



START THE CONVERSATION:

# SELF CARE AND HEALTH

JO-ANNE LOCKE

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# INTRODUCTION

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## 7 PILLARS OF SELF CARE

In nurturing our families, we must recognize the interconnected aspects that shape our well-being. **Financial stability** provides security and peace of mind, while **social connections** offer vital support and meaningful relationships.

**Emotional well-being** fosters resilience and self-awareness, crucial for navigating family life. **Mental health** promotes cognitive fitness and problem-solving skills, while **spiritual fulfillment** guides our values and beliefs. **Physical health** ensures vitality and strength for engaging fully in life. **Intellectual health** stimulates curiosity and lifelong learning, ensuring mental agility and personal growth, vital for navigating the complexities of modern life. By cultivating these seven pillars — financial, social, emotional, mental, spiritual, physical, and intellectual — we create a holistic environment where teens can thrive. It is my hope that this book provides a way for you to converse with your teens about important aspects of their health.

# HOW TO USE THIS BOOK

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Each *Self-Care and Health* chapter includes “Conversation Starters” and “Worksheets”. At the end of the book, you will find “To-Do Lists”. These exercises are intended to create a framework that supports learning, encourages communication, and provides structured opportunities for engagement and reflection.

**Conversation Starters:**

These are prompts or questions designed to initiate discussions related to the each task. They can encourage critical thinking, reflection, and engagement with the material.

**Worksheets:**

These are structured activities that youth can complete as part of each task. The worksheets include exercises, questions, or problem-solving activities aimed at reinforcing learning objectives and concepts.

**To-Do Lists:**

This list of tasks and reminders help keep track of what needs to be done and what additional items might arise during the process.



# CHAPTER 1

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## FINANCIAL HEALTH

Financial health is crucial for teens as it sets the foundation for their future well-being. Learning financial management skills early on empowers teens to make informed decisions about money, avoid debt traps, and build a secure financial future. Understanding concepts like budgeting, saving, and investing not only helps them navigate daily expenses but also instills habits that can lead to long-term financial stability. By prioritizing financial health, teens can gain independence, pursue their goals, and weather unexpected challenges with confidence, setting them on a path toward financial success and freedom.



### Actionable Steps

- Start tracking your weekly and monthly budgets.
- Research investing for young people on youtube or by listening to podcasts.



# Monthly BUDGET PLANNER



## MONTH

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



## INCOME

DATE	DESCRIPTION	AMOUNT
TOTAL:		



## EXPENSES

DATE	DESCRIPTION	AMOUNT
TOTAL:		



## SUMMARY

TOTAL INCOME	TOTAL EXPENSES	TOTAL SAVING



## NOTES

## CHAPTER 2

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# SOCIAL CONNECTIONS

Social health for teens is a complex aspect of their overall well-being. At its core, social health revolves around cultivating and maintaining positive relationships with peers, family members, and other significant individuals in their lives. These relationships serve as crucial support systems, providing teens with emotional support, encouragement, and a sense of belonging. Effective communication skills are also integral to social health, enabling teens to express themselves confidently, assert their boundaries, and resolve conflicts constructively. Developing empathy towards others fosters understanding and compassion, enhancing interpersonal connections and contributing to a more inclusive and harmonious social environment. By prioritizing social health, teens can nurture meaningful relationships, build resilience in the face of challenges, and experience greater overall satisfaction and fulfillment in their lives.

### Actionable Steps

- Get involved in activities in the community and try to meet new people.
- Communicate your feelings to others in a constructive way, especially if you are not comfortable with something.



# GRATITUDE

DATE: \_\_\_\_\_

(S) (M) (T) (W) (T) (F) (S)

WHO ARE PEOPLE IN MY LIFE THAT I AM GRATEFUL FOR?

- ☐
- ☐
- ☐

HOW DID I MAKE A VIRTUAL CONNECTION TODAY?

- ☐
- ☐
- ☐
- ☐

HOW DID I MAKE A CONNECTION IN REAL LIFE TODAY?

- ☐
- ☐
- ☐
- ☐

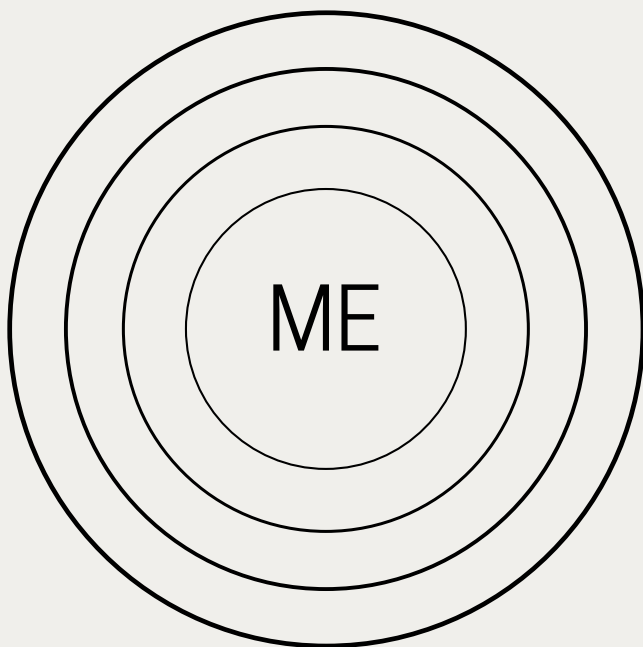


TOMORROW I LOOK FORWARD TO:

- ☐
- ☐
- ☐
- ☐

TODAY'S HIGHLIGHTS

# Social Network



Write the names of your trusted network, in each layer of the circle. The circle closest to you, would be those that you trust the most. The furthest circle is who you contact once in awhile. You can write more than one person in each layer.

Family Members

Teachers, Counselors  
Mentors, Colleagues

Romantic Partners  
or Exes

Friends

## CHAPTER 3

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# EMOTIONAL WELL-BEING

Emotional health involves understanding and managing feelings, coping with stress, nurturing resilience, and maintaining balance. Emotional health contributes to overall well-being and stability.

### Actionable Steps

- Surround yourself with people who make you feel good.
- Journal daily positive things that happened.
- Treat yourself kindly each day.





## *Emotional Wellness Journal*

**What I feel in this moment:**

**What did I do when I felt  
overwhelmed?**

**What little things made  
me happy today?**

”

**Happiness is not about having everything,  
but finding joy in the little things that  
make life meaningful.**

”



♥ a Kindness Letter to ♥  
~~ME!~~



Signed, ME

## CHAPTER 4

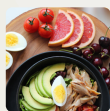
# MENTAL HEALTH

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Mental health is vital for teens' well-being, influencing their emotional resilience, cognitive functioning, and social interactions. Addressing stress, anxiety, and depression early is crucial. Access to resources like therapy, peer support, and education empowers teens to prioritize self-care and seek help when needed, ensuring a brighter future.

## 5 steps to mental well-being

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### Eat well

- A balanced diet impacts greatly on how we feel.



### Exercise

- Being active is not only great for your physical health & fitness, but also for your mental health



### Sleep Well

- Good-quality sleep makes a big difference to how we feel mentally & physically.



### Quiet Time

- Give a sense of calm, peace & balance that also benefits your overall health



### Connect Socially

- Good relationships are important for your mental wellbeing.

# (Daily) SELF-CARE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S M T W T F S

## C H E C K L I S T

- |  |   |
|--|---|
| <input type="radio"/> MAKE YOUR BED                    | <input type="radio"/> TAKE A LONG BATH            |
| <input type="radio"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="radio"/> DO A FACE MASK              |
| <input type="radio"/> LEARN A HOBBY                    | <input type="radio"/> CALL A FRIEND OR FAMILY     |
| <input type="radio"/> HEALTHY MEALS                    | <input type="radio"/> MEDITATE OR HAVE QUIET TIME |
| <input type="radio"/> GO FOR A WALK                    | <input type="radio"/> WATCH A MOVIE               |
| <input type="radio"/> CLEAN YOUR SPACE                 | <input type="radio"/> CUDDLE A PET OR HUMAN       |
| <input type="radio"/> WASH YOUR CLOTHES                | <input type="radio"/> TRY A NEW RESTAURANT        |
| <input type="radio"/> LISTEN TO MUSIC                  | <input type="radio"/> MAKE TIME TO READ           |
| <input type="radio"/> HAVE A POWER NAP                 | <input type="radio"/> TRY A NEW RECIPE            |
| <input type="radio"/> TAKE A SOCIAL MEDIA BREAK        | <input type="radio"/> NO PHONE 30 MINS BEFORE BED |

### WORKOUT

- |                               |                                |                             |
|-------------------------------|--------------------------------|-----------------------------|
| <input type="radio"/> CARDIO  | <input type="radio"/> WEIGHTS  | <input type="radio"/> YOGA  |
| <input type="radio"/> STRETCH | <input type="radio"/> REST DAY | <input type="radio"/> OTHER |

THINGS THAT  
MAKE ME  
HAPPY TODAY:



### HOURS OF SLEEP (Hours)



### WATER BALANCE (Glass)



### MOOD



## Daily Routine

Morning

MON TUE WED THUR FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

Afternoon

MON TUE WED THUR FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

A 2x7 grid of circles, intended for a dot marker activity where students place a dot in each circle.

## Evening

MON TUE WED THUR FRI SAT SUN

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

A 2x7 grid of circles, intended for a dot marker activity where students place a dot in each circle.

## CHAPTER 5

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### SPIRITUAL FULFILLMENT

Spiritual health is an often-overlooked aspect of well-being, yet it can profoundly impact a teen's sense of purpose, connection, and inner peace. It's about finding meaning and values that guide them through life's journey, regardless of religious affiliation.

For teens, nurturing spiritual health involves exploring questions about identity, purpose, and the meaning of life. This exploration might involve introspection, seeking guidance from trusted mentors or spiritual leaders, or connecting with nature and the world around them.

Engaging in practices such as meditation, prayer, or mindfulness can help teens cultivate a sense of inner peace and connection to something greater than themselves. Practices such as mindfulness and meditation offer solace during times of uncertainty.

Spiritual health includes acts of compassion, kindness, and service to others. Whether it's volunteering in their community or supporting a friend in need, these actions can nourish the soul and foster a sense of connection and purpose.



#### Actionable Steps

- Make 20 to 30 minutes of uninterrupted quiet time each day.
- Listen to a meditation exercise on an audio device

SELF EXPLORATION

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*Affirming My Values*

I AM:	I AM NOT:
I WILL:	I WILL NOT:
I CAN:	I CANNOT:
I WANT:	I DO NOT WANT:

# *Daily* AFFIRMATIONS

I deserve love and  
happiness

I am enough

I am grateful for my  
blessings

I feel calm and positive



I AM...



# CHAPTER 6

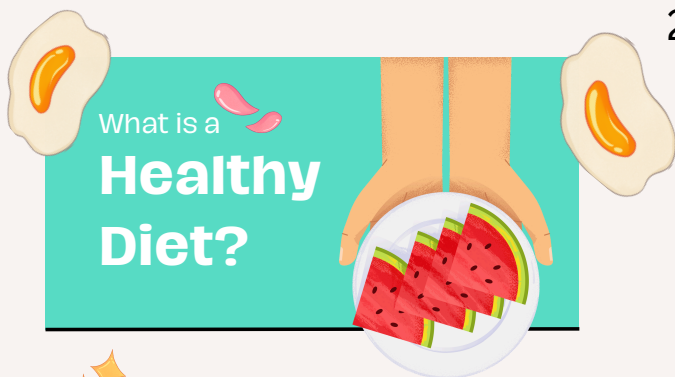
## PHYSICAL HEALTH

Physical health is crucial for teens, involving exercise, nutritious eating, adequate sleep, and avoiding harmful substances. Regular physical activity, enjoyable activities like sports, strengthens muscles, boosts mood, and reduces stress. A balanced diet rich in fruits, vegetables, and lean proteins supports growth. Prioritizing sleep is vital for physical and mental health, fostering lifelong wellness.

### Actionable Steps

- Get into a routine of weekly exercise.
- Maintain a healthy diet most of the time.
- Get adequate sleep.





### Portion Control

Be mindful of portion sizes to prevent overeating, which can lead to weight gain and related health issues



### Adequate Hydration

Water is essential for overall health. Stay adequately hydrated by drinking enough water throughout the day



### Moderation and Mindful Eating

Practice moderation in your food choices and avoid excessive consumption of unhealthy foods and beverages. Pay attention to your body's hunger and fullness cues, and eat mindfully, savoring each bite

### Varied Foods

A diverse diet ensures that you receive a wide range of nutrients



### Balanced Nutrients

A healthy diet should include a balance of essential nutrients



### Minimize Processed Foods

























































Highly processed foods, often high in added sugars, unhealthy fats, and artificial additives, should be limited in a healthy diet. Opt for whole, unprocessed foods as much as possible



# MEALS AND WORK OUTS

Week :

Month :

Day	Meal plan	Workout	Water tracker
Mon	Breakfast Lunch Dinner Snacks	Exercise	       
Tues	Breakfast Lunch Dinner Snacks	Exercise	       
Wed	Breakfast Lunch Dinner Snacks	Exercise	       
Thurs	Breakfast Lunch Dinner Snacks	Exercise	       
Fri	Breakfast Lunch Dinner Snacks	Exercise	       
Sat	Breakfast Lunch Dinner Snacks	Exercise	       
Sun	Breakfast Lunch Dinner Snacks	Exercise	       



# Weekly meal planner



	BREAKFAST	LUNCH	DINNER	SNACKS
Monday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Tuesday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Wednesday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Thursday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Friday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Saturday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Sunday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>



## CHAPTER 7

# INTELLECTUAL HEALTH

Intellectual health fuels lifelong learning and growth, encompassing mental agility, curiosity, and critical thinking. Like physical exercise, mental activities sharpen our minds and broaden perspectives. Nurturing intellectual health involves exploring new ideas through reading, puzzles, and conversations, fostering adaptability and resilience. Maintaining mental balance through stress reduction activities like meditation promotes clarity of thought. Prioritizing intellectual health enriches lives with new experiences and insights, empowering individuals to navigate life's complexities with wisdom and passion.

### Actionable Steps

- Listen to a podcast in a subject area new to you.
- Try and read 3 online articles that interest you each week.



**LEARN**  
**SOMETHING**  
**NEW**

# plan a personal project

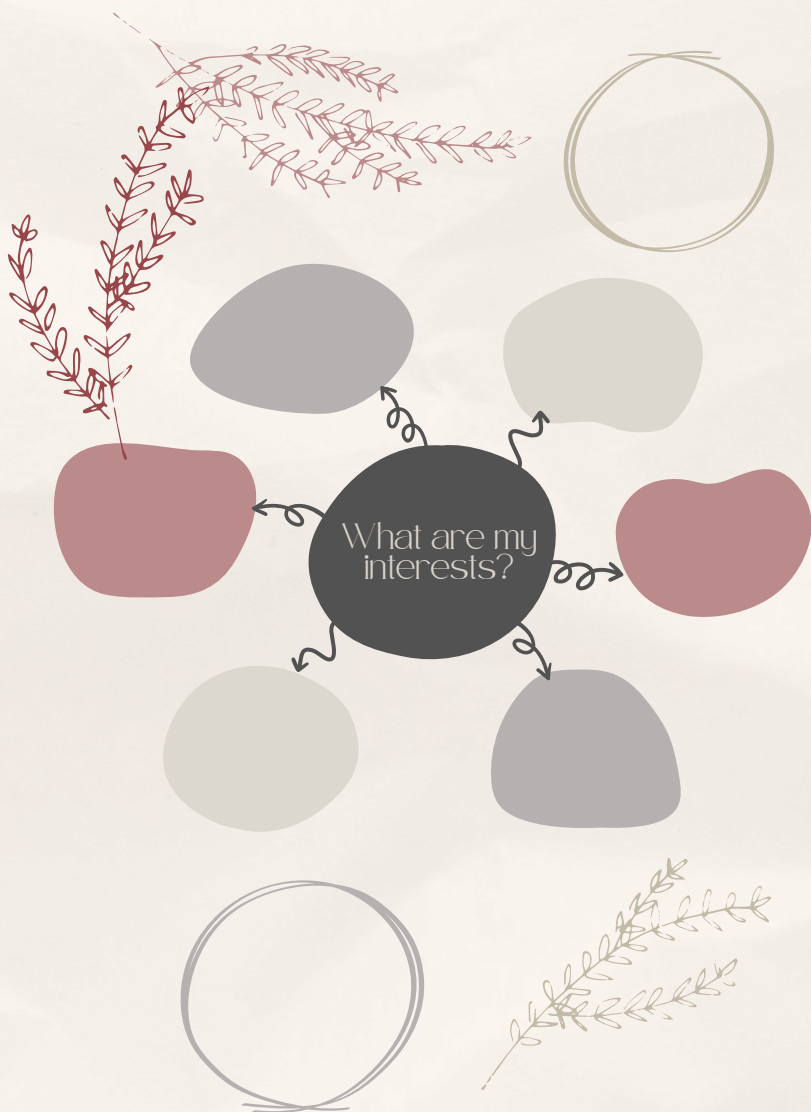
PROJECT NAME: \_\_\_\_\_  
SUBJECT: \_\_\_\_\_  
DEADLINE: \_\_\_\_\_

GOALS

STRATEGY

TO DO LIST

NOTES



## CONCLUSION

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### THIS IS THE BEGINNING OF SOMETHING GOOD.

Our overall health comprises physical, mental, emotional, social, and intellectual dimensions. Each aspect weaves into the fabric of our well-being. Prioritizing each facet of health is essential for achieving holistic wellness and vitality. By nurturing our physical bodies through exercise, nutrition, and rest, we lay a sturdy foundation for optimal functioning. Simultaneously, tending to our mental, emotional, and social needs cultivates resilience, fostering strong interpersonal connections and emotional well-being. Engaging in intellectual pursuits stimulates curiosity and critical thinking, enriching our lives with knowledge and personal growth. By embracing a comprehensive approach to health, we empower ourselves to lead fulfilling lives and thrive in an ever-evolving world.



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# MY HEALTH CARE PROVIDERS

*list*

NAME:
TYPE OF DOCTOR:
MY COVERAGE AFTER LEAVING HOME/POLICY NUMBER:
MY PRESCRIPTIONS:
PHONE:
ADDRESS:
EMAIL/WEBSITE:

NAME:
TYPE OF DOCTOR:
MY COVERAGE AFTER LEAVING HOME/POLICY NUMBER:
MY PRESCRIPTIONS:
PHONE:
ADDRESS:
EMAIL/WEBSITE:

NAME:
TYPE OF DOCTOR:
MY COVERAGE AFTER LEAVING HOME/POLICY NUMBER:
MY PRESCRIPTIONS:
PHONE:
ADDRESS:
EMAIL/WEBSITE:

# Self Care Planner

Emotional

Intellectual

Spiritual

Physical

Social

Financial

Mental

Notes:

# To Do List

To Do:

[illegible]

## TO DO LIST

[illegible]

## ABOUT THE AUTHOR



### **Jo-Anne Locke**

With 28 years of teaching experience and as a parent of four, I bring a unique perspective to guide youth through crucial aspects of life such as finance, life skills, education, job, self-care, and permanence. Taking a holistic and systematic approach, I am dedicated to nurturing essential life skills and fostering independence beyond academic knowledge. It is my hope that this ebook has opened conversations between you and your teen and given purposeful tasks for you to complete together.