**Personal Growth (Grade 10)**

Learning Target: I can identify 5 ways to maintain a healthy lifestyle

**Activity II:** Personal Stress Management

* Sometimes, taking care of ourselves takes low priority.
* Taking care of ourselves helps to keep our stress levels low
* Answer the questions below
* **Nutrition:**
* Within the past 24 hours, have you consumed the appropriate amount of fruits & vegetables, grains, dairy, and protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Were the number of calories you consumed appropriate for your body weight? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What could you do to ensure you keep good nutrition? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Exercise**:
* Within the past 24 hours, have you exercised vigorously for at least 30 minutes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Do you include some type of aerobic exercise in your routine (every other day)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What could you do to ensure you keep yourself physically active? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Sleep**:
* Do you get at least 7 uninterrupted hours of sleep each night? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What could you do to make certain you get an appropriate amount of sleep? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Social Life**:
* Do you communicate well with other people? \_\_\_\_\_\_\_\_\_\_\_\_
* Do you have healthy relationships with other people? \_\_\_\_\_\_\_
* Do you have satisfying friendships? \_\_\_\_\_\_\_\_\_\_\_
* What could you do to make sure you keep a good social life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Organization**:
* Do you organize your time well? \_\_\_\_\_\_\_\_\_
* Do you balance the amount of time you spend on academics, athletics, extra-curricular activities, family, and friends? \_\_\_\_\_\_\_\_\_
* Do you divide big tasks into smaller ones? \_\_\_\_\_\_\_\_\_\_\_
* What could you do to make certain you maintain a balance with time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Attitude:**
* Do you think positively and surround yourself with others who think positively? \_\_\_\_\_\_\_\_\_\_\_
* Do you set reasonable goals and know when to ask for help? \_\_\_\_\_\_\_\_\_\_\_\_
* What could you do to make sure to keep a positive attitude? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_