

# TOP 10 TIPS FOR TEEN MENTAL WELL-BEING



## 1. REGULAR MEDICAL & DENTAL CHECKUPS.

Both medical and dental checkups are important to staying ahead of troubles. Your teen's naturopathic doctor, medical doctor or dentist can help uncover issues before they become urgent.



## 2. SLEEP. LET THEM SLEEP.

Sleep comes naturally to most teens. Growing takes a lot of energy and rest is imperative. Is your teen sleeping 12 straight hours? Let them.



## 3. NUTRITION.

### VISIT YOUR LOCAL HEALTH FOOD STORE.

Teens don't always eat the best foods. Researchers have proven over and over again that nutritious foods have an extremely powerful effect on overall health and even on behaviour, focus, energy and more. A meal should be one quarter protein, one quarter complex carbs and half veggies.



## 4. EXERCISE (solo or with friends, especially outdoors).

Teens often tend to hang out indoors in front of technology. Be sure to keep your teen moving. Exercise doesn't have to be a membership to a gym or the local rec centre; anything will do. Walking, hiking, biking, swimming. When we exercise, we release endorphins which help with boosting mood and feelings of pleasure.



## 5. FRESH AIR (oxygen, sunshine, relaxation).

Veeva supports the use of Vitamin D (the sunshine vitamin), but nothing beats real fresh air and sunshine. Get outside, and enjoy the air, the sounds of nature, and the sunshine. It uplifts spirits every time.



## 6. OPEN LINES OF COMMUNICATION.

You should make time for quality conversation. It might start as small talk, but can turn into meaningful and badly needed talk-therapy.



## 7. LIMIT DEVICE TIME.

They may call it Social Media, but at Veeva, we believe devices can impeded the development of social skills in the real world. Plus, they disrupt brain chemistry and affect sleep patterns. Make a deal with your teen about limiting device time in exchange for other benefits and fun stuff.



## 8. GET TO KNOW THEIR FRIENDS.

Take an interest in who your teen hangs out with. Know their names, their personalities, their mindset, their families. Are they a positive influence?



## 9. DOWNTIME

(music, read a book, alone time).

Some teens are so busy, they hardly ever have any time to themselves. Whether they crave it or not, downtime is vital for rest, repair, healthy mood management and soul searching.



## 10. FAMILY/SOCIAL TIME.

Family and friendship bonds are important for the psyche. If your teen is so busy that they have little time for bonding, work together to make their schedule more enjoyable or manageable.

