



Healthy Bodies/Healthy Minds

Providing comprehensive health care to our students through education, prevention, treatment and referral.

2022-2023 School Year

Open Monday through Friday, 7:30 am — 4:00 pm

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Stress Buster's for Teens

Teenagers are no strangers to stress, in fact the teenage years may be some of the most stressful! Academic demands, social concerns, and multiple demands on time and scheduling all combine to make teenage life full of stress. Since the pandemic self-care becomes more important than ever.

Here are some tips to help teens cope with stress more effectively:

- ◇ Make sleep a priority. It's no surprise that most teens do not get enough sleep. However, research has shown that sleep is essential for physical and emotional well-being. Most experts recommend 8-10 hours of sleep as optimal for teenagers. To promote sleep, limit screens at night and develop a nighttime routine of relaxing activities.
- ◇ Get moving! Exercise creates endorphins that increase positive feelings and decrease stress. Incorporating some form of exercise each day is a great way to feel better emotionally and physically.
- ◇ Make time for fun. Everyone needs unstructured time to engage in activities that bring them joy. Sports, drawing, cooking, writing and art are all examples of great activities to try.



- ◇ Reach out to others for support. Focus on developing strong friendships and spend time in social activities.
- ◇ Eat good, nutritious food. Avoid excess caffeine and stay away from drugs, alcohol, and nicotine.
- ◇ Laugh! Laughing is a powerful stress buster. Laughter decrease tension, relaxes muscles, and improves mood.
- ◇ Focus on your strengths. Take some time to think about what you're good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



Building Resilience

- ◆ Get Together
- ◆ Cut yourself some slack
- ◆ Create a hassle-free zone
- ◆ Stick to the program
- ◆ Take care of yourself
- ◆ Take control
- ◆ Express yourself
- ◆ Help somebody



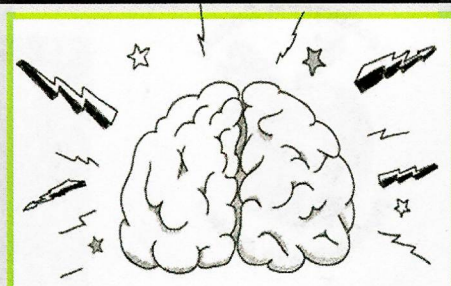
Knowing the risks of E-Cigarettes and teens

E-cigarette's are devise that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine and flavor in it, and other additives. The nicotine in e-cigarettes and regular cigarettes is addictive. E-cigarettes are considered tobacco products because most of them contain nicotine, which comes from tobacco.

Besides nicotine, e-cigarettes can con-

tain harmful and potentially harmful ingredients, including:

- Ultrafine particles that can be inhaled deep into the lungs
- Flavorants such as diacetyl, a chemical linked to serious lung disease
- Volatile organic compounds
- Heavy metals, such as nickel, tin, and lead



Nicotine affects brain development, which continues to age 25.

Exercise and Teenagers

Exercise is an important part of keeping teens healthy. Encouraging healthy lifestyles in children and teens is important for when they grow older. Lifestyles that are learned in childhood are more likely to stay with the child into adulthood. Some changes in lifestyle can be harder to make as a person ages. The best way to promote healthy lifestyles is for the whole family to become involved. A daily exercise program is a fun way to share physical activity with family and friends while helping to establish good heart healthy habits.



Teenagers need at least 60 minutes of moderate to vigorous physical activity on most days to maintain good health and fitness, and for healthy weight during growth. Even low-to-moderate intensity activities for as little as 30 minutes a day can be helpful. Regular aerobic physical activity increases a teen's capacity for exercise. It also plays a role in the prevention of heart disease and type 2 diabetes. Aerobic activities are continuous activities that cause the heart rate and breathing rate to increase. To prevent dehydration, encourage your teen to drink fluid regularly during physical activity.

Covid -19 Vaccines for Children and Teens

Covid-19 vaccines are safe for children and teens. The benefits of Covid-19 vaccination outweigh the known and potential risks of Covid-19. Covid-19 vaccines are monitored under the most intense safety monitoring in U.S. history. Before recommending vaccination for children and teens, scientists conducted clinical trials with thousands of children to make sure the vaccine was safe and effective.

There is no way to tell in advance how children or teens will be affected by Covid-19. Although uncommon, even healthy children can get really sick from Covid-19. Children and teens can also experience ongoing health problems after getting Covid-19 that can include physical and mental health complications that can affect their quality of life. Getting children vaccinated can help keep them from getting really sick.

