

### **Standard #3 Self-management: Practicing Health-enhancing Behaviors**

Providing opportunities for students to document practice in a range of personal skills and social skills can help to ensure that young people are prepared with the “tool kit” they need to take charge of their own health. Through setting up personal health plans, journaling, posters, etc., students can document the practice of health behaviors:

- ⌘ Eating balanced meals, including breakfast and healthy snacks
- ⌘ Getting regular physical activity and adequate sleep
- ⌘ Avoiding use of alcohol, tobacco and other drugs
- ⌘ Flossing and brushing their teeth regularly
- ⌘ Wearing seatbelts every time they ride in a car
- ⌘ Practicing good personal hygiene habits
- ⌘ Getting regular physical checkups
- ⌘ Keeping a positive attitude
- ⌘ Expressing emotions in healthy ways
- ⌘ Taking responsibility for their actions
- ⌘ Relating well to family, friends and peers
- ⌘ Having one or more close friends
- ⌘ Treating others with respect
- ⌘ Using refusal skills to avoid risk behaviors
- ⌘ Volunteering to help others

While stress is a normal part of life, it is important for students to monitor their level of stress since unrelieved stress can lead to illness. Help your students learn stress management skills through

- ⌘ exercise,
- ⌘ learning relaxation techniques such as breathing, stretching, taking a warm bath, getting a massage, and laughing,
- ⌘ redirecting their energy in constructive ways such as working on a creative project or going for a walk, run or swim
- ⌘ managing time efficiently
- ⌘ helping them seek support either by talking with you, their parents or another caring adult, sibling or friend

(Source: adapted from Glencoe Health, 2009)