

Health & Wellness (Pre-Teen/Teen) Week #5: Illness

Physical Illness:

As much as we practice healthy lifestyles, there will come times where we still become ill. It is said that on average, a teenager will suffer through about two to four colds per year. So what do we do when we get sick? Well it depends on what kind of sickness you have so let's take a look at some common ones:

Common Cold or Flu:

For the cough you may want to try honey – like tea with honey. For a sore throat you can gargle some salt and warm water. For the aches, pains, and fever you can take over the counter medication such as Ibuprofen or Acetaminophen. For nasal congestion you can use saline nasal spray, humidified air (hot shower works good), or topical or oral decongestants. You will want to stay at home and have plenty of rest which will allow your body to fight the virus. Make sure to stay hydrated with water – at least 8 glasses a day plus any other liquids like ginger ale and tea (with lemon too) are helpful. Some natural remedies include eating chicken soup, elderberry, echinacea, vitamin C and Zinc, apple cider vinegar, and ginger.

Seasonal Allergies:

You can do much of the same as if you had the common cold or flu except if it's allergies, your symptoms will probably not be as bad and will not likely have a fever. You can also use other the counter medication such as an Antihistamine. Some natural remedies include local honey, apple cider vinegar, exercise, probiotics like kimchi or kombucha, stinging nettle leaf, and vitamin C and vitamin D.

Mental Illness:

It is normal for teens to be very emotional but sometimes they are dealing with more than just being a “normal teenager.” Here are some common mental illnesses that can occur in teens.

WHAT IS..DEPRESSION?

Depression is a disorder that impacts people's mood and makes them feel sad and lonely a lot. Depression makes it really hard for people to have fun or enjoy things that they used to.



SYMPTOMS

- Feeling sad, guilty, worthless, or hopeless
- Feeling tired all of the time
- Sleeping too much or not enough
- Having trouble focusing
- Not wanting to do fun things
- Eating too much or not enough
- Not liking yourself
- Missing school
- Not wanting to be around other people

DEPRESSION CAN BE CAUSED BY A NUMBER OF THINGS. IT CAN ALSO AFFECT EVERYONE - CHILDREN, TEENS, AND ADULTS ALIKE.

TREATING DEPRESSION

MENTAL HEALTH THERAPY

Talking to a therapist about negative thoughts and feelings can be helpful for someone with depression. Therapy is also a place to learn healthy ways of coping with symptoms.

MEDICATION

Sometimes medication might be helpful. Depression can impact the way that our brain works, and medication can help to fix it and make us happier.

IF YOU FEEL THAT YOU MIGHT BE DEPRESSED, LET A PARENT OR A TRUSTED ADULT KNOW. THEY WILL BE ABLE TO GET YOU THE HELP THAT YOU NEED. **IF YOU EVER HAVE THOUGHTS ABOUT WANTING TO HURT YOURSELF, TELL SOMEONE IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.**



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WHAT IS...ANXIETY?

Anxiety is when something causes us to feel nervous and afraid. People who have an Anxiety disorder have a more intense reaction. It can start to impact their grades, behaviors, and relationships with others.



ANXIETY CAN BE CAUSED BY A NUMBER OF THINGS. SOME PEOPLE EXPERIENCE IT FOR NO REASON. OTHERS ARE TRIGGERED BY TESTS, BEING ON STAGE, OR BEING AROUND OTHER PEOPLE. SUFFERING FROM ANXIETY CAN MAKE YOU WANT TO AVOID CERTAIN SITUATIONS AND PLACES.

SYMPTOMS

- Worrying a lot
- Feeling very nervous and afraid
- Trouble breathing
- Numbness or tingling in your hands or feet
- Feeling dizzy
- Feeling very weak
- Sweating
- Headache or stomach ache
- Heart beating really fast
- Muscles feel really tight
- Having a lot of thoughts going through your head

TREATING ANXIETY

MENTAL HEALTH THERAPY

A therapist can help someone suffering from anxiety learn how to better cope with their symptoms so that they are not as intense. It can also be helpful to talk about the triggers to see why they cause anxiety for that person.

MEDICATION

Medication won't cure anxiety, but it can help to decrease the symptoms.

SELF-HELP

Someone suffering from anxiety can help lessen some of their symptoms by doing certain things on their own. Doing relaxation, eating healthy, and getting sleep are helpful ways to decrease anxiety.

IF YOU FEEL LIKE YOUR ANXIETY IS MORE THAN IT SHOULD BE, OR IF IT STARTS AFFECTING CERTAIN AREAS OF YOUR LIFE, TALK TO A PARENT OR A TRUSTED ADULT!



WHAT IS...PTSD?

PTSD stands for Post Traumatic Stress Disorder. People with PTSD can feel anxious, scared, or nervous when they're reminded about something terrifying that happened in the past. It might be something that happened to them or something that they saw happen to someone else.



TYPES OF TRAUMATIC EVENTS

- Death of a loved one
- A natural disaster
- War
- Seeing violence
- Abuse or neglect
- Serious accident
- Being taken away from home
- Bullying
- Serious illness
- Family member in jail

SYMPTOMS

- Feeling really uncomfortable when something reminds you of the event
- Not wanting to be around anything or anyone that reminds you of what happened
- Having flashbacks or nightmares about the event
- Having strong body reactions when you're reminded about the event (shaking, sweating, fast breathing, upset stomach, fast heartbeat, etc.)
- Having feelings of fear, anger, worry, guilt, hopelessness, or helplessness about the event

TREATING PTSD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with PTSD learn how to cope with the symptoms. A therapist can help them learn different ways to calm their body when reminded about the event. In therapy, a person can also learn how to talk about the event and change their thoughts so that they can cope with the PTSD feelings that occur.

MEDICATION

There are many different types of medication that are helpful for PTSD. Medication might not always be needed, but it can help some people feel happier and less worried about what happened.

PTSD CAN SOMETIMES MAKE PEOPLE FEEL LIKE THEY WANT TO HURT THEMSELVES. IF YOU EVER HAVE THOSE FEELINGS OR THOUGHTS, TELL AN ADULT IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.

WHAT IS...ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. People with ADHD can have trouble focusing and/or are really hyper and do things without thinking.



SYMPTOMS

- Trouble paying attention and staying focused
- Feeling like you always need to be moving
- Fidgeting and squirming when having to sit
- Talking a lot, even when it's time to be quiet
- Hard time following directions
- Forgetting easily and losing important items
- Making mistakes on schoolwork because of small details
- Trouble sitting for a long amount of time
- Blurting out and interrupting people

NO ONE REALLY KNOWS WHAT CAUSES ADHD, BUT THEY DO KNOW THAT THERE ARE DIFFERENCES IN THE BRAIN ACTIVITY OF PEOPLE WHO HAVE IT. ADHD MAY ALSO RUN IN FAMILIES AS WELL.

TREATING ADHD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with ADHD learn how to manage their behavior. Therapy can help them learn different ways to stay focused and be less hyper and impulsive. This will hopefully improve their behaviors, grades, and relationships.

MEDICATION

There are many different types of medication that are helpful for ADHD. Medication is not always needed, but it can help reduce the hyper behaviors and make it easier to focus.

EVEN THOUGH THERE IS NO CURE FOR ADHD, MANY PEOPLE LEARN HOW TO MANAGE THE SYMPTOMS AND LIVE A SUCCESSFUL LIFE!

There are natural treatments for various mental health illness as well. For example, St. John's Wart can be used to help mild to moderate depression, mild anxiety, and sometimes seasonal affective disorder (SAD). Of course there is therapy as well that can be used as a treatment for all mental health illnesses and one that I would personally recommending doing first. They can help you decided on any additional treatment if they feel it is necessary.