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BE HEALTHY

Why do we need to take care of ourselves?



Albatros



Why do we need to take care of ourselves?

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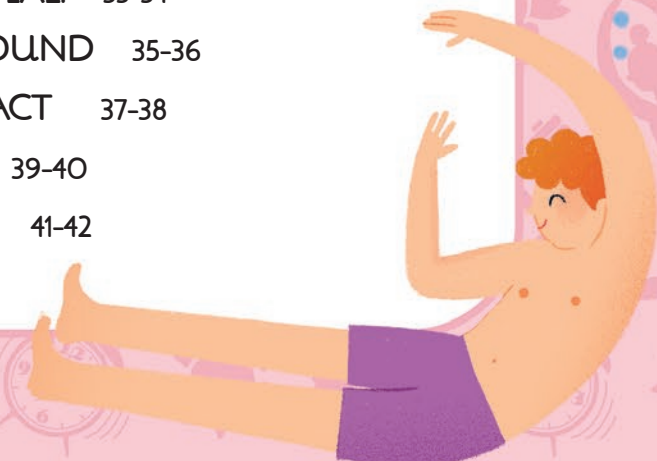
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WHAT IS HEALTH?

According to the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being. Let's take a look at what that means exactly.



Lucy loved to dance in competitions and was always one of the best. But a few years ago she had an accident and could no longer dance at the level she used to. She enjoyed performing so much that she decided to start a small theatre group which led to her making lots of new friends outside of dance. Her injury helped her see things from a different point of view and gave her opportunities she never thought were possible. She is happy and healthy.



However, there are quite a few different ways to not feel happy and healthy. Your stomach or head might hurt, you may not have gotten enough sleep, or you could even be frustrated with a classmate. Your body will give you signs when you don't feel as balanced as usual, and it is important not to ignore them.



Although there are physical and emotional things that can impact how we feel, you should always remember that there are ways to make things easier.



be in balance

OUR BODIES

When people look in the mirror, they can often be very critical of themselves. Some feel like they're too big, some feel like they're too small. Some wish they were a lot taller, some wish they were a lot shorter. But no matter if you're bigger, smaller, taller, or shorter, the most important thing to do is keep your body healthy. Eating the right types of foods, staying active, and drinking plenty of water are all important ways to be kind to your body.



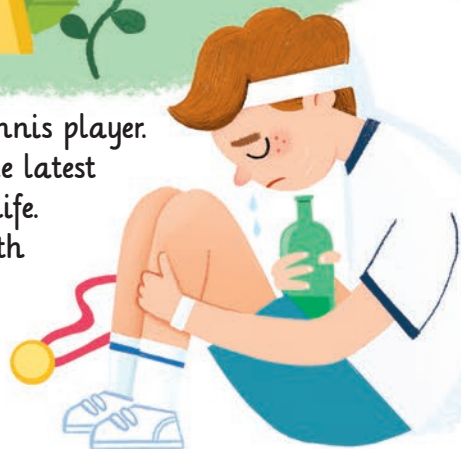
Never forget that all body types are beautiful!

GET RID OF STANDARDS

We do a lot comparing ourselves to other people. Whether it's a different hair or eye color we want, or even more muscles or a different shade of skin tone, we think we'll be happier if we had those things. But more often than not, that isn't the case.



This is Viktor. When he was 16 he was a championship tennis player. He made lots of money, wore expensive clothes, and had the latest phones and computers. Everyone thought he had a perfect life. But one day, Viktor announced that he had a problem with alcohol. He talked about how the pressure and loneliness of being a famous athlete caused him anxiety, and how he began drinking too much so he could calm himself.



Viktor's struggles are proof that just because someone seems to have it all, it doesn't mean they are happy or healthy. Some of the most successful people in the world deal with alcohol abuse, drug addiction, or depression. None of those issues bring joy into a person's life



Don't worry about trying to be perfect. Just try being the best version of yourself that you can be. Because doing that is what will bring you true happiness and health.



WHAT DOES OUR BODY NEED?

We took Viktor and did an experiment. We put him in a room with a large terrace full of plants. The temperature was perfect and the air was clean. The sun shined into the room and he could hear the ocean in the distance. He ate healthy foods like fish, vegetables, and fruits.

Viktor decided to take a new path to health and happiness. He wanted to change his life for the better.

It wasn't easy because he had a hard time sleeping and had a lot of different thoughts running through his head. He began shaking and wanted to vomit. Soon he didn't feel like going for walks or even playing tennis.



WHAT MAKES A HEALTHY DIET?

In school, they teach us that we need fats, sugars, and proteins. A hamburger contains all of that, right? Bun = **sugar**, burger = **protein**, sauces = **fats**. If it's perfect, it has everything our bodies need . . . so why is it bad for you?



If you search "fast food eater" on the internet you'll find out it's all about **quality vs. quantity**.



People who eat hamburgers, hot dogs, fries, and drink soda are always hungry because that type of food isn't nutritious, and their bodies tell them that they want more and more of it.



When you go to the supermarket you should learn about the food's quality. Try to start by looking at products from your country. In winter, your body doesn't mind if you don't have fresh fruit. The imported fruits are not grown in the sun but in artificial ripening chambers. Fruits and vegetables grown on farms taste better than ones that are grown artificially. The same applies to meat and eggs.



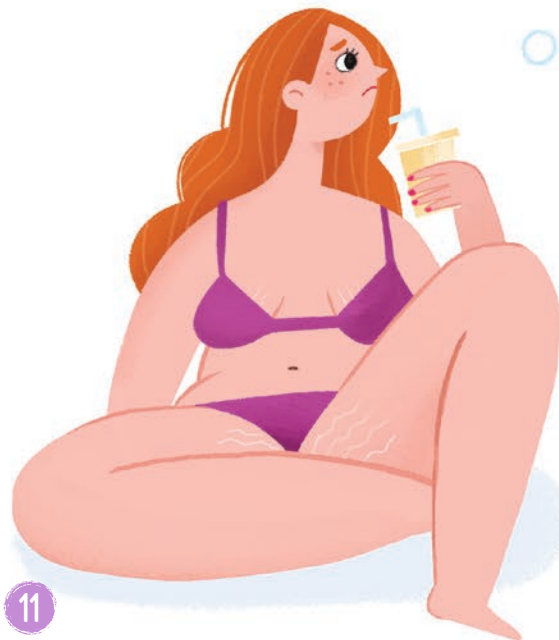
DIET OR LIFESTYLE

Diet? Definitely Not!

A diet is a period of time when you change your eating habits. The problem is that when you go back to your old eating habits, your body will go back to the way it was. If your goal was a better physique, you could actually end up in worse shape than before. This is called the yoyo effect.



You should only go on diets that are recommended and supervised by a doctor.



As Klara got older, her body changed from a girl's to a woman's and she began to gain weight. She didn't like it and started dieting. She tried them all: fatty diets, protein diets, fruit diets, vegetable diets, and soup diets. But she told herself none of them were working.

Lifestyle change? Yes!

Klara's friend Susan told her that she ate whatever she wanted. She paid attention to how different foods made her feel. When she ate lots of bread and drank glasses of milk, she had a bloated belly, was farting a lot, and felt tired. Susan started to cut out foods that didn't make her feel good. In the mornings, she stopped eating pastries and drinking cocoa. Instead, she had fruit. At lunch she had cottage cheese. For dinner she ate fish or a quality meat with lots of vegetables. She even stopped drinking soda and started drinking more water. Over time, her body adjusted to not eating all those bad foods and she didn't crave them anymore. She was even able to have cake and ice cream that were healthier than the old kinds she used to eat. Her diet now consists of food that is grown locally.



Susan said, "Klara – you can't give up! It took my body a while to adjust to the new foods I eat. But now I'm not tired during the day, I sleep better, I'm doing well in school, and my mood has improved."

DRINKING ROUTINE

Water is the essence of ALL LIVING ORGANISMS.



We can function without food for a long time. But without water, we cannot survive more than a few days. We are blue like the planet. We have a lot of water in us.

We should do all that we can to keep our drinking water clean. When we drink water it travels into each of our cells. When you look at a river, imagine that it's water flowing through your body.

THIS IS HOW WE STAY CONNECTED WITH NATURE.



WHAT ELSE?

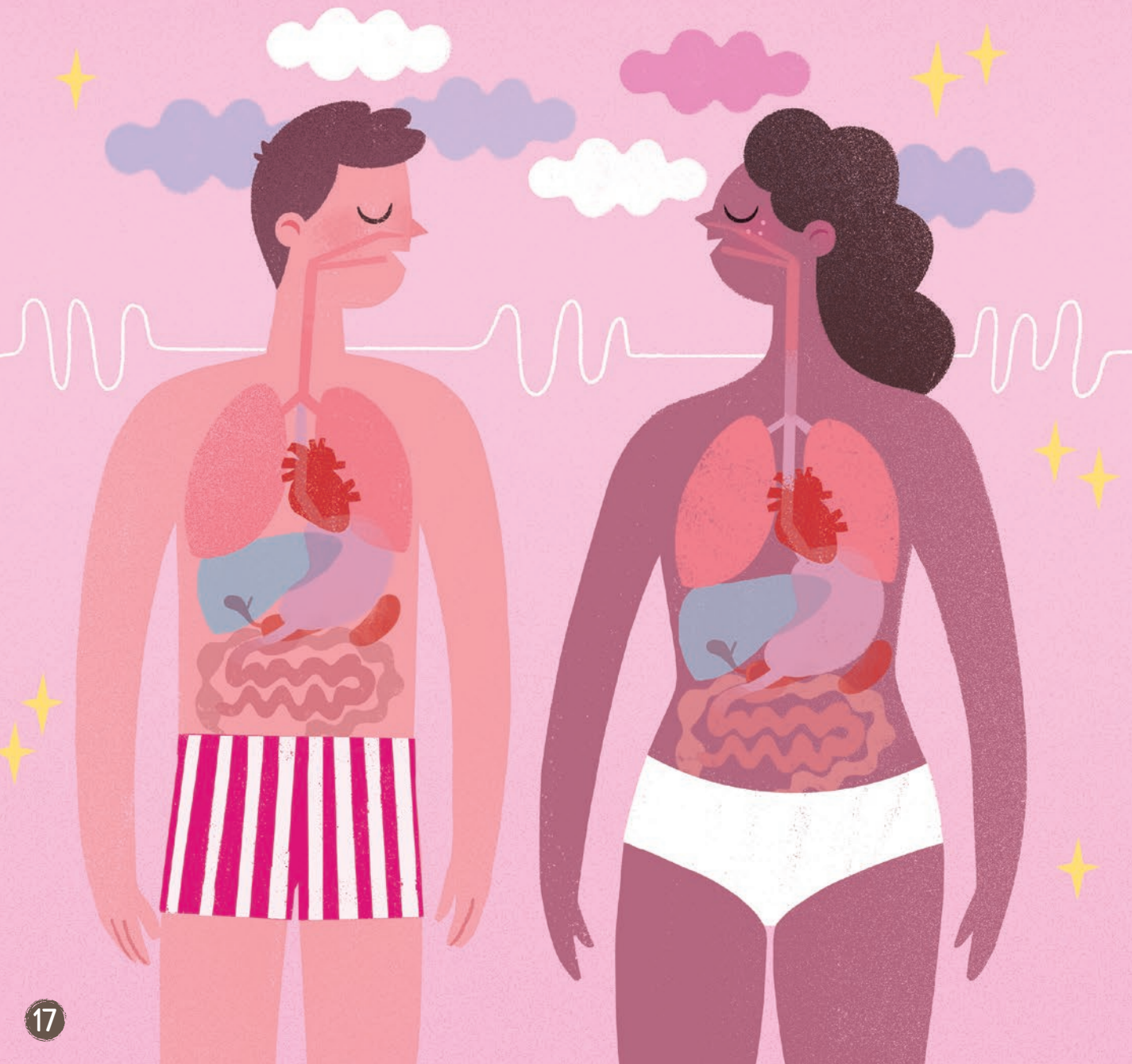
Viktor doesn't have a problem with his diet. Since he is an athlete, he knows what is important to eat to keep his body working efficiently. He drinks lots of clean spring water from a glacier and breathes moist fresh air. Meditating is also helping him feel better. He's been on his own for a few days and does not miss alcohol.

He feels really good. He likes to lay on the ground and listen to the rustling green leaves that are on the terrace. He still feels a little restless, though. "Why do I do everything right when I play tennis? I never miss a shot." He wondered what his friends Peter and David were doing. He used to hang out with them and laugh and play soccer. But his tennis coach said he couldn't play soccer with them anymore because he might get hurt and not be able to play tennis.



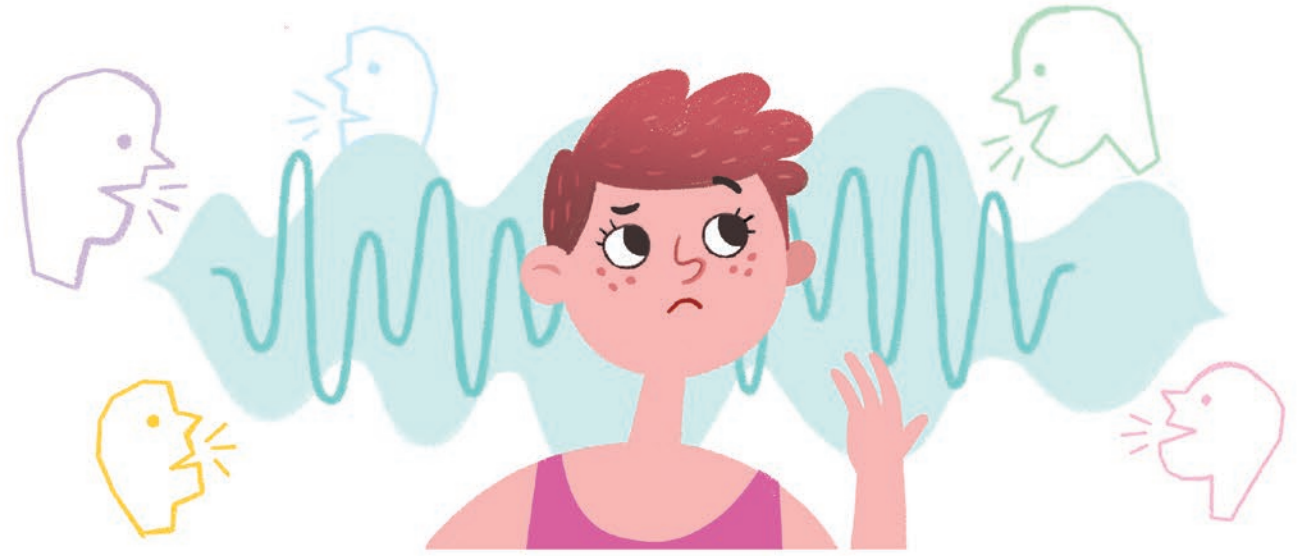
OUR INNER VOICE

Viktor's body is in wonderful and healthy shape, but it's still lacking something. Is fresh air, good food, clean water, enough sleep, and lots of exercises not enough?



WHAT'S IN IT FOR US?

Scientists would have an impressive definition for it. But let's look at it like we aren't scientists. It's our self, our inner voice, something inside of us. Even though it can sound like another person talking, it's actually part of us. It's a mixture of mind and heart. Is this our soul?



WILL I LISTEN OR IGNORE THAT VOICE?

Viktor thinks he should be all better now. He has been doing all the helpful things that others have taught him. But he felt like he was missing something, and that feeling kept coming back again and again. What is it? He realizes he is getting angry. He lays down and focuses on his breathing and tries to listen to what his inner self was saying. Viktor suddenly realizes what it is. He wants to call Peter and David. As soon as he heard David's voice began to smile.



YOU ARE NOT A MACHINE!

Allow yourself to make mistakes.



EMOTION

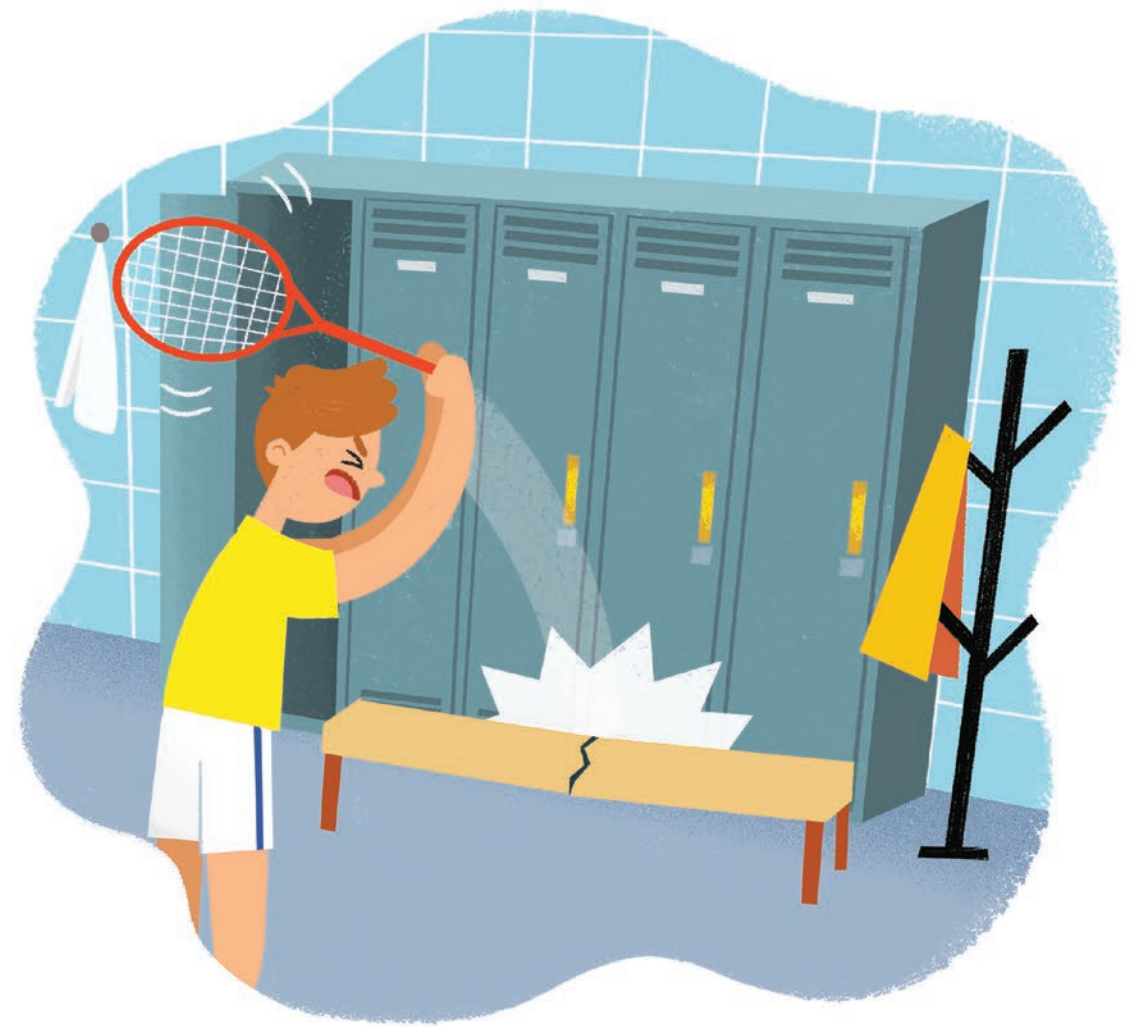


Sometimes we can have a lot of confusion about how we are feeling. We can feel a certain way one minute, and then a completely different way the next. You might be surprised when this happens, so let's learn how to work with it.



Allow yourself to feel all your emotions. You're not a machine, you're human. You have the right to feel sad, disappointed, angry, and nervous. But does everyone else feel the same things? You never know, they actually might be. Some people only feel comfortable being sad alone in their rooms. Don't forget what was said in the other chapter – get rid of expected standards and don't compare yourself to others. You are entitled to all of your emotions.

If you feel like you are experiencing very strong emotions, find a quiet place to sit and breathe. Try not to react or make any major decisions when your emotions feel overwhelming. Take your time and then let the emotions go. Viktor lost his tennis match that he thought he'd win. After the match, he got very angry. Just then, a coach came into the locker room to tell Viktor he had done a great job and that a lot of what he did today would help prepare him for his future tournaments. But Viktor got angry and yelled at the coach because he blamed him for not winning. Viktor said he was going to replace his coach with a new one.



Later, Viktor regretted his decision. Luckily, he learned from the way he handled the situation, and outbursts like that that began to happen less and less.

KNOW YOUR EMOTIONS, KNOW YOURSELF

Sometimes it's hard to be in control of our emotions. But there are ways you can learn how. If we work with our emotions, they won't feel so overwhelming and keep us from living a healthy lifestyle.

It can feel like a job, but you can do it. Listen to yourself. It's not easy, but if you practice how to do it, it will work. If you're upset with your parents or you said something hurtful to a friend, stop and think about why you feel the way you do.



When you're happy, give your classmate a compliment about their new hairstyle. How does that make you feel?



As time goes on, you'll find that you see the world more positively. Although your classmate kept you from doing your homework because they were chatty this morning, you were able to complement their new sweater after lunch. It's clear that it will make you feel better than saying something unkind to them.



THE EMOTIONS AGAIN

You don't want to suppress your emotions. Feel them, and then let them go. Creative positivity by complimenting others. If you do, you'll begin to notice positive things around you.



RELAX

Things are feeling a little too much for Viktor right now. He understands what is happening, but he is also worried things won't get better. Thanks to being an athlete, he knows how to take good care of his body by exercising and eating right. But what about the other ways he can take care of himself?



It's not always necessary to be thinking complicated thoughts all the time. Try and find 30 minutes each day to have some alone time where you can sit quietly and do things like listening to the sound of the rain. Try and see if you like that feeling. It will help you discover what works best for you. Getting rest is important, but it's also important to stay active. Reading books, playing sports, listening to music, practicing yoga, dancing, and painting are all good ways to do that. Doing activities like those can help you feel relaxed and refreshed.



OUR FEELING = OUR FRIEND



If you don't know where to go, stop for a moment . . .



Think about what issue it is that you're trying to solve. As those thoughts move through your head, think about how it is making you feel. Doesn't it seem easier to just feel good? Getting a good grade in English can make you feel good.

PLAN

It's not always easy to try and change something in our lives. Change can feel uncomfortable, though. It might feel too hard or you might not know how. Let's find some tools that can help change your lifestyle.

MONDAY

7a.m. SCHOOL
1p.m. LUNCH WITH AMY
go to the park

WEDNESDAY

school
1p.m. lunch with family
3p.m. homework
6p.m. FIRST LESSON
school of art

TUESDAY

school
3p.m. workout
4p.m. RELAX
6p.m. movie + dinner

SCHOOL OF ART

Name:
Age:

FRIDAY

school

lunch with friends
3-5p.m. homework
8p.m. CONCERT

SUNDAY

to the beach!

SATURDAY

11a.m. brunch with family
2p.m. relax :)
6p.m. museum

TODAY I FEEL:



ATTENTION! It's important to schedule some quiet time for yourself each day where nobody will interrupt you. This time is very important, so be sure to take it.

Being on top of things is difficult for everyone. If you feel like you're having a hard time accomplishing all you have to do, find a tool that can help you make a schedule. Ask your parents for help with it, or search on the internet for suggestions. Every week, write down what you need to get done in order of importance. Create achievable steps instead of creating overwhelming ones that can be discouraging.

BODY & MIND

The body and soul work separately, but they are still very connected. That's why even though Viktor's body was in wonderful physical condition, he still felt like he was lacking something.

Our soul has many needs. Feeling like we belong somewhere and having contact with other people is important to help us feel safe and secure. But nothing is more important than LOVE.



The body needs air, water, nutrients, sleep, movement.

LOVE IS ESSENTIAL!

Love has many forms and can be tricky to describe. Most people think of being in love, but just because someone likes you doesn't mean that they're in love with you. You can take your time to get to know each other and see if your feelings develop as time goes on.

Viktor met Lucy when he was sitting under a tree. She had a velvety voice, deep brown eyes, and long brown hair. He fell in love with her. Lucy really like Viktor, but she wasn't sure she liked the way he acted.



There is love between you and your parents, but your parents have a different kind of love for each other. There are also different forms of love between family members. It's been said that there is no love stronger than a mother. In order to love others, we also have to love ourselves.

Love is ESSENTIAL!

They went to a football game together and she met his friends. They had a great time, and Lucy really liked how nice Viktor was with his friends. He didn't mind that she could be shy, and she didn't mind he had a crooked nose. They started dating and their love began to grow.

Why do we need to take care of ourselves?

To keep ourselves healthy, we need to find the balance of mind and body . . . but that takes practice. In *Be Healthy*, young readers will learn about the ways they can take an active role in their own well-being. Illuminating that importance is the story of Viktor, a star tennis player struggling to maintain both his mental and physical health. Discussing issues like social groups, addiction, and body positivity, these pages highlight the ways in which young people can empower themselves and begin making smart decisions that will enhance the quality of their lives.

*During this title's development, we realized that expert opinions are not uniform. This work is not a scientific publication, but a book that asks its readers to think critically about the information presented within its pages.

The stories and characters are fictional.



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Illustrations © Laura Deo
Written by Joli Hannah
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Printed in China.

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7-11
years
old

TARGET GROUP



SOCIAL
EDUCATION



FUN TO
READ



VOCABULARY



MENTAL HEALTH
EDUCATION

**Be Healthy* discusses a very important topic, and I'm glad to see it done in such a comprehensive way. We typically see books like this only discuss the physical aspect of health, but this also explores the importance of emotional and mental well-being. I really appreciated the *Our Bodies* portion that focuses on body positivity – I'm sure it will help children feel better. I also like the guidance on thinking about food – everything needs to be in moderation and each person requires different things.

Andrea Slaba, child psychologist

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