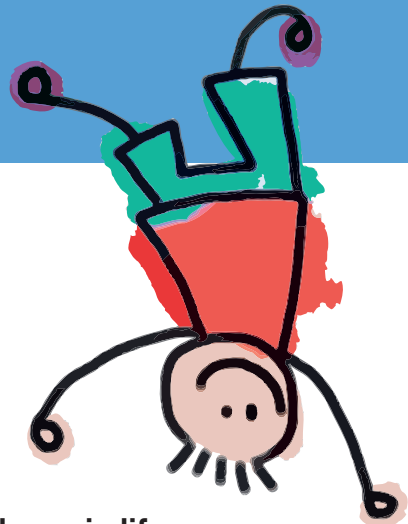


BALANCE IN LIFE



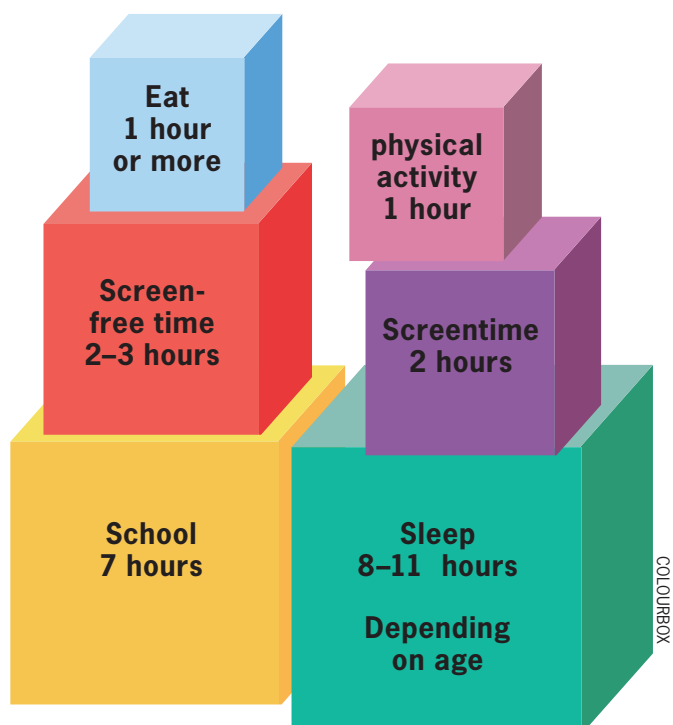
The benefits of positive lifestyle choices and having balance in life

Taking care of oneself and the body in a good way can act as a kind of vaccine against feeling mentally ill, against being anxious, sad, depressed. In any case, it is a very good start.

Taking care of your body in a good way also protects the body from feeling physically ill and many diseases can be prevented. Both sleep and physical activity protect against mental illness. Good eating habits are also important for feeling good. You as a guardian can help your child to have good habits and thus better health.

How can the hours of the day be distributed?

The day should be divided between food, sleep, school, exercise/leisure and spending time with friends. A suitable division for children and young people can be: to sleep ten to eleven hours at age six to twelve and eight to ten hours from age thirteen, meals one hour (or more), school seven hours, screen-time two hours, physical activity one hour and screen-free time two to three hours.



Tips for getting balance in life

- Follow recommendations on healthy eating, physical activity and sleep.
- Encourage your child to continue with sports activities, especially during adolescence when many people stop playing sports.
- Set aside time for recovery, "to just be", reflecting and doing things you enjoy.
- Even if the child protests, you need to help the child limit his screen time.
- Take control of your own screen time and simply turn off your phone for a few hours when you want to be focused on your family. The children will appreciate it.
- Choose good things, that strengthen your health, when you want to celebrate something or reward your child.
- Stimulate your child's creativity and talents.
- Spending time together within the family can strengthen and develop your relationships.
- Encourage your child to be in relationships where they feel good.

Want to know more or get help?

Contact the school nurse for more advice and support.

Read more at www.unglivsstil.se

Read more at www.generationpep.se

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