



# The Green Hub Project for Teens

## Life Skills for Teens

## Chapter two

**In this session we will discuss why about the difference of intrinsic and extrinsic motivation. We will also talk about healthy habits and why they are important, and how they can help us feel better, and then make us more ready to handle things in life.**

We will also talk about how drinking more water, moving our bodies, getting sufficient sleep and having good habits can make a difference on our mood, and our actions. Lastly, we will talk about how nature is one of the best ways to balance our mood and emotions.

### Motivation

Motivation is the driver for most things that we do. So, it is helpful to be aware of where your own drive comes from. Scientist divides motivation into intrinsic and extrinsic.

- **Intrinsic motivation** is when you get inspired to do something by yourself and for yourself. It is usually driven by enjoyment and a willingness to give something a go.
- **Extrinsic motivation** is when you are motivated by factors outside yourself, like your family, your parents, your teacher, sports and activities and also culture.

It helps to know this, as extrinsic motivation is longer lasting and stronger than intrinsic motivation when you are doing or learning something entirely for yourself, and your own dreams and goals. Think of it like this.

When you are an adult and living your own independent life, you will need to have developed intrinsic motivation to do anything in your life. Learning it now will make it much easier later in life.

#### Reflection for you:

- In which part of your life are you motivated **extrinsically**?
- Is there a way to move this towards doing this for yourself?
- What in your life motivates your **intrinsically**?





## Healthy habits

These are daily actions that you can choose to do to feel better in your physical body, and which can help you feel better in yourself. We often talk about the concept called marginal gains. This is when we tweak small changes in several aspects of our lives and get really good results all over. So, when we make changes, we can do small changes in several areas, which is easier, and still get good results.

When we practice healthy habits, we usually sleep better, get more energy and more tolerance and resilience. Life can appear a little easier to us when we care for our bodies and look after ourselves. We therefore have more resilience and get less anger and temper tantrums. These are truly skills for life.

Did you know that healthy habits also have a really powerful impact on our learning and memory for education? It can help us focus and concentrate better and also retain information better.

### Examples of healthy habits:

- ✓ Moving our bodies more and taking part in more exercise.
- ✓ Getting more sleep at night.
- ✓ Being mindful of what different foods and drinks do to our bodies.
- ✓ Being mindful of who we surround ourselves with.

## TOP TIPS

### 1 Practice movement snacking

- This means setting a timer each hour for five minutes and stepping away from a seated activity and move your body: Try going for a walk, jumping on a trampoline, walking up and down the stairs, or even dance. Simply put, moving your body little and often during the day.
- If you do this five times a day you will have moved your body 25 minutes over one day and really reaped the benefit for your mind and body having done this. (Check out Dr Michael Mosley's book, 'Just one thing', on movement snacking)

### 2 Get out of breath!

- It can also be really beneficial to walk up a hill and aim to get out of breath! This can really help to still our minds and thoughts and you will get a sense of calm afterwards. It can stop unwanted ruminating thoughts and help us settle the mind.





### Reflection for you:

- **How can you practice movement snacking on a School/educational day, and on the weekends?**
- What would work for you?

### 3 Sleep

- Adolescents need to sleep 8-9 hours a day. The most of all ages.
- And typically, teens get the least sleep. Sleep is when your neural pathways go backwards and strengthens the learning you have done during the day. Additionally, when you sleep enough, special cleaning neurons cleans up any residue from all our learning, helping you to feel clear and good the following morning. The less you sleep, the less cleaning occurs during the night.

### 4 Give yourself a rest from your phone!

- All scientists strongly advise us to leave the phone outside the bedroom and use an old-fashioned alarm clock to wake up.
- If you have your phone in your room, your subconscious will always wonder what is going on inside the device, and you will more likely suffer from FOMO. (Fear of losing out). It is therefore a smart hack to keep it outside the bedroom.
- It helps to sleep in a cool and dark bedroom with lots of fresh air.
- Studies have shown that you really need it off and outside your bedroom to get the best sleep, and ideally not to be on any device for up to one hour before bedtime.

### Reflection for you:

- **Which of these tips would work best for you?**
- Write down what you think would work best and put it up as a reminder on the wall in your bedroom.
- This will help you commit to this healthy habit better.





## TOP TIPS EXTRA!

Maybe try to ask all your close friends to follow your example and turn your phones off from 10pm? If everyone does this you will not struggle with FOMO, and you can pick up any activity online next morning. Why not start a new trend. We will talk about doing this kind of thing later in another chapter.

### 5 Hydration.

- Drinking water is one of the most powerful ways to get energy and mind clarity.
- Other benefits from drinking water are;
  - ✓ Improving your memory and clarity of mind.
  - ✓ Better energy.
  - ✓ Stabilizing our mood.
  - ✓ Less headaches.
  - ✓ Better focus and concentration.
  - ✓ Better digestion.

**Aim to drink 6-8 glasses a day and try to start drinking a glass of water at each meal.** One idea is to have a water bottle with you at all times. Best way to see if you have drunk enough water is to look at the colour of your urine, if it is clear, you have had enough.

Did you know that it takes a while to change the habit of drinking water and for the brain to be trained to feel thirsty? Equally, if you don't drink enough your thirst centre will eventually be switched off. But all habit can be re-learned.

**Remember it can take 21 days to change a habit, so be kind to yourself, and stick with it.**

### Reflection for you:

#### How could you drink more water during the day?

What has worked for you before and what could you do to tweak this in the future?





## 6 Forest bathing

Did you know that being in nature can make you feel more content, calmer and increase your resilience.

- Why not go for a walk and leave any devices at home or have them switched off. Just observe the trees and the leaves.
- What colours do you see?
- Can you discern the bird songs and hear the sounds from the leaves in the trees. Listening to the noises of the forest can be really calming for our minds.
- How do you feel when you get back?

This is truly the cheapest and most effective way to change our physiological and emotional state.

## And finally ...

**Enjoy practicing and exploring what works for you. Remember this is a life-long journey and will change throughout life too.**

