which can be calming for anyone feeling stressed or anxious.

If coloring isn't quite your thing, you could also try:

- A DIY project
- Learning to play an instrument
- Listening to music or creating a new playlist
- Cooking or baking
- Knitting or sewing
- Dancing
- Journaling
- Creative writing
- Reading
- Gardening or taking care of plants
- Learning a new language
- Learning how to code
- Finding a new hobby







# Catch some **ZZZs**

Good sleep patterns are important for everyone, but if you find yourself dragging during the day you aren't alone. Teenagers are biologically wired to stay up all night and sleep through the day. This makes getting a good night's rest especially important.

Everyone should aim for eight to 10 hours of sleep every night. A full night of rest can help improve your mood, increase focus during the day and help with weight management. When you feel sleep-deprived, you are putting yourself at risk for poor grades and, if you're driving, car accidents. With anything, consistency and practice is the key to success. Try to set a relaxing nightly routine to be fully rested the next day.

- Start your bedtime routine at the same time every night.
- Reduce indoor lights to encourage the release of

melatonin, which will help you feel sleepy sooner. Start this around 6 p.m., or when it starts to get dark outside.

- Use electronics' feature that will shift the screen's blue light to a red tone at sunset.
- Stop using electronics (TV, tablet, computer, phone, etc.) at least one hour before bedtime.
- Take a warm bath before bedtime.
- Prepare a quiet activity such as reading a book. Be sure to keep the activity short — for example, read no more than one chapter.
- Make your room a relaxing environment. Having a TV, homework desk or other such items in the bedroom can send mixed messages to the brain about whether it is time to be awake or asleep. Another important aspect of resting well during

the school week is to avoid changing your schedule drastically on the weekends. This doesn't mean you can't sleep in at all, but wake up and bed times should remain relatively consistent. Too much variation will confuse your body.

The same concept holds true during winter, spring and summer breaks. The switch from vacation to the start of school often means that students need to adjust their bedtimes and sleep schedules. It's a good idea to start making this transition ahead of time.

While there may be a lot of pressure to get as much accomplished during the day as possible, one of the most important things you can do to stay healthy is to make the time for a good night's rest.





# Your doctor as a resource

The adolescent years are a time of transition from childhood to adulthood. You and your peers are facing various physical, emotional and social changes. With these changes in mind, obtaining routine care from your pediatrician or doctor will allow you to have guidance and support during this important stage of your life.

We know that teens and young adults are challenged with having to make many difficult decisions. You may be starting to think about college or a career path, navigating an evolving social landscape or working through family problems. Sometimes it is confusing to know which decision is best for you as an individual. Some of your friends or family members may be experimenting with behaviors that you may not feel comfortable with or are unsure of. It is important to remember to try to make the best decision for you in order to lead a healthy and successful life.

Sometimes, making poor choices can lead to unwanted health consequences. In the United States, we know that many teens have already begun experimenting with high-risk behaviors, such as sexual activity that can lead to unintended pregnancy or sexually transmitted infections. Others are engaging in substance use, which may lead to addiction, chronic illness or even hospitalization. At times, these high-risk behaviors may seem like attractive solutions for a teen who is dealing with problems such as a negative home environment, bullying, depression or anxiety. It is important to remember that there are safer ways to handle stress and other difficulties. Your doctor is a resource to help you sort out whatever problems you may be facing.

Your doctor's diverse training and background in adolescent health can be a great resource for answering your questions and helping you through challenges. His or her goal is not only to make sure that you are well today, but also to keep you feeling good tomorrow and every day after. Discussing ways to prevent unintended illness, infections, low mood and other health issues is a stepping stone to living a healthy lifestyle. Working with your physician will help you reach your full potential.



Going  
Beyond  
the text

## Peer pressure

Transitioning from childhood to adulthood is challenging in many ways. Teens are often faced with challenges they are not prepared for, and they often receive conflicting advice from parents and friends. Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them. Not only are the transition and challenge stressful, but so is the peer pressure. Find an article in the *Tampa Bay Times* in which peer pressure may have played a role in the situation. Write down why you think peer pressure played a role. In your journal, write about the peer pressure you see, read and hear about at your school and in your community. Explore in your writing why it is important for people to be prepared for situations in which they may feel pressured to do something that may have negative effects on their lives. Write a letter to the editor or blog posting focusing on the article from the newspaper and your thoughts about how the concept of peer pressure played a role.



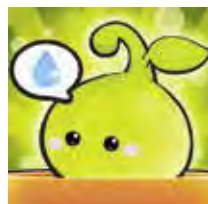
# Tech Tools

With technology at our fingertips, there are many resources to help keep us on track, find motivation and be the best we can be. Take a look at these suggestions from the Fit4Allkids experts for ideas to get started. Many of these apps are free to download, but may have the option for in-app purchases. Always check with an adult before making a purchase.



## Water Time Pro

Track how much water you drink during the day. Sends periodic reminders.



## Plant Nanny

Grow virtual plants as you track water consumption. Sends reminders.



## Sleep Cycle Alarm Clock

Track sleep quality. Alarm will wake you up in the lightest sleep phase so you feel rested.



## Headspace: Guided Meditation & Mindfulness

Guided exercises that teach the basics of meditation and mindfulness. Topics include many aspects of mental health, such as self-esteem, anxiety and focus.



## Fooducate

Track and analyze food information. App suggests healthier alternatives to foods you already eat.



## MyFitnessPal

Set goals and track food and exercise information to create healthy habits. Can connect to other health apps.



## Zombies, Run!

Immersive running game and zombie apocalypse audio adventure. Mixes your own music with story audio to push you further. Tracks runs as story missions are completed.



## Runkeeper

Set goals and track your workouts. Can connect to other health apps and some Bluetooth-connected fitness trackers.

# Educators

Share 100 words about how you used this resource in your classroom for a chance to win a \$15 gift card! Visit [tampabay.com/nie](http://tampabay.com/nie) for details and to enter.

## About NIE

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## Florida Standards

This publication and its activities incorporate the following Florida Standards for middle and high school students.

**Science:** SC.68.CS-PC.3.5; SC.912.CS-PC.2.5

**Health:** HE.68.B.3.3; HE.68.B.5.1; HE.68.B.5.2; HE.68.B.5.3; HE.68.B.6.2; HE.68.B.6.3; HE.68.B.6.4; HE.68.C.1.2; HE.68.C.1.3; HE.68.C.1.6; HE.68.C.1.8; HE.68.C.2.1; HE.68.C.2.2; HE.68.C.2.3; HE.68.C.2.4; HE.68.C.2.5; HE.68.C.2.6; HE.68.C.2.7; HE.68.C.2.8; HE.68.P.7.1; HE.68.P.8.1; HE.68.P.8.2; HE.68.P.8.3; HE.68.P.8.4; HE.912.B.3.1; HE.912.B.5.1; HE.912.B.5.2; HE.912.B.5.3; HE.912.B.5.4; HE.912.B.6.1; HE.912.B.6.2; HE.912.B.6.3; HE.912.B.6.4; HE.912.C.1.2; HE.912.C.1.5; HE.912.C.2.2; HE.912.C.2.3; HE.912.C.2.4; HE.912.C.2.5; HE.912.C.2.6; HE.912.P.7.1; HE.912.P.7.2; HE.912.P.8.1; HE.912.P.8.2; HE.912.P.8.3; HE.912.P.8.4

**Language Arts:** LAFS.68.L.1.1; LAFS.68.L.1.2; LAFS.68.L.2.3; LAFS.68.L.3.4; LAFS.68.L.3.5; LAFS.68.L.3.6; LAFS.68.RI.1.1; LAFS.68.RI.1.2; LAFS.68.RI.1.3; LAFS.68.RI.2.4; LAFS.68.RI.2.5; LAFS.68.RI.2.6; LAFS.68.RI.3.7; LAFS.68.RI.3.8; LAFS.68.RI.3.9; LAFS.68.SL.1.1; LAFS.68.SL.1.2; LAFS.68.SL.1.3; LAFS.68.SL.2.4; LAFS.68.SL.2.5; LAFS.68.SL.2.6; LAFS.68.W.1.1; LAFS.68.W.1.2; LAFS.68.W.1.3; LAFS.68.W.2.4; LAFS.68.W.2.5; LAFS.68.W.2.6; LAFS.68.W.3.7; LAFS.68.W.3.8; LAFS.68.W.3.9; LAFS.68.W.4.10; LAFS.912.L.1.1; LAFS.912.L.1.2; LAFS.912.L.2.3; LAFS.912.L.3.4; LAFS.912.L.3.5; LAFS.912.L.3.6; LAFS.912.RI.1.1; LAFS.912.RI.1.2; LAFS.912.RI.1.3; LAFS.912.RI.2.4; LAFS.912.RI.2.5; LAFS.912.RI.2.6; LAFS.912.RI.3.7; LAFS.912.SL.1.1; LAFS.912.SL.1.2; LAFS.912.SL.1.3; LAFS.912.SL.2.4; LAFS.912.SL.2.5; LAFS.912.SL.2.6; LAFS.912.W.1.1; LAFS.912.W.1.2; LAFS.912.W.1.3; LAFS.912.W.2.4; LAFS.912.W.2.5; LAFS.912.W.2.6; LAFS.912.W.3.7; LAFS.912.W.3.8; LAFS.912.W.3.9; LAFS.912.W.4.10

