

# WAYS TO EMPOWER YOU, YOUR FRIENDS, YOUR WORLD

## EMPOWERING YOU

- **Good diet and exercise**

- Statistics show that feeling better about what you eat and how you exercise can also make you feel better mentally
- An easy one is taking a walk - a ten minute walk clears your mind
- Go outside and get some sun! Vitamin D can help revive

- **Keeping your space clean**

- An organized self helps with an organized mind

- **Express yourself through art**

- Painting, drawing, listening to/playing music, sculpting, filming, etc.

- **Take a break from social media sometimes**

- Focus on yourself, not others

- **Journaling**

- It allows you to express all your internal feelings and organizes your thoughts

- **Sleep well**

- 11-13 year olds should be getting 9 hours of sleep every night

## EMPOWERING YOUR LOVED ONES

Don't let your friends give up on their goals! Instead, remind them of the qualities that make them great.

- Make sure to be motivational, not naggy.

Listen to what they're saying and try not to be judgemental.  
-Empathize with your friends.  
Show them that negative thoughts are natural, but they don't have to stay that way.

Ask identity questions to remind them of the values that make them them.

Ex. "What is really important to you?",  
"What kind of person do you want to be?"

# EMPOWERING THE WORLD

## Healthy world = healthy people

Not being careful with your resources and your waste not only affects the world, but also inhibits people of lower socioeconomic status who have to clean up and end up with waste in their water systems.

## Healthy community = healthy people

Take the time to reach out to people outside of just your inner circle. Find ways that you can help out in your neighborhood or beyond. Making others feel good makes you feel good and makes others want to do the same. Small steps make big changes. Here are some resources you can go to to help out in your community:

### 6 WAYS TO HELP THE ENVIRONMENT EVERYDAY!



2. USE A DRINK BOTTLE



3. SWITCH OFF THE LIGHTS



4. TAKE SHORTER SHOWERS



5. SAY NO TO PLASTIC BAGS



6. PICK UP RUBBISH IF YOU SEE IT AROUND



- Offer to rake leaves, pickup sticks, or mow the lawn of a neighbor.
- Plant flowers for a neighbor or in a communal neighborhood area.
- Help serve meals at a homeless shelter.

Venice Community Housing - 720 Rose Ave, Venice, CA 90291

Upward Bound House - 12841 Washington Blvd, Los Angeles, CA 90066

- Make care packages for the homeless. Include travel sized toiletries, granola bars, and bottled water. Carry them with you in the car to hand out when you have the opportunity.

- Donate books, food, art supplies, or clothes to a homeless shelter for children.

St. Joseph Center Food Pantry - 204 Hampton Drive, Venice, CA 90291

Westside Food Bank - 1710 22nd St, Santa Monica, CA 90404

- Volunteer at a Special Olympics event

Special Olympics Southern California - [sosoc.org/volunteer](http://sosoc.org/volunteer)