



# Buzzy BODY & BITES for Teens

Buzzy

Here are some questions to ask yourself, or a loved one to check in, and see where help is needed:

- How do you feel right now, really?
- How have you been sleeping?
- What is sitting heavy in your headspace right now?
- What is one thing you are looking forward to this week?
- What is something you wish someone would ask you?



## Spring Cleaning

Written by: Eleni Kasianides, 2022-23 Teen Healthy Living Ambassador

As the seasons change, many households decide to clear their homes of unwanted clutter or tackle projects that have been put off. This spring I encourage you to do some internal spring cleaning. Make a list of everyone who is important to you, and think about the different relationships you find yourself in. Are you happy with where you are? Where do you need more support? If you are on social media, you may have seen the “check on your happy friends” trend. In reality, that can be hard to maintain.

As we near the end of school, stress can be ramping up. Check-in on your support group and loved ones to see how you can better support each other during this time. A strong group of friends brings a sense of belonging, and improved resiliency during stressful times. This improves your ability to handle stress in healthy ways and decreases the feeling of being overwhelmed. This week, try and schedule even just a few minutes to check in with someone. You might be surprised how much better it can feel to talk things out!

For more questions and prompts; visit [IDONTMIND.com](https://www.idontmind.com)



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# BITES



## BUILD YOUR OWN Trail Mix

Choose from your favorite ingredients and make it your own!

**Prep Time:** 10 minutes  
**Total Time:** 10 minutes



### GRAIN



4 cups whole-grain cereal O's



4 cups whole-grain cereal squares



8 cups 94% fat-free microwave popcorn

### FRUIT



1 cup raisins



1 cup dried cranberries



1 cup dried banana chips

### PROTEIN



¼ cup unsalted peanuts



¼ cup unsalted almonds



¼ cup sunflower seeds

### Directions:

- Select a grain, fruit, and protein.
- Mix grains, fruit, and/or protein choices in a bowl.
- To add flavor, spray trail mix with nonstick cooking spray and toss with your choice of seasonings, such as ground cinnamon, chili powder, or unsweetened cocoa powder.
- Makes 4 servings.
- As you become more familiar with the recipe, try adding or replacing with different grains, fruits, and protein options.

Find more recipes at [eatsmartmovemoreva.org](https://eatsmartmovemoreva.org)

## Exercise Your Mind

### Mindful Jar

This activity can teach teens how to listen to their body dealing with food and regular diet.

First, get a clear jar (like a Mason jar) .Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Next write down healthy foods and snacks you would like to try on a piece of paper. Cut them into strips and put them inside of the jar. Shake the jar up for easy ready to pull options!

This exercise not only helps teens be mindful of what they are eating, but it also facilitates the practice of mindfulness while making a fun and creative way of regulating a healthy diet. Try having teens focus on one food or snack at a time, this makes it easy for teens to focus and stay on track with their diet. Discuss how the different options are good for you and how they better healthy living.

# BODY

## Memorial Day

Written by Lidija Westfall,  
2022-23 Teen Healthy Living Ambassador

Our state is steeped in history, from Native Americans, the Early Settlers, the Revolution, and the Civil War. This month, as memorial day approaches, take time to remember and be grateful for those fallen on the battlefield. I encourage you to do this while exercising your body. It may be a good day to go on a hiking expedition. We have a multitude of both State and National Parks to choose from. While you hike, look around. What do you see here that you don't have at home? Make a checklist on your own or with friends and see how many things on that list you can find.

To find a Virginia State park near you visit <https://www.dcr.virginia.gov/state-parks/find-a-park>

If hiking isn't your thing there are other activities outdoors that you can engage in as well. Some State and National Parks will offer activities such as kayaking and rock climbing. The important thing is to get outdoors!

## Resources

Virginia 4-H | Facebook

[www.facebook.com/Virginia4HStateOffice](https://www.facebook.com/Virginia4HStateOffice)

Virginia Family Nutrition Program

[eatsmartmovemoreva.org](https://eatsmartmovemoreva.org)

[www.facebook.com/VaFNP](https://www.facebook.com/VaFNP)

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