FACT SHEET FOR PATIENTS AND FAMILIES

Well Check: Young Adult

Independence and responsibility are a good thing, for the most part. But there will still be times when you need support from others. It's important to stay connected to the people who can help you when you need it, including friends, family members, and your healthcare providers.

Live healthy

- Choose to eat 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 the 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.
- **Keep moving.** You should be active for at least an 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).
- Keep your teeth clean and your breath fresh. It's still as important as ever to brush your teeth twice a day, floss every night, and visit the dentist twice a year. You'll look better and your breath will smell better.

Don't get hurt

The biggest health risk for people your age is accidents. Don't take the kinds of risks that could cause permanent damage.

- **Use 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.
- Stay away from guns.



There are a lot of things you can do to stay healthy, safe, and feeling strong. Some of them are listed on this handout. There are other things that are specific to you and your life. What are your ideas?

- Be safe in cars and other vehicles. Never drive if you've been using drugs or alcohol. Never ride in a car with some who has been using them. If you feel unsafe, get out of the car. If you need to, call someone else to drive you.
- Avoid drugs and alcohol. If you abuse drugs, alcohol, tobacco, or anything else, be honest with your doctor about it. When you're ready, your doctor can help you quit or cut back.

Be safe about sex

- **Get 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 let 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.
- If you are sexually active, always use safe sex practices to prevent sexually transmitted infections (STIs). Always use a condom.

Hang around people you respect

- Choose to be with people you respect and want to be like. Choose friends who stay away from drugs, steroids, diet pills, too much alcohol, or other harmful substances.
- Get 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 great reason.
- Stay 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.

Learn to handle stress

- Figure out healthy ways to handle stress. This is a stressful stage of life, and it's normal to have some hard days. Try to figure out what works best to help you feel better at these times.
- If you feel sad or anxious most of the time, ask for help. Your parents, friends, or doctor can help you find help. It's important.
- If someone or something makes you really angry, get help. Sometimes it's hard to know what to do.
 Violence is never okay.
- Be sure to stop and pat yourself on the back when you do something you worked hard at.

Be responsible at school and work

- Take responsibility at your work and job. Being on time and doing your best will give you more options in the future.
- Learn how to be organized about your time and work. Sometimes this means choosing to not be involved with too many activities at once.
- Get 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.

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

| Other notes: | | |
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HELPFUL RESOURCES



If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit <u>211ut.org</u> for community resources.

