

# A balanced lifestyle: SPARK

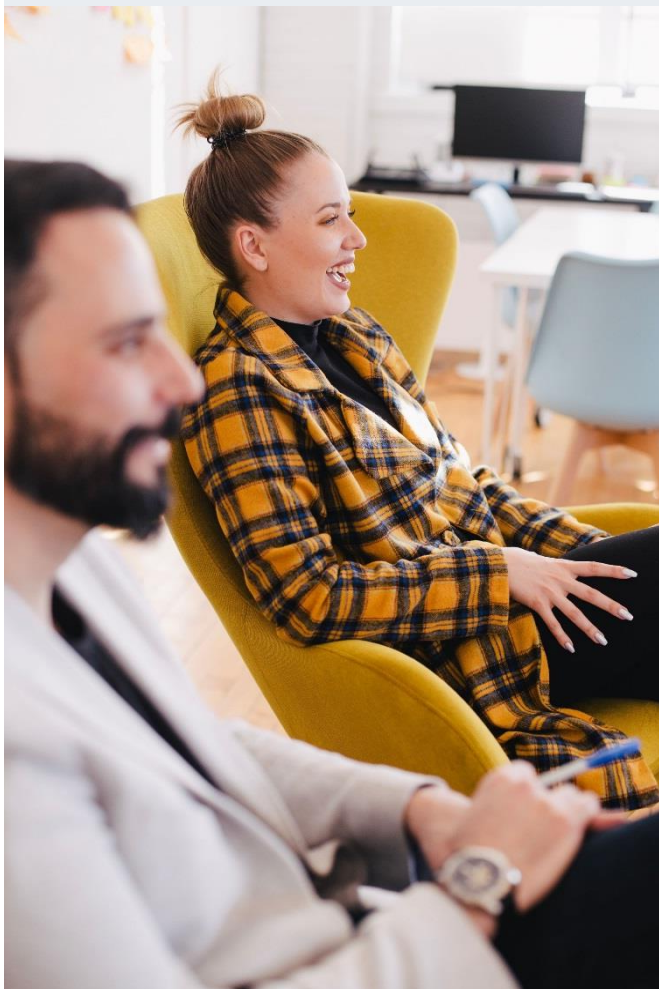
English version 'ALLES'



## A balanced lifestyle

Starting your day with a clear head, full of energy. It is really possible. And it takes less effort than you might think. Small changes in your daily habits can make a big difference.

Where to start? A healthy lifestyle gives you that little **SPARK!**



## Sleep enough

Sleep is the basis for a healthy lifestyle. Allow yourself to sleep enough. Get inspired by our [10 tips](#) for a good night's sleep.



## Process emotions

Notice how you feel and take action. Happy, down, angry, in love, anxious, ... Emotions tell us what is important to us. Check it out: [geluksdriehoek](#)



## Active movement

Every step counts. Move your body in a way that you enjoy, with the [bewegingsdriehoek](#) as inspiration.



## Regular meals

Eat regularly, at set times and with others when you can. Focus on [eetcompetenties](#), and use the [voedingsdriehoek](#) for inspiration.



## Kind to yourself

Focus on your talents and skills. Allow yourself to grow and learn. Give yourself time to rest and enjoy hobbies.



## Sleep enough

Sleep is essential for a healthy lifestyle. If you don't sleep enough, your mental and physical health pays a price.

Make sure to get enough **sleeptime**:

- Toddler (1-2): 11 - 14 hours
- Preschooler (3-5): 10 - 13 hours
- Child (6-13): 9 - 11 hours
- Teenager (14-17): 8 - 10 hours
- Adult (18-64): 7 - 9 hours
- Older adult (65+): 7 - 8 hours

In addition, a regular rhythm of sleeping time and the time you are awake is important. With a relaxing evening ritual you can fall asleep faster. Go to bed when you start feeling drowsy. This way you can sleep more deeply. Keep your bedroom dark, cool, and free of electronics. The light from screens can disrupt your sleep. Limit drinks with a lot of sugar and caffeine from the afternoon onwards, to help you with this. More tips can be found on our [sleep sheet](#).



## Process emotions

No one feels happy all the time. What you see on social media is an edited version of reality. It's ok not to be ok! Do you have different strategies of dealing with difficult emotions, such as frustration or sadness? Do you slam the doors? Or do you retreat under a soft blanket? Are you talking to someone you trust about it? Are you looking for a distraction in something creative? All these strategies are okay. Just make sure you can be flexible about it, try different strategies to find you balance again.

Don't know where to start? Do you feel stuck? Talk about it to someone you trust.

You can also look for professional help, such as a CLB employee at your school, [JAC](#), [Awel](#) or [Tejo](#). Maybe there is a walk-in house in your neighborhood of [Habbekrats](#) or [Overkop](#)?



## Regular meals

Eat approximately at set times. It gives your day a handy structure. Eat your breakfast, it gives you energy to start your day fresh and reduces appetite for high-calorie snacks later in the day. Skipping your breakfast can contribute to weight gain in the long term.

Eating together with family or friends can be fun and it can even help to stay healthy in the long term. Do you want to put something different on the table? Feel free to get behind the stove yourself! Find a nice and simple recipe online. Additional tips and ideas about what you can eat can be found in the food pyramid 'voedingsdriehoek'.



## Active movement

Stretch and walk around regularly. You sit a lot at school and while studying. But actually, your body is made for movement, so stand up often to interrupt your sitting time.

Do some active activities after school. Cycle home, walk around the block, or search with your friends for a fit-o-meter in your area. Moving does not have to be boring! Try a game or app that makes exercise 'fun'. Do you know the walking app where you are being chased by zombies? Do you love chatting with friends during a walk? Try it!



## Kind to yourself

Look at your own progress instead of comparing yourself with others. Look at what goes well in different areas of your life: your friendships, at school, your hobbies ... What are you good at? What characteristics do your friends value in you?

Show who you are at school and with your friends instead of pretending to be somebody you are not. Every body and personality is different, and that is truly beautiful.

What you do is more important than your weight. On the basis of a person's weight you cannot tell whether this person lives healthy or not. Many people who eat healthy, exercise regularly and sleep enough are healthy regardless of the number on the scale.