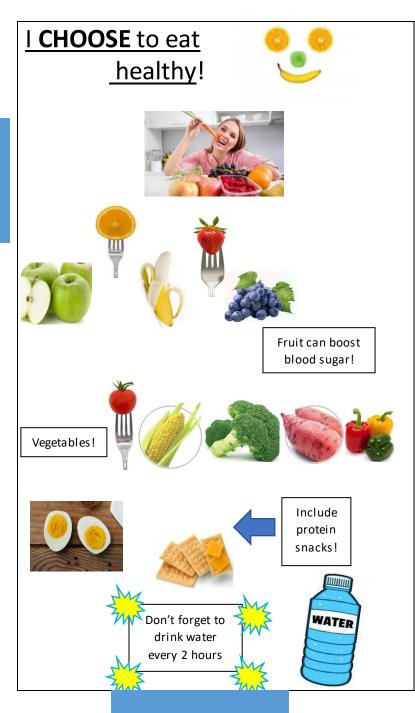
Ashland Brainy Resilience Project

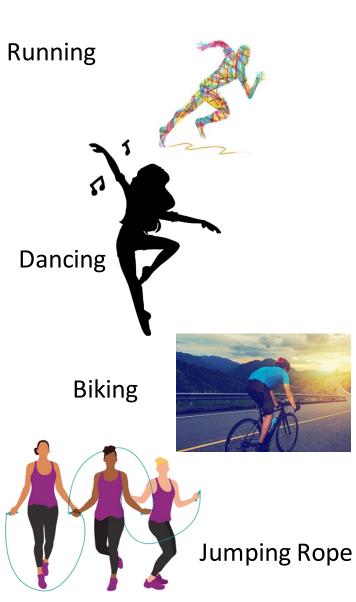
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I Care for My Body!

Be mindful of hidden sugars and fats!



I KEEP my body fit!



I give my body REST!



Creating a bedtime routine sets internal body clock and helps to signal the body to rest

8 hours of sleep a night



Avoid last minute homework Sleep loss robs the body from making full use of blood sugar for energy.

Brains have work to

do during sleep: It

makes memory

connections.

Tired people can't

remember well and

do poorly in school.

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Engage in calming activities to relax the brain before sleep

High sugar and carbs can slow your brain down! At least an hour of physical activity a day!

REMEMBER--TAKE CONTROL of your cellphone! Have a healthy balance between screen time and real-time with friends and family. Don't let media interfere with social relationships, studies, and sleep.



My Plan for a Healthy Body!



