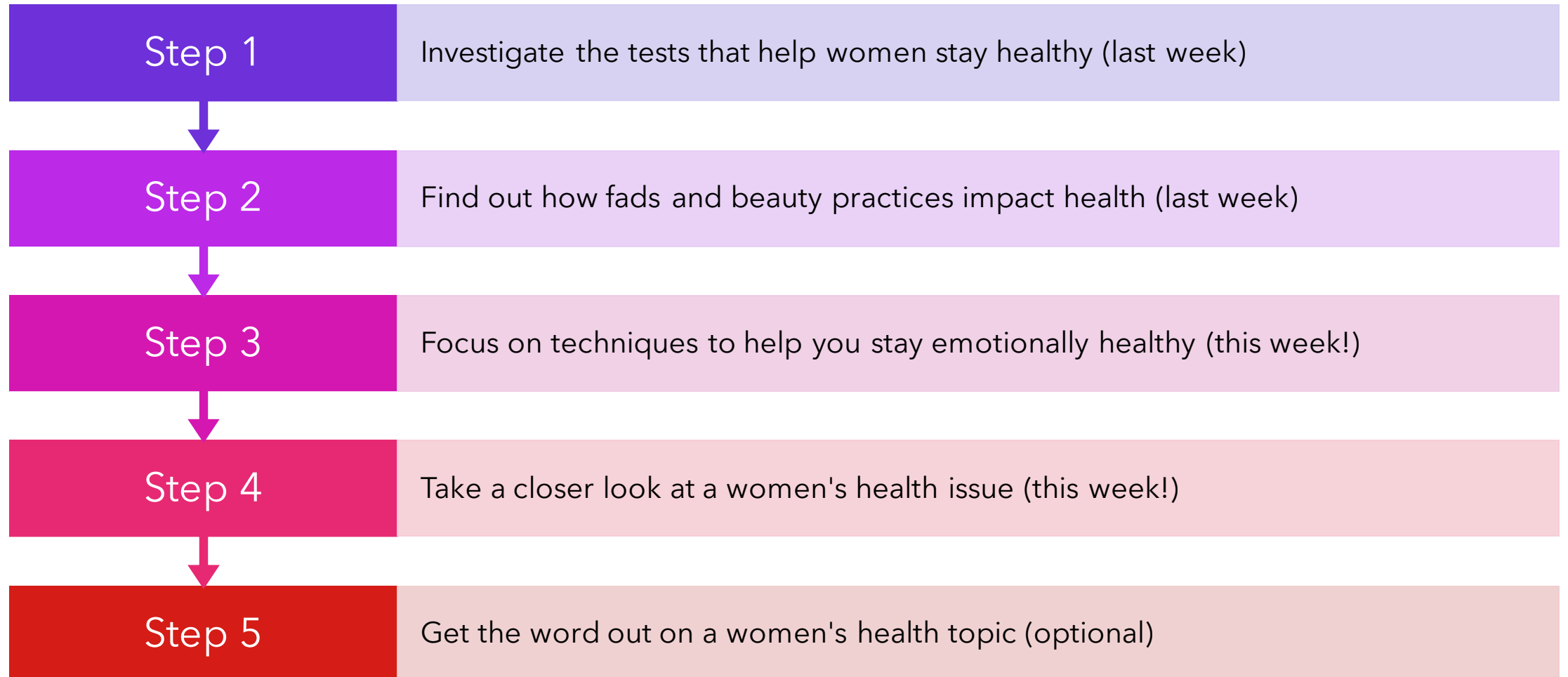




Women's Health Badge Part 2

Learn how to lead a physically,
socially, and emotionally healthy
life!

Overview



Step 3 - Focus on techniques that help you stay emotionally healthy

- How you feel mentally impacts how you feel physically. Emotional conditions, such as stress and anxiety, can lead to alcohol or drug abuse, dangerous eating habits, and erratic sleep cycles, all of which can lead to physical problems. Paying attention to your emotional health is as important as overseeing your physical health, and this will be true throughout your lifetime.
- To explore this, you may choose 1 of 2 options from the next slides.

Step 3 - Option 1: Get to know your moods

- Try starting a mood journal! This can be done on paper in a notebook, or in the notes section of your device. A mood journal can help you be more aware of your emotions and act based on them. See the link below for details.
- <https://www.healthline.com/health/how-to-keep-mood-journal#1>



Step 3 - Option 2: Explore a health topic of your choice

- Choose a topic you are passionate about and look on the internet to find more information. Be aware of the sources you are using - some might be more reliable than others. Some excellent topics might be healthy relationships, depression, eating disorders, etc.
- Find and watch a video of an expert speaking on this topic. You may want to check out one of these Ted Talks:

<https://www.ted.com/talks?topics%5B%5D=mental+health>

Ways to boost your mood!



exercising



eating a healthy, balanced diet



getting enough sleep



avoiding alcohol and drugs



expressing feelings - to friends, a counselor, or through art



maintaining supportive friendships and relationships



taking time to relax

Step 4 - Take a closer look at a women's health issue

- Choose a health issue that resonates with you and explore its impact on girls and women. Perhaps it's something that has affected someone in your own family or another woman close to you. Perhaps, it's something you discovered in one of the previous steps and want to look at through a different lens. In this step, check into causes, consequences, and possible preventive measures and treatments.



Step 5 (optional) - Get the word out on a women's health topic



- Share what you've learned on social media! You can simply make a post or even make a virtual flier. Educating others helps everyone become healthier. Be sure to cite your sources!