

HEALTHY LIVING

As you get older, you're able to start making your own decisions about a lot of things that matter most to you. You may choose your own clothes, music, and friends. You also may be ready to make decisions about your body and health. Making healthy decisions about what you eat and drink, how active you are, and how much sleep you get is a great place to start.

Food and Mood

Food plays an important part in keeping you healthy, if you eat a balanced, healthy diet you are more likely to get all the nutrients your body needs to function properly, plus there are certain nutrients that can help you feel less irritable, tired, lacking in energy and sad. These include iron, B vitamins and Selenium. There is also a chemical that your brain produces when given the right food called Serotonin which can make you feel happy.

Feel-good Chemicals

Serotonin is a feel good chemical produced by your brain. For this chemical to be produced, you need to provide your brain with the correct fuel. Foods rich in carbohydrates including fruit and vegetables, rice, pasta, wholegrain cereals, potatoes, bread and dairy foods, like milk, all help your brain to produce Serotonin. By eating regular, balanced meals containing carbohydrates, you are on your way to increasing your levels.



Foods rich in B vitamins can reduce the risk of you feeling tired, sad and bad-tempered; these vitamins are water soluble, which means that your body can't store them for long, so you have to eat them regularly. Good sources are meat, egg, milk and cereals. As most cereals are fortified with B vitamins, it's another good reason to have breakfast every day.



7 PROBLEMS WHEN YOU DON'T GET ENOUGH

SLEEP



Memory Lapses.

Being tired can make it really, really hard to remember things, which is not great if you're preparing for exams

You feel Sleepy!

This means you can't concentrate or learn properly during the school day.



Bad Mood.

You might be grumpy, more sensitive and more stressed than if you'd had a good night's sleep. You might also find it difficult to learn and start getting behind in your school work.



Start to feel low.

You can feel really unmotivated and low if you aren't getting enough sleep at night.



Accident Prone.

You can't react as quickly, which can lead to an increased risk of having accidents.



Caffeine
break



The dreaded caffeine cycle. You drink more stimulant drinks such as coffee, tea and coke, which then makes it more difficult to sleep at night.



Risky Business.

A tired brain is one that's more likely to take a risk.