**General Health and self care tips, 2019-2020**

1. Drink at least 8 glasses of water a day. Herbal teas are also fine as a replacement.
2. Eating some protein (eggs, chicken, fish, meats, nuts, beans.)at each meal. This assists with learning by making us more alert, attentive, thinking more quickly, and having motivation.
3. Reduce sugar consumption in the form of refined sugars (candy, soda, cookies, anything with high fructose corn syrup) and refined grains (white rice, white bread, pasta).

4) Eat more fruits and vegetables. 5-9 fistful size servings. As an example 1 small apple equals a serving.

5) Don’t skip breakfast. It’s the most important meal of the day.

6) Stop eating 3 hours before bedtime. This can affect the quality of sleep. Take 5 deep breaths before you go to sleep.

7) Eat the full spectrum of colors of fruits and vegetables (red apple, yellow squash, green kale, oranges, purple eggplant, etc.)

8) Walk, run, and/or dance at least 20 minutes a day! If you walk try your best to be in nature like near the E building or Lake Merritt, 3 times a week.

9) Feel your feelings, talk to friends, teachers, counselors about deep pain or anger. If you feel numb and mental health counselor can perhaps assist you.

10) Connect daily with your spirit world, either by your church, reading a holy book, prayer or anything that connects you to the great spirit of the universe. Sometimes, it just means being in nature, at a park or garden.