

EDUCATIONAL RESOURCE GUIDE

Lifestyle Interventions through Empowerment & Learning for Youth (LIVELY)

Resources

Date	Aug 16, 2024
General Mental Health Helplines and Resources	<ul style="list-style-type: none">● All emergencies: Call 911, operates 24/7● Suicide Prevention Hotline: Call 988, operates 24/7● Community Behavioral Help Centers: Same-day assessment for mental health concerns● Crisis Text Line: Text HOME to 741741 for free confidential 24/7 support
Nutrition	<ul style="list-style-type: none">● Global Wellness Institute Nutritional Guide● Australian Guide to Healthy Eating● List of Hotlines for Concerns about Eating● The Nutrition Source (from Harvard School of Public Health)
Exercise	<ul style="list-style-type: none">● Quick and Fun Exercise Facts (from the CDC – a good source of information): Fact Sheet & Poster● Quick workout videos (just pick your age level!): Sworakit Youth Workouts & Get Kids Moving.
Sleep	<ul style="list-style-type: none">● The Science of Sleep Game● Educational YouTube Video: “Why Are Teens So Sleepy?”
Social Connection	<ul style="list-style-type: none">● Healthy Relationship Tool for Ages 11-18● Kids Health Hub Tips● Tips on Healthy Relationships from “love is respect”● Safety Hotline● Loneliness and Social Media Advice
Stress Management	<ul style="list-style-type: none">● Square Breathing Technique● Mindfulness Tips● Self-regulation Tips● Guided Meditation
Sources We Recommend for Further Learning	<ul style="list-style-type: none">● The Centers for Disease Control and Prevention● The American Psychological Association● PBS Kids● Scholastic● American College of Lifestyle Medicine● American College of Sports Medicine● The National Sleep Foundation● Benson-Henry Institute for Stress Management● The Teen Lifestyle Medicine Handbook <p><i>Always double-check information from the internet.</i></p>