

# A Healthy Lifestyle Increases Resiliency

**Life – for everyone – includes stress and negative events. Over long periods of time, too much stress can cause serious health problems. Resilient people make life style changes that help relieve daily stress and hardship.**

Most Americans report feelings of moderate to high stress. Money and job concerns are a major factor in those feelings. *Healthy habits* help keep daily stress levels low.

Begin your new healthy life style plan by taking *baby steps*. Set realistic personal and family goals. As you improve your lifestyle, add new goals.

A chart can help you on your resiliency journey. Download The Road to Resiliency: Goals and Action Plan chart from [parenthelpline.org](http://parenthelpline.org) in Charts and Checklists. Fill in your goals and action plan, and start your road to resiliency. Start with these goals.

## Exercise

- Take stairs.
- Add more steps to your day.
- Enjoy a weekly family exercise activity.

## Adjust your diet.

- Eat 5 fresh fruits and vegetables daily.
- Eliminate processed and junk foods - gradually.
- Drink water instead of soda.

## Get plenty of sleep.

- Adults need at least 7 hours of sleep every night.
- 1-3 year olds need 12 hours every night.
- 3-11 year olds need 10-12 hours every night.
- 12-18 year olds need 8-10 hours every night.

## Limit unhealthy behaviors

- Stop smoking.
- Reduce alcohol intake.

## Take time to relax.

- Try yoga, meditation or prayer.
- Learn a new sport and play with friends.
- Find a hobby.

## Build strong friendships.

- Seek support from family and friends, especially in times of trouble.

## Learn your stress warning signs. Upon the warning, take a mental time-out.

- Close your eyes, and take some deep breaths.
- Think positive thoughts. Stop negative thoughts.

Your new healthy lifestyle will become a habit for both you and your children.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

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 **Children's**  
HSHS St. John's Hospital