



N-1-7 Info Sheet

Tracking Daily Habits: How What You Eat, How You Sleep, and How You Feel Affect Each Other

By Dr. Janina Scarlet

We all have good days and bad days. Sometimes we might feel happy, and sometimes we might feel sad, tired, annoyed, or angry. All of these feelings are completely normal, and they happen to everyone.

There are certain situations that can affect how we feel. For example, if a friend or family member is unkind to you, you will understandably feel upset. And there are also other factors that also affect how we feel, and they are *food*, *exercise*, and *sleep*.

Tracking our food, sleep, exercise and feelings is like being a detective, like Batman or Sherlock Holmes. We can look for clues as to how certain foods make us feel and how our sleep patterns affect our mood.

As you might know, Batman is not only a superhero. He is also a detective, like Sherlock Holmes and the Scooby Doo Squad. To be a detective, you need to learn to collect clues and track them on a sheet of paper. By practicing tracking your food, sleep, and mood, you can solve the mystery of how they affect one another.

Feelings

Your feelings are your emotions (your mood) and physical sensations. Emotions are typically one-word feelings, such as *happy*, *scared*, *angry*, *anxious*, and *stressed*, *overwhelmed*.

Your feelings also include your physical sensations, meaning how your body physically feels. Examples of these might include a headache or a stomachache, or feeling tired, hungry, out of breath, sleepy, or nauseated.

When you feel anxious, angry, or stressed, you might be more likely to have difficulties sleeping at night. You might either lose your appetite or even feel hungrier.

Your mood can change many times throughout the day. Sometimes you might feel happy, sometimes sad, sometimes angry, and sometimes bored. Your mood can be affected by a situation you are facing. For example, if you had a fight with a family member, you might feel upset.

Your mood can also be affected by how much you sleep and what you eat.

Finally, your mood can sometimes change for seemingly no reason. Sometimes we just feel sad because we are sad, and that's okay too. Everyone feels that way sometimes.

Sleep

People your age should be getting at least 9-10 hours of sleep every night. Sleep helps you recharge your superpowers.

Everyone needs to get enough rest, even Superman. When you don't get enough sleep, you might be more irritable, feel sad, anxious, or stressed out and might not make the best choices when it comes to your food or when you interact with others. For example, when you haven't gotten enough sleep, you might be more likely to have a fight with a friend or a family member, struggle with understanding or completing schoolwork, or make unhealthy food choices.

Fortunately, when you get enough sleep, you tend to make better decisions, feel calmer and less stressed out, and eat healthier as well.

Food

If sleep is a way that we can recharge our superpowers, then food is our energy fuel. Your body is like the Batmobile (Batman's car), and you need to give it the best kind of fuel for it to work well.

Eating fruits and vegetables isn't just healthy for you; it actually gives you more energy! Think of how Iron Man powers up his suit, how Louisa powers up her strength, or how Black Panther consumes the heart-shaped plant to give him superpowers. Fruits and veggies are a magic potion that give our body superpowers.

Exercise Section: TO BE ADDED

In summary, how we eat, how much we sleep, and how we feel are all connected. Like Batman or Sherlock Holmes, we can track these to find more patterns.