

Well Check: Young adult

Live healthy

Healthy choices include:

- **Eating healthy.** It's up to you to make food choices that will keep you healthy and at a healthy weight. Here are the basics:
 - Choose fruits and vegetables (5 a day) and low-fat dairy (3 servings a day).
 - Drink water or milk, not soda or juice drinks.
 - Hold off on candy, chips, and fast food.
 - Eat 3 healthy meals a day, including breakfast.
 - If you're concerned about your weight or eating habits, ask your doctor for advice.
- **Staying active.** You should be active for at least 1 hour a day. Make activity part of your routine, like being on a sports team or walking to work or school. Don't spend more than 2 hours a day in front of screens (unless it's for work or school).
- **Getting plenty of sleep.** Sleep is crucial for physical and mental health.
- **Keeping your teeth clean.** It's still as important as ever to brush your teeth twice a day, floss every night, and visit the dentist twice a year.

Being safe

The biggest health risk for people your age is accidents. Avoid the kinds of serious risks that could cause permanent damage. You can reduce your risk of serious accidents by:

- **Using safety gear.** Always wear your seat belt or helmet. Wear the safety gear for whatever sport you're doing. Use ear plugs at loud concerts. These are all designed to keep you safe.
- **Staying away from guns,** unless you have been trained how to safely handle one.
- **Being safe in cars and other vehicles.** Never drive if you've been using drugs or alcohol. Never ride in a car with someone who has been using. If you feel unsafe, get out of the car. If you need to, call someone else to drive you.
- **Avoiding drugs and alcohol.** If you have a problem with drug, alcohol, or tobacco use, be honest with your doctor about it. When you're ready, your doctor can help you quit or cut back.

Be safe about sex

Safe sex involves:

- **Getting good information about healthy sexuality.** It's important to understand both the physical and emotional issues. Talk with your doctor or your parents, and read reliable information.
- **Never letting anyone pressure you** into a sexual relationship you don't want. It's always okay to say "no." If you're in a bad relationship, try to walk away from it. If you need help handling the situation, ask for it.
- **Always using safe sex practices to prevent sexually transmitted infections (STIs).** Always use a condom.
- **Talking to your doctor about birth control options.** Ask your doctor for the [Birth Control Basics](#) fact sheet.

What do I need to do next?

- Review this handout from time to time.
- Unless directed otherwise, see your doctor at least once a year.
- Identify something you'd like to do right now to help stay safe and healthy.

Have a healthy social life

You can have a healthy social life by:

- **Choosing to be with people who respect you.** Choose friends who stay away from drugs, steroids, diet pills, too much alcohol, or other harmful substances.
- **Getting out of situations that make you feel uncomfortable.** If you're in a place or with a person that makes you feel uncomfortable or unsafe, leave. You don't need a specific reason.
- **Staying connected with your family.** Even if you have a lot going on, it's important to keep family ties strong. If there are problems in your family, try to be part of the solution.

Everybody's a little different. Your doctor may tell you some things that are different from what this fact sheet says. If so, follow what your doctor says.

Learn to handle stress

This is a stressful stage of life, and it's normal to have some hard days. You can learn to handle stress better by:

- **Figuring out healthy ways to handle stress.** Try to figure out what works best to help you feel better during difficult times.
- **Asking for help if you feel sad or anxious most of the time.** Your parents, friends, or doctor can help you find solutions.
- **Getting help if someone or something makes you really angry.** Sometimes it's hard to know what to do. Violence is never okay.
- **Being sure to stop and pat yourself on the back** when you work hard at something.

Be responsible at school and work

Ways to help you be more responsible:

- **Being on time and doing your best.** These habits will give you more options in the future.
- **Learning how to be organized** about your time and about your work. Sometimes this means choosing to not be involved with too many activities at once.
- **Getting involved with issues you care about.** Look at what's going on in your community that you care about. Look for ways to get involved.

Where can I learn more?

- If you are sad most of the time, or have considered hurting yourself, you can call the Utah Suicide Prevention Coalition at 1-800-273-TALK (8255), or visit utahsuicideprevention.org for help.
- If you need help in other areas of your life, or if you feel unsafe at home, call 2-1-1 or visit 211ut.org.
- If you need real-time and confidential crisis intervention, use the SafeUT crisis and tip line from your smartphone.

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