







Back to School

-  **Nutrition:** Fruits and Veggies are essential for growth
 - Add them to foods you already make like pasta, pizza, or soups
 - Avoid sugary drinks like juice and soda
-  **Mental Health:** Getting help early makes all the difference
 - 1 in 5 teens experience a mental condition
 - Crisis Text Line offers 24/7 support to anyone. Text 741741
-  **Sleep:** It's critical to learning and being productive
 - Most young adults require 7-9 hours each night
 - Try to set a consistent sleep schedule
-  **Physical Activity:** Exercise makes you stronger and happier
 - Encourage your child to try a new sport or join a team
 - Incorporate it into your daily routine, like walking your pet

Resources: www.crisistextline.org || www.nami.org || www.letsgo.org