



Healthy Living

September 2025

For more information, contact:

Lynne Middleton, 4-H Youth Development

Erin Ortiz, 4-H Youth Development

Katie Conrad, Department of Family and Consumer Sciences

Matthew Devereaux, Department of Family and Consumer Sciences

Kristen Johnson, Department of Family and Consumer Sciences

Kristin Riggsbee, Department of Family and Consumer Sciences

Emotional Wellness

- Communicate with your parents or other trusted adults about sensitive topics
- Describe ways you have to access supportive resources in your community to help yourself and/or others
- Create a stress management plan that can be used after you graduate high school
- Work with your 4-H agent to invite a speaker on stress management to attend a 4-H meeting
- Create and post a mental health awareness campaign on social media during the month of May
- Research reasons why people do not seek assistance to treat mental health challenges

Intellectual Wellness

- Present your new hobby and information about it to others at a 4-H club meeting
- Read a book you have never read each quarter
- Start a book club at the local library or join if your community already offers this
- Research what it means to minor in a foreign language during college (this can include sign language)

Occupational Wellness

- Demonstrate qualities of a good employee (communication, responsibility, punctuality, helpfulness, respectfulness, teamwork)
- Create a resume in Microsoft Word or Google Docs
- Research and practice interview questions with a family member or friend
- Shadow an allied health career professional for a day



Physical Wellness

- Create an informational graphic for Sleep Awareness Week in March and post to social media
- Research how the foods you eat impact your physical and academic performance
- Research and shop for two family meals using MyPlate
- Work with your 4-H agent or a teacher at your school to start a weekly or monthly walking group
- Offer a cooking demonstration at a local grocery store or food pantry highlighting the importance of healthy eating
- Work with your 4-H agent to offer a healthy snacks class for younger 4-H members
- Create a plan for continuing to be physically active after graduating high school

Social Wellness

- Work with your 4-H agent to offer an icebreaker called, “What’s Going on in this Picture?” during a 4-H club meeting
- Make a list of resources in your community that help people and share the list with others (include food pantries, doctors, counselors, free clinics, homeless resources, wellness practices, etc.)
- Work with your county’s Family and Consumer Science agent to attend a Community Health meeting
- Create a flyer with tips for healthy relationships
- Research if your school has a debate team. If not, assist in creating one
- Work with your 4-H agent to apply to be a teen leader at summer camp

Spiritual Wellness

- Create a Gratitude Poster and hang it up at your community library or school to encourage others to highlight someone or something for which they are grateful
- Lead an effort to gather donations for a cause or organization in which you have passion

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

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