



Buzz BODY & BITES for Teens

Buzz



Self-Care During the Month of Love

Written by: Alice Milton, 2022-2023 Youth Healthy Living Ambassador

February is a month known for love. During this time, we often celebrate Valentine's Day by showing the ones around us that we care, but don't forget to give yourself some love too! Self-care is so important these days, and your efforts don't have to be big life-changing things that require a lot of time and/or money. Instead, find simple things that bring you joy or help you to feel physically, mentally, or spiritually refreshed. Taking time to care for yourself can help you to refocus and prioritize what's important; can act as a reset button for both your mind and body; improve your self-esteem and confidence; and make everyday life less stressful.

5 Easy Ways to Practice Self-Care During the Month of Love:

1. Nourish yourself by eating nutritious foods.
2. Drink more water.
3. Be sure to get enough sleep.
4. Schedule "me" time.
5. Exercise.



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BITES



Build Your Own Sweet Dips



- Step 1: Pick a base like Greek Yogurt
- Step 2: Add flavor with Peanut Butter or Jam
- Step 3: Jazz it up with Cinnamon, Honey, or Vanilla Extract
- Step 4: Pick your Produce like Carrots, Celery, Strawberry or Apples
- Mix your ingredients together and enjoy!

#BetterPantry **EatSmart MoveMore**



For a nod to Valentine's Day, use strawberries as your chosen produce, dip them in your created **Sweet Dip**, and place them on parchment paper in the freezer for about an hour. These sweet treats make a great alternative to chocolate-covered strawberries.

Find more recipes at
eatsmartmovemoreva.org

BODY



Try this heart-opening yoga pose called the **Melting Heart**.

1. Come to all fours. Align your shoulders over your wrists and your hips over your knees.
2. Keep your hips aligned directly over your knees and walk your hands forward in space.
4. Melt your chest toward the floor (or a block or bolster) and draw your shoulder blades toward each other.
5. Rest your forehead or chin onto a prop or the floor.

Exercise Your Mind



Write a love letter to someone you love, like a family member or friend, or even to yourself. Show care to others around you and express how much they mean to you. If you write one to yourself, highlight your positive attributes and show yourself some kindness!

Resources

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Virginia Family Nutrition Program

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Editors: Tonya Price, PhD; Rebecca Wilder, MEd; Helen Leslie; Albert Zhu

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