Spring Cleaning

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As the seasons change, many households decide to clear their homes of unwanted clutter or tackle projects that have been put off. This spring I encourage you to do some internal spring cleaning. Make a list of everyone who is important to you, and think about the different relationships you find yourself in. Are you happy with where you are? Where do you need more support? If you are on social media, you may have seen the “check on your happy friends” trend. In reality, that can be hard to maintain.

As we near the end of school, stress can be ramping up. Check-in on your support group and loved ones to see how you can better support each other during this time. A strong group of friends brings a sense of belonging, and improved resiliency during stressful times. This improves your ability to handle stress in healthy ways and decreases the feeling of being overwhelmed. This week, try and schedule even just a few minutes to check in with someone. You might be surprised how much better it can feel to talk things out!

For more questions and prompts; visit IDONTMIND.com

Here are some questions to ask yourself, or a loved one to check in, and see where help is needed:

- How do you feel right now, really?
- How have you been sleeping?
- What is sitting heavy in your headspace right now?
- What is one thing you are looking forward to this week?
- What is something you wish someone would ask you?

For Teens

May 2023

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USDA is an equal opportunity provider and employer. This material was partially funded by USDA’s Supplemental Nutrition Assistance Program-SNAP, and was supported by Expanded Food Nutrition Education Program (USDA/NIFA).
May 2023

Exercise Your Mind

Mindful Jar

This activity can teach teens how to listen to their body dealing with food and regular diet.

First, get a clear jar (like a Mason jar). Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Next write down healthy foods and snacks you would like to try on a piece of paper. Cut them into strips and put them inside of the jar. Shake the jar up for easy ready to pull options!

This exercise not only helps teens be mindful of what they are eating, but it also facilitates the practice of mindfulness while making a fun and creative way of regulating a healthy diet. Try having teens focus on one food or snack at a time, this makes it easy for teens to focus and stay on track with their diet. Discuss how the different options are good for you and how they better healthy living.

Resources

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Virginia Family Nutrition Program
eatsmartmovemoreva.org

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