



# Nurturing one's health at a young age

A guide to developing  
healthy habits young



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# What exactly are habits?

Habits are behaviors or routines we perform that are practiced daily. These routines allow us to carry essential activities throughout the day such as taking a shower, brushing our teeth, and getting dressed.

A healthy habit is a behavior that can significantly improve an aspect of a person's life, whether it be in terms of mood or health. On the other hand, an unhealthy habit is something one does that hinders their mental or physical health.

The best way to change bad habits is to directly replace them with new and healthy ones.



# Why do habits matter?

Habits are significant to everyone around the world because they shape a significant section of our daily actions, influence our productivity, mental & physical health, and overall well-being.



# Unhealthy habits

An unhealthy habit is something one does that hinders their mental or physical health

## Not getting enough exercise

Lack of physical activity may lead to weight gain, reduced brain function, a weakened form of the physical body, and can make everyday tasks harder to do.



## Not getting enough sleep

Having an insufficient amount of sleep makes it harder for you to learn and remember concepts. It also can make you more prone to developing illnesses such as high blood pressure, heart disease, diabetes, and strong emotions of sadness.

## Maintaining an unhealthy diet

Consuming unhealthy food such as soda, candies, and pastries can lead to problems like obesity, diabetes, and heart diseases due to the food having large amounts of calories yet containing little nutrition.





# Unhealthy habits

An unhealthy habit is something one does that hinders their mental or physical health

## Negative self-talk

Putting yourself down can weaken your self-esteem, lead to poor mental health, cause immense pressure and fear, and can impact your physical health by causing headaches and fatigue.



## Bottling up emotions

Suppressing your emotions can develop stress, emotional outbursts, difficulty in connecting with others, and can make it harder to make the appropriate and balanced choices.



## Being too hard on yourself

Putting too much pressure on yourself can drain your energy and motivation. You may also become withdrawn, irritable, or overly sensitive to feedback from others.





いちごのプール

アーモンドを練り込んだココアのある  
フリーズドライのいちごと粉糖をあ  
めば、風味豊かなパウダーをけました。

# Healthy habits

A healthy habit is a behavior that can significantly improve an aspect of a person's life.



## Drinking a lot of water

Drinking the appropriate amount of water helps  
keep your body active and alert, improve  
digestion, and flush out toxins from your body  
through urine and sweat.

## Not smoking

Avoiding the act of smoking provides its own set of  
benefits. These benefits include making your lungs  
stronger, improving your immune system, and  
lowers the chance of obtaining diseases such as  
lung cancer and heart diseases.



## Regular exercise

Exercising consistently strengthens your muscles  
and bones, keeps your heart strong, and keeps  
your body flexible, active, and full of energy.



# Healthy habits



A healthy habit is a behavior that can significantly improve an aspect of a person's life.



## Taking needed breaks

Allowing short mental breaks restores your focus and energy, prevents burnouts and mental fatigue, and helps you think more clearly.

## Reducing time spent online

Limiting screen and social media time reduces stress and anxiety, improves concentration and mood, and helps one sleep better at night.



## Practicing mindfulness and meditation

Taking quiet time to reflect and breathe calms the mind, helps manage emotions, and supports better mental focus and emotional balance.





# Why people struggle to stay consistent with their habits

## Setting unrealistic goals

When you create goals for yourself that are too big or vague, it can become overwhelming to achieve them. For instance, you set a goal where you will lose 20 pounds in one week. That goal is physically unsafe and when you try to achieve it, you may cause harm to your body and you can become overwhelmed with trying to achieve such a large goal.

## Neglecting habits

Without reminders, cues, or schedules, neglecting habits will be a common outcome. When habits aren't prioritized or scheduled into your routine, they tend to slip past your mind.

## Trying to change too many habits at once

When you suddenly change a large amount of habits at once, such as waking up early, dieting, exercising, etc., it can drain your mental energy and it makes it harder for you to focus on completing your habit completely and correctly.





# Why people struggle to stay consistent with our habits

## All-or-nothing mindset

This mindset defines the thought that if you forget to do your habit or mess up once, you've failed and there's no use in continuing. Remember, the concept of consistency allows room for mistakes, development, and growth.

## Comparing your own progress to others

When you compare your progress to someone else's, it can make you feel like you're falling behind or you're not doing enough. Discouragement can lead you to quit instead of focusing on your own pace.

## Underestimating how long change takes

It's common for people to abandon healthy habits when they realize change isn't as fast as they expected. Take into example, exercising daily. It may seem that nothing is changing in the first week, but real change takes time, patience, and consistency.



# Staying consistent with your habits

## Setting goals

Start with clear and realistic goals so you know exactly what you're working toward. For example, instead of saying: "I want to start eating healthy," decide on something more specific, like: "I will eat one fruit everyday during snack time." When you know your exact target, it makes it easier to stay on track.



## Schedule them into your life

Treat your habits like a non-negotiable appointment. Put it in your calendar, set alarms, set designated times, and commit to it the way you would to a meeting or a class. This helps your habit become part of your daily routine instead of something you "try to fit in."

## Stack it onto an existing habit

Link your new habit to something you already do automatically. For example, "After I floss my teeth at night, I'll read one chapter of my newest book." This makes the new habit easier to remember because it's anchored or paired to something familiar.





# Staying consistent with your habits



Celebrate small wins

Acknowledging your progress in staying consistent is important! Whether it be big or small, celebrating keeps you motivated to keep going.

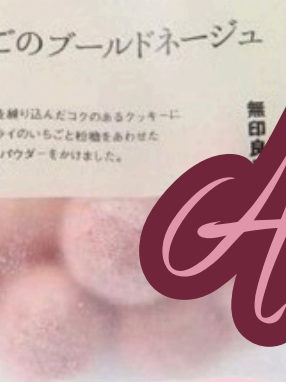
Surrounding yourself with support

Telling someone your goal or joining a community that does the same habit can influence your motivation and mindset. You're more likely to stay consistent when you don't do something alone.

Review and adjust

Review and check in regularly to see if your habit is working out for you. If it feels too big or overwhelming, break it into smaller tasks or steps. On the other hand, if your habit feels too easy, level it up or make it a bit harder. Adjusting as you go keeps the habit sustainable long-term.





# A friendly reminder before you leave,

Your health is your foundation. It influences your choices, mindset, relationships, and everything in between. Make sure to care for your health while you're still young.

Start creating healthy habits, go at your own pace, and check in how you're feeling, whether it be physically, mentally, or emotionally.

The small yet correct choices you make today will surely build the strength, energy, and peace you'll need for the future.





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