



February is Black History Month

CADETTES • SENIORS • AMBASSADORS



The 2022 Black History Month theme considers what steps can be taken to improve your health and wellness. It's important to our health and wellness to find positive ways to deal with stress and understand how we can eat in a healthy way that is good for our well-being.

Complete three out of the five following Health and Wellness activities.

1. Food Tracker

A healthy diet is essential for good health and nutrition. Healthy food does not only impact our physical health but mental health too. One way to make sure that we are eating what's best for our health is to keep track of our meals. For one week, track what you eat and drink. Take note of how you feel before you start. Start at the beginning of the week, keep track of what you eat throughout the day, including full meals and snacks. At the end of the week make a note of how you feel. The next week try to change how you eat include more fresh fruits and vegetables, less sugar, and caffeine. Drink more water than usual. At the end of the second week, take note of how you are feeling. Do you feel better after week two than you did in the first week? Do you think you can maintain the changes in your everyday life?

2. Eating Challenge Changes

Some of the three principles of healthy eating: Eat a Rainbow, Eat Greens First, and Eat as Close to Nature as Possible. For the next 30 days, try picking one of these three challenges to help improve your health. After the 30 days, notice if there are any changes to how you feel. Are you going to maintain this new way of eating? Of course, if you have any medical questions or concerns, you should consult your

doctor before making any dramatic changes to your diet.

Challenge 1 (Seedling): Eat whole food and plant-based food for two meals a day.

Challenge 2 (Sprout): Eat whole food for all of your meals and only allow 10% of all your food to come from animal products.

Challenge 3 (Flowering): Eat whole food and plant-based food for all your meals and eliminate all animal products.

3. Paper Mosaic

Practicing some sort of art or even looking at art is a great way to relax after a long day. Making a paper mosaic is a fun, creative way of relaxing. A mosaic is an ancient art form usually made by arranging small pieces of stone or glass to create a picture or pattern. Mosaics are all around us—sometimes in how bricks are arranged in the street or even how tiles are arranged in your homes. To make your own artwork you will need a large piece of paper and old magazines, colored paper, or supermarket circulars. You will also need glue and scissors. Cut the pages from the magazine or circular into small squares, then glue them into any sort of pattern on the larger piece of blank paper. Create a different picture by making different patterns.

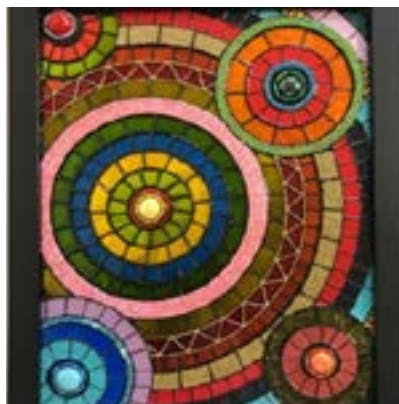
4. 7 Days, 7 Activities

Physical activity is a great way to relieve stress. There are so many different activities that we can do that are fun and will help in keeping us physically active. For one week try to do seven different physical activities for 30 minutes, a different activity each day. Keep track of the different activities, notice how you feel after each and think which one you like the best and are likely to keep up. Some activities you can try are yoga, going for a walk, running in place, going up and down stairs, riding a bike, cleaning around the house, dancing, doing different exercises like sit ups, push-ups, and jump and jacks. Get creative and invite a friend or family member to join you.

5. Mood Tracker

Journaling is a great way to deal with stress. It is a place you can write about your thoughts, ideas as well as all the wonderful things that happened to you on that day. Journaling regularly can help you work out some confusing feelings and ideas. Try this journal activity for two weeks. You will need a notebook or any sort of writing book. Start at the beginning of the week. On the first day on a blank page put the date on the top of the page then in the upper right hand corner (A in

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the example) draw one of the faces in the example below of how you're feeling. Are you at that moment feeling happy, sad, upset etc.? In the B section of your paper write the major thing currently on your mind, the thing that is stressing you the most. In the C section of your paper list two things you were proud of that happened that day. In the D section list two things on your worry list, and the E section list two things you're grateful for. Continue doing this daily for two weeks.



girl scouts 
of nassau county

A		
B		
C	D	E