

NATIONAL WELLNESS Month

LIVE WELL. FEEL WELL. BE WELL.

National Wellness Month is a time to prioritize **YOUR** well-being—mind, body, and spirit. By practicing self-care, managing stress, and building healthy routines, we can create a stronger, happier, and more balanced life.

YOU MATTER.

Make your wellness a priority!

WELLNESS IMPACTS EVERY PART OF YOUR LIFE



IMPROVES
MENTAL CLARITY
AND MOOD



BOOSTS ENERGY
AND IMMUNITY



SUPPORTS BETTER
SLEEP AND
RECOVERY



STRENGTHENS
RELATIONSHIPS
AND CONNECTIONS



ENHANCES OVERALL
HEALTH AND
QUALITY OF LIFE

SELF-CARE TIPS FOR TEENS (11-18)

Small Ways. Big Impact.



MOVE YOUR WAY

Find an activity you enjoy—dance, sports, bike rides, skating, even a walk with friends. Moving your body boosts your mood and energy.



MANAGE STRESS YOUR WAY

Listen to music, draw, journal, talk to a trusted friend, or try deep breathing. Find what helps you reset.



FUEL YOUR BODY

Eat regular meals and snacks that give you energy to focus, play, and feel your best. Stay hydrated!



GET GOOD SLEEP

Aim for 8–10 hours each night. Good sleep helps you do better in school, manage stress, and stay in a better mood.



CONNECT WITH OTHERS

Spend time with people who lift you up. Strong friendships and support systems make tough days easier.

BUILD HEALTHY ROUTINES

Realistic Tips for Real Life.



SET SMALL GOALS

Big changes start small. Set simple goals like drinking more water or doing homework right after school.



LIMIT SCREEN TIME (WHEN YOU CAN)

Too much screen time can affect your sleep and mood. Take breaks and do things that make you feel good offline.



TAKE STUDY BREAKS

Use short breaks (5–10 minutes) to stretch, listen to music, or step outside. It helps you focus better.



PRACTICE MINDFUL MOMENTS

Take a few minutes to breathe, relax, and focus on the present. It can calm your mind and reduce stress.



ASK FOR HELP

It's okay to not be okay. Talk to a parent, teacher, counselor, or trusted adult when you need support.



Wellness is a daily choice.
CHOOSE YOU. CHOOSE BETTER. CHOOSE WELLNESS.



Need more help with resources for wellness?

Contact the CHW Team @ 251-415-8737
Chws@southalabama.edu



COMMIT TO YOUR WELL-BEING TODAY!

Your health is your greatest asset. Invest in YOU this National Wellness Month every day!



ONE MONTH.
MANY WAYS.
A LIFETIME OF
WELLNESS.



Take care of your mind.
Nourish your body.
Build strong connections.
Live well—be well!



Live well today. Thrive tomorrow.

