

Loving the Girl Within

Health and Wellness Tips for Mind, Body, and Spirit

Love Your Mind

- The mind grows, by what it feeds on. Nourish your mind with positive affirmation/messages about yourself. "I love my hair." "My eyes are beautiful." "I have a great sense of humor."
- Stay away from drama. Hang out with friends that uplift you and others, not tear down.
- Eat healthy foods. Candy, fast food, potato chips, soda pop and energy drinks can cause headaches and severe mood swings.
- Exercise your mind by staying active in your favorite hobbies: word puzzles, baking, math puzzles, cooking, sewing, board games, reading or playing your favorite instrument.



Love Your Body

- Eat Healthy Foods. Fruit, vegetables, whole grains and nuts give your body energy so you feel vibrant and fun loving.
- Drink plenty of water. Water makes up most of your body. Your brain works better and your skin stays clearer if you drink at least eight eight-ounce glasses of water every day.
- Exercise. Put those phones down and turn the IPODS off. Go outside and play basketball, swim, ride your bike, roller skate or dance!
- Practice good hygiene. Wash your face, brush your teeth and bathe or shower daily. It's important to keep your body clean, especially during your period and to help with acne.

Love Your Spirit

- Take time to meditate, pray or have quiet moments to yourself. You could go for a walk or sit in a quiet space.
- Spend time with family, friends and pets. Hanging out with loved ones is good for the soul.
- Eat Healthy Foods. When you eat food that makes your body feel good, you'll have a better attitude towards yourself and others. A positive attitude allows you to give your best to your family and friends. Laugh and smile often!
- Get Involved in Community. Volunteer for community service at your favorite organization, help out your neighbor or tutor a friend.
- Find a Job or that you love to do, such as babysitting, working at your favorite restaurant, taking care of animals, working at the mall or working at camp.

What Do Your Mind, Body and Spirit Have in Common?

Did you notice that they all need healthy food? This is why making healthy food choices is so important for us as young women.