



## Good Health Habits Matter

- Sleep - yours and theirs, wake without alarm clocks, regression for each hour of sleep lost
- Exercise - clinical evidence of reducing depression
- Brain calming practices and relaxation
- Healthy diet - feed children whole food, avoid processed food - nutrients regulate mood and behavior
- Do things you enjoy, practice the habits of happy people

***How many of these good health habits do you currently practice on a regular basis?***

