

St. Mary's Sycamore Group

Mrs. Jefferson

NURS 443 – Monday section

September 17th, 2020

Library Blog – Addressing Teenagers' Mental Health

Found in Varcarolis' Foundation of Psychiatric-Mental Health Nursing, the World Health Organization (WHO) defines mental health as "a state of well-being in which each individual is able to realize his or her own potential, cope with normal stresses of life, work productively, and make a contribution to the community". As teenagers, trying to achieve those four aspects of mental wellbeing can be intimidating and seem far out of reach, especially with all of the various changes happening in the world. What is most important during this time is to do what you can to stay mentally strong. Here are some suggestions to help aid you in your quest to reach well-being, and get through another year of school:

- Exercise for at least a half hour on the days that you can (there are endless amounts of YouTube accounts that cater to at-home exercising).
- Practice eating a healthy diet, use this MyPlate website to assist you:
<https://www.choosemyplate.gov/>
- Use your extra time at home to practice self-care! Read a book, watch a movie, call up a friend, try a new recipe, go for a walk, or the simplest one, take a hot shower!
- Do nice things for others! Donate to your local homeless shelters, food pantries, animal shelters, or the Salvation Army/Goodwill.

Reference:

Halter, M. J. (2018). *Varcarolis' foundations of psychiatric-mental health nursing: A clinical approach* (8th ed.). St. Louis, MO: Elsevier.