

Tips for Healthy Relationships

From Your Life Your Voice by Boys Town

Building strong, healthy relationships can be time-consuming and difficult at times, but it's well worth the work. Boys Town suggests the following tips for building and maintaining healthy relationships.

Build a foundation with trust and respect.

- Honesty is the tool with which trust is built.
- Being respectful means you think about others' feelings and values before you act.

Talk about your feelings.

- Stating your emotions allows you to work through what you are feeling, instead of letting them get bottled up and coming out later in the relationship in a negative or harmful way.

Set healthy boundaries.

- Identify your boundaries, communicate them with others and be strong enough to stick to them.

Encourage each other.

- Build each other up, give compliments and talk positively about one another.

Be supportive of other relationships.

- Don't be jealous. Instead, get to know the people who are important to your friends; and look for opportunities to develop other friendships of your own, too.

Handle disagreements calmly.

- Disagreements are a part of life. No one is always right, and no one is always wrong. Try to meet in the middle after listening to the other side of the story, and sometimes it's OK to agree to disagree.



Talking about your feelings can be hard, but it is a key for building and maintaining strong, healthy relationships. You can use this tool from Boys Town to guide a difficult discussion with a friend or family member.



Tips for Safely Enjoying Music

from Audiology at Boys Town National Research Hospital

Did you know that the National Institute on Deafness and Other Communication Disorders conducted studies that suggest **17%** of teens and **24%** of adults show signs of noise-induced hearing loss?

That's why it's important to protect your ears when enjoying music!

Here are some hearing protection tips from Boys Town:

- When you're at a concert whether watching or performing, take a break from the noise. Step away for **5-10** minutes every so often to let your ears rest.
- When you're using headphones, turn the volume down a bit and try to limit use to **3-6** minutes at a time.
- When you're around exceptionally loud noises, opt to wear ear plugs or ear muffs.



Did you learn these tips a little too late?

Check out our hearing self-check to see if you could benefit from an appointment with an audiologist!



Tips for Coping with Emotions

From Your Life Your Voice by Boys Town

Stress, excitement, anger, joy, sadness we feel SO many things. Sometimes it can be difficult to process the things that dont make us feel so good. You cant ignore these feelings, but you can learn to be patient with them.

Boys Town encourages the use of coping skills. These are activities that can help you process or take a break from strong emotions.

How do you decide which skills to use? The best way is to ask yourself: What do I need right now?

When you need to

- Release emotion: Do something to let some steam out. This can be a physical activity like exercising or tearing up a piece of paper or a non-physical activity like journaling, talking to a friend or creating art.
- Gain control: Do something that gives you the power of control. You can make a list, organize your room or participate in an activity youre good at to regain a feeling of competence.
- Stop feeling: Sometime feelings become too much, and thats ok. Try a soothing activity like taking a nap or deep breathing. You can also distract your self with a movie or book.
- Feel something: Do something to focus on sensations. Hold an ice cube, splash water on your face or watch something that makes you laugh.



99 Coping Skills

Still unsure or what to do when you need to use coping skills? Check out this list from Boys Town!



Tips for Getting the Most Out of Your Muscles

from SPARK at Boys Town National Research Hospital

Take Simple Steps

- Keeping doing the little things like taking the stairs instead of the elevator or parking farther from the store.

Power Up with Electrolytes

- Coconut water is a great refresher that's full of electrolytes and

Stretch to Stay Loose

- Take a few minutes to stretch while your heart rate is slowing to prevent injuries and help muscles recover.



Not sure where to start? Check out this article from Boys Town National Research Hospital to learn more about exercise and participate in some stretching exercises with videos led by a Boys Town Physical Therapist.



Tips for Developing Healthy Nutrition Habits

from SPARK at Boys Town National Research Hospital

Include **5** servings of fruits and vegetables each day.

• Use these snacks in place of cookies, candy and chips.

Plan regular snack times instead of grazing.

• Grazing throughout the day may cause lack of appetite at lunch or dinner. This could cause them to miss out on healthy nutrients.

Increase water consumption.

• Drinking at least six glasses of water a day and a glass of water before meals makes overeating less likely.

Set a good example.

• Be a role model for your family by practicing the same nutrition habits that you encourage in them.



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