



HAPPY HEALTHY HOLIDAYS

For Students Over Holiday Break



The holiday break can bring stress and boredom, which can lead us to make unhealthy choices. Although it is great to give yourself some indulges during this time, it is important to make healthy choices each day. Instead of using commercial tobacco and e-cigarettes try out these healthy activities instead. Use the chart below to mark accomplishing these healthy habits each day during holiday break.

- ❖ Exercise 60 minutes per day. This includes going for a walk or run, doing a workout video, playing a sport or any other physical activity you enjoy.
- ❖ Drink ½ your body weight in ounces of water each day. For example, if you weigh 175 pounds, aim to 87.5 ounces of water in a day.
- ❖ Eat 2-4 cups of vegetables and 1-2 cup of fruit per day. Amounts of vegetables/fruits you need to eat depends on your age, sex, height, weight, and level of physical activity.
- ❖ Get 8 hours of sleep each night. Try turning off technology an hour prior to bed.
- ❖ Practice self-care each day. This can include meditating, positive affirmations, reading a book, deep breathing, cleaning your room, taking some alone time, watching your favorite movie, or spending time with family and friends. Self-care is about doing things you enjoy to keep you mentally and physically healthy. People can call 988 if you or someone you know are having thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.

Get a total of 60 minutes of physical activity during the day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Drink ½ your body weight in ounces of water per day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Eat 2-4 cups of veggies & 1-2 cup of fruit per day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Get 8 hours of sleep	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Practice Self Care	1	2	3	4	5	6	7	8	9	10	11	12	13	14