



Vyners School

Striving for  
Excellence

# Healthy Habits

Including: Sleep, Diet and Exercise!

Sub topics: Eating habits, self harm and body image

# Sleep

## The facts:

When it is dark your body releases 'Melatonin' this enables you to sleep. When it is light melatonin release stops in order to signal wakefulness.

In the winter months individuals can suffer from Seasonal Affective Disorder because melatonin is still being released as we wake up while it is still dark

## How can mobile phone usage before bed link to this?

Mobile phones emit light, an exogenous zeitgeber (external time keeper), which disrupts melatonin release!

Melatonin is needed for sleep!

**Phone = light. Light = reduced melatonin. Reduced melatonin = reduced sleep.**

# Top tips

- Reduce your child's mobile phone usage before bed!
- At least an hour before to allow melatonin production!

We discuss sleep times in PSHE frequently

Many students say they go to bed midnight or later

**This is too late!**

**Could this be because their phone is keeping them up?**

# Sleep

8-10 hours of sleep each night.

Why?

- Improve concentration
- Improve mood
- Improve and maintain body functions (digestive)
- Improve immunity

# Phone usage continued ... Body image

First of all ... majority of social media sites are 13 or above ...

Are your children following 'influencers' that look like this?



These adults set up unrealistic standards for teenagers and young adults alike!

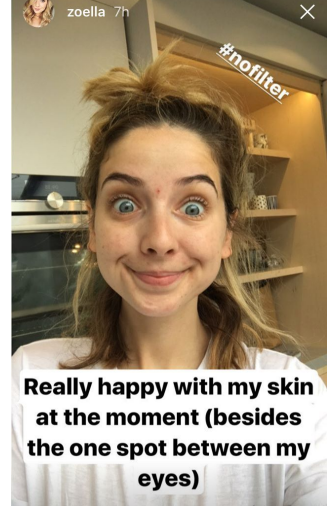
## Quick mention of behaviour!



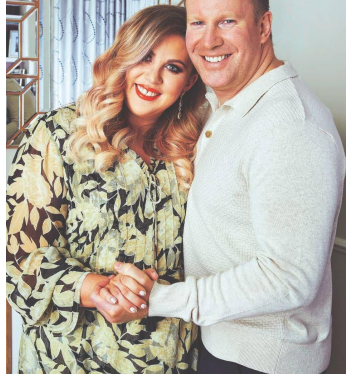
Are they watching content where creators are behaving violently? Unsociable behaviour? **Swearing as part of a sentence?**

**Everything your child watches/ hears can influence their behaviour!**

Should they be watching this type of content? Will this influence them to act in similar ways?



Really happy with my skin at the moment (besides the one spot between my eyes)



# Phone usage continued ... Body image

Can they be encouraged to follow more realistic/normal looking people?

Still famous, still relatable (if not more)

Are they aware of photoshop?  
Can they tell when someone's body (including someone they know) in a photo has been smoothed out?

Overall, 31% of 13- to 19-year-olds feel ashamed of their body shape, according to the YouGov survey of 1,118 British teenagers, which was weighted to represent everyone at those ages.

Slightly more – 35% – had **stopped eating** or limited what they ate because they were worried about their body.

Two in five said pictures they had seen on **social media** had made them worry about their body.

In addition, 35% of respondents worried about their body often or every day , 37% felt upset and ashamed about it and 40% said **remarks by friends** had made them worry about their appearance.



# Linking Body Image and Sleep with Eating habits

- Poor body image can result in a change in eating habits - be vigilant of any unusual habits or sudden changes in weight
- Stress can lead to increased or decreased eating
- Do they binge eat after school? Are they eating enough in the day?
- Sleep can be impacted by dinner consumed too late in the evening - what time is your child eating dinner? Do they eat snacks before bed?
- Energy levels at school are affected by amount of sleep but also whether they have eaten a suitable breakfast or not.



self-  
confidence  
is the  
**BEST**  
filter.

Do not let  
your mind bully  
your body

YOUR WEIGHT  
DOES NOT DEFINE  
YOUR WORTH



**MAYBE SHE'S  
BORN WITH IT,  
MAYBE IT'S AN  
INSTAGRAM FILTER**

# MY BODY IS GOOD

## REGARDLESS OF:

- How it looks
- Your opinion of how it looks
- The mainstream media's idea of how I should look

# BODY IMAGE

# Get off the internet and get outside!

Since covid more teenagers are spending more time indoors sitting than being productive!

The weekend and evenings are for rest but there needs to be a balance!

# Exercise

## How much?

According to Rochester University teenagers need at least **60 minutes** of moderate to vigorous activity a day. Screen time should be limited to less than 2 hours daily and replaced with activities which require more movement.

## Examples:

Walking (the dog); running; cycling; dancing; gymnastics; football; rugby; netball; climbing etc.

## What are the benefits?

According to the American Heart Association, the following are key benefits for teenagers:

- Improved blood circulation
- Keeps weight under control
- Managed blood pressure
- Improves bone and muscle strength
- Boosts energy levels
- Releases tension
- Improves sleep
- Improves a person's self image
- Manages stress
- Increases enthusiasm
- Fights anxiety and depression



# Physical Activity

60 minutes per day!

## Exercise Is Medicine

Staying Active during COVID-19



### COVID-19 & Lifestyle

Social Isolation  
&  
Home Confinement

Physical Activity:

↓ 33%  
108 to 72 min/wk

Sitting Time:

↑ 28%  
5 to 8 hour/day

### Physical Activity Benefits

Achieved with 150-300 min per week:

Treats & prevents  
chronic  
illness



Boosts  
immune  
function



Increases  
fitness &  
quality of life



Improves  
mental health



Maintains  
healthy  
bodyweight



Enhances  
sleep quality



# Physical Activity

## Types of Physical Activity

### Informal Activity

#### Indoor Work

- Cleaning
- Laundry



#### Outdoor Work

- Raking
- Gardening



### Formal Exercise

#### Strengthening

- Yoga
- Bodyweight Exercises



#### Aerobic

- Walking/running
- Cycling



## Move More & Sit Less



Standing break



Cleaning



Morning walk



Evening jog

30 min x 5 days = **150 min**

# Overall: these **all** impact Mental Health

Useful video explaining depression to children: [I had a black dog, his name was depression](#)

According to the DSM5:

## **Behavioural** characteristics of Depression:

- **Activity levels**: lethargic, can't get out of bed, withdraw from social activities, or may be agitated and struggle to relax
- **Disruption to sleep**: need more sleep or can't sleep
- **Disruption to eating**: appetite increase or decrease. Weight gain or loss
- **Aggression and or self harm**: **aggressive towards others or the self**

## **Emotional** Characteristics of Depression:

- **Lowered mood**
- **Feelings of worthlessness or emptiness**
- **Anger**
- **Lowered self-esteem**

## **Cognitive** Characteristics of Depression:

- **Poor concentration**, decision making, sticking with a task
- **Glass half empty** - dwelling/focusing on the negative
- **Absolutist thinking/ black or white thinking**: all good or all bad, minor inconvenience is a total disaster



# Further reading

## [What is self-harm?](#)

[Emotions are cognitive, not innate, researchers conclude](#) [What Does Sadness Look Like in the Brain?](#)

[WHO: Depression Is Now Leading Cause of Ill Health Worldwide -- Science of Us](#)

[One in four girls have depression by the time they hit 14, study reveals](#)

[Is everything you think you know about depression wrong?](#)

['Smiling depression': it's possible to be depressed while appearing happy -- here's why that's particularly dangerous](#)