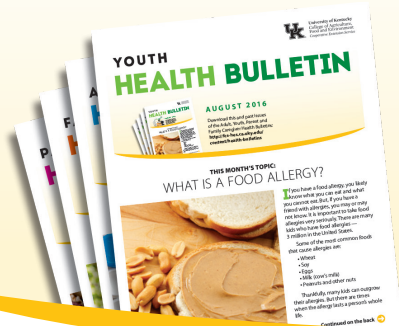


YOUTH HEALTH BULLETIN



SEPTEMBER 2018

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: TALK ABOUT FEELINGS

Hey,
 GRANDPA...
 DO YOU
 HAVE A
 minute
 to talk?

SURE DO.
 What's
 up?



There are many feelings you can have. No matter how you feel — good or bad — it is healthy to put your feelings into words. Talking about feelings helps you feel close to people who care and it helps you feel better when you are sad or scared.

It is okay to feel sad. Everyone feels sad sometimes. As long as they don't happen too often or last too long, sad feelings — like all emotions — are just a natural part of life. When you are in a sad mood, it is important to talk about your feelings. You do not have to wait for a big problem to talk about your feelings.

Continued on the back →



Getting enough sleep is important.

When you are not rested, it may make stress feel much worse.

➔ Continued from page 1

A parent, grandparent, coach or a teacher can be a good person to talk to. You can start by going to the trusted person and saying, "Can we talk for a minute?" Then say how you feel and why. Even if you don't know why you feel a certain way, you can still talk about it. You can say, "I feel upset, but I don't know why." It can also help to talk about happy things, too. Paying attention to the good stuff (especially during sad times) can help turn your mood in a positive direction.

Here are some tips that can help you go from a bad mood to a good mood:

- **Eat healthy foods!** Make sure to eat well. Starting the day with breakfast can help you handle the day ahead. You should eat plenty of fruits, vegetables, meats and whole grains. Do not be fooled by the energy you get after having a soda or sugary foods and candy. That good feeling will wear off fast and you may feel even worse than when you started.
- **Get the right amount of sleep.** When you are not rested, it may make stress feel much worse. Getting enough sleep is important. You need it to recharge for the day ahead.
- **Go play!** Getting your body moving is a great way to help you feel happy. Exercising on a regular basis can help give you an outlet for all different types of feelings. To get moving,



you might want to play a game with your friends or take a walk with your buddies.

- **Take time to relax.** Take a break by painting, coloring or listening to your favorite music. Go to your favorite spot to sit and read or even daydream.
- **Write it down!** You may want to start writing in a journal. Writing down how you feel can make you feel good and help you let go of your feelings. Find a quiet spot and grab some paper and start writing.

If you keep feeling sad, remember to talk to someone you trust! Keeping your feelings inside is not healthy. Talk to a parent, friend or a teacher about how you are feeling. They might be able to help you think about your feelings in a different way.

REFERENCES:

- Centers for Disease Control and Prevention. Body and Mind. <http://www.bam.gov>
- <https://kidshealth.org/en/kids/talk-feelings.html>
- <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/suicide-prevention-tips>



YOUTH
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

