



# Youth Health

Taking Care of Your Physical and Mental Health  
Live Out with Youthful Energy



**Publisher**  
Ministry of Health and Welfare

# Youth must be beauty 1

## What is Adolescence?

Physically mature  
A procedure of becoming an adult



Having the ability to give birth  
physically as an adult



Just step over the childhood mentally, need more time to be mature



## Youth must be beauty ②

### Why Youth has anything to do with **Beauty**?

- Girls start to concern about their appearance and worried about others' opinions.
- Over pursuing the cultural standard of beauty would cause unsatisfied with your own
- Excessive exercise or diet may cause malnutrition, poor growth, and affect mental

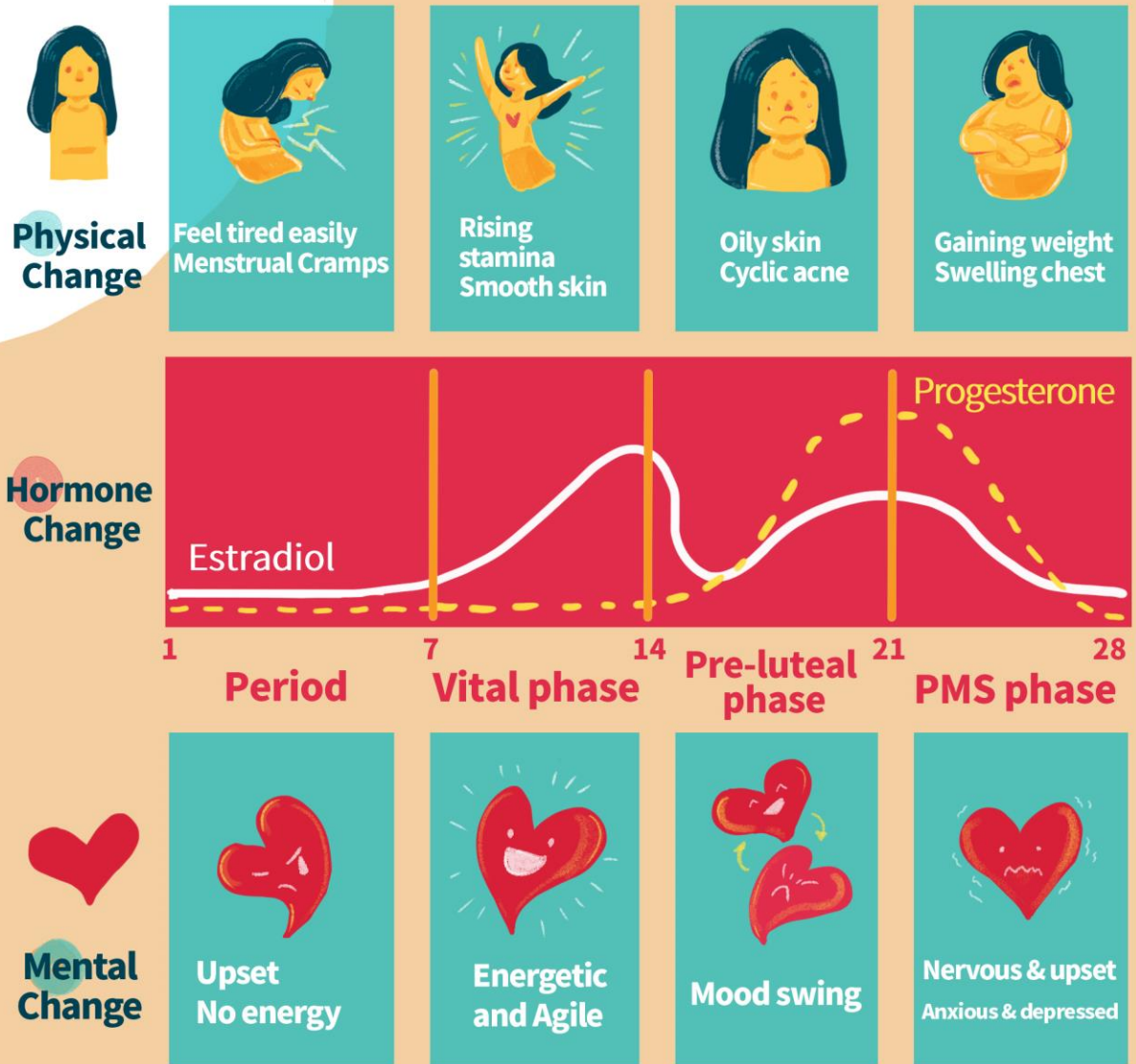


# Youth must be beauty 3



Does menstruation effect beauty?

Hormone fluctuation affects teenage girls physically and mentally, and some people would show the symptoms of PMS.

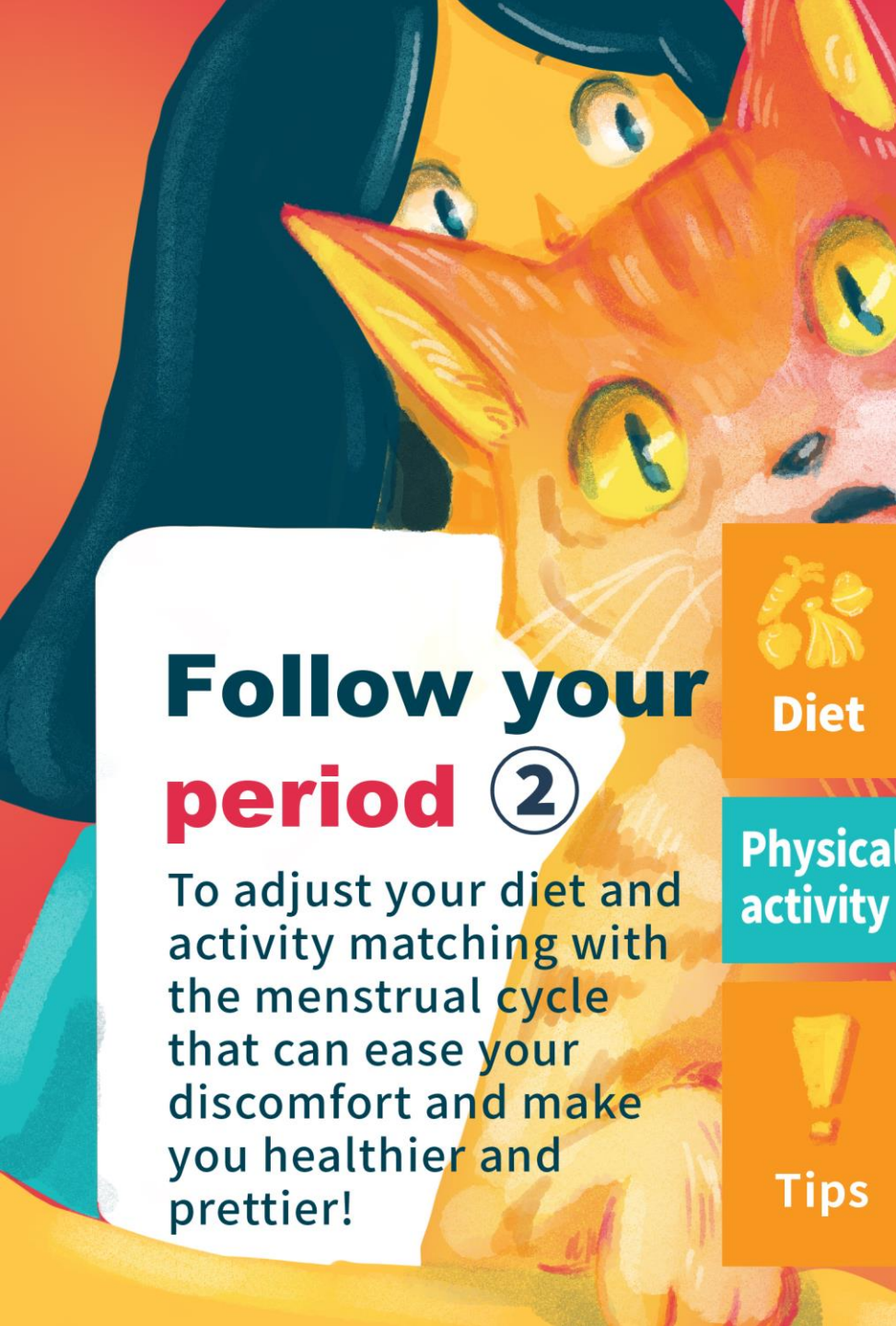


# Follow your period 1

## Menstrual diary

Keep recording your own health condition, physical changes, and life habits, you can then find out which things and habits are good for your physical and mental health.





# Follow your period ②

To adjust your diet and activity matching with the menstrual cycle that can ease your discomfort and make you healthier and prettier!

	Day 1 -7 Period	Day 8 - 14 Ovulation Vital phase	Day 15 - 21 Pre-luteal phase	Day 22 - 28 Post-luteal phase
Diet	<p>Light food iced, cold food</p>	<p>Balanced diet</p>	<p>Balanced diet Less sugary and salty food</p>	<p>More water, some more food Less calories Less sugary and salty food</p>
Physical activity	<p>Low intensity exercise Rest more</p>	<p>High intensity exercise Exercise more</p>	<p>Mid to high-intensity exercise Take care of yourself more</p>	<p>Mid intensity exercise Relax more</p>
Tips	<p>If you experiencing any discomfort and bad mood, you can find someone to talk to. It would be better to seek a doctor if the symptoms are too serious.</p>	<p>Full of energy, charming and attractive. You can arrange more exercise and social activities.</p>	<p>Mood may swing. You can prepare for PMS phase.</p>	<p>Being anxious easily and sensitive to stress. You can relax more and get enough sleep.</p>

# Youth can be pretty 1



Start with keeping diaries, writing down any physical and mental changes during the menstrual period. It can help you get to know your emotion.

Whenever something stressful, try to deal it with the **3 Mental Pillars** to make a better mood and reduce stress. With healthier mind, you will be prettier and younger.

Emotion  
adjustment

A cycle of  
support

Stress buffer  
shield

# Youth can be pretty ②

To learn  
Emotion adjustment

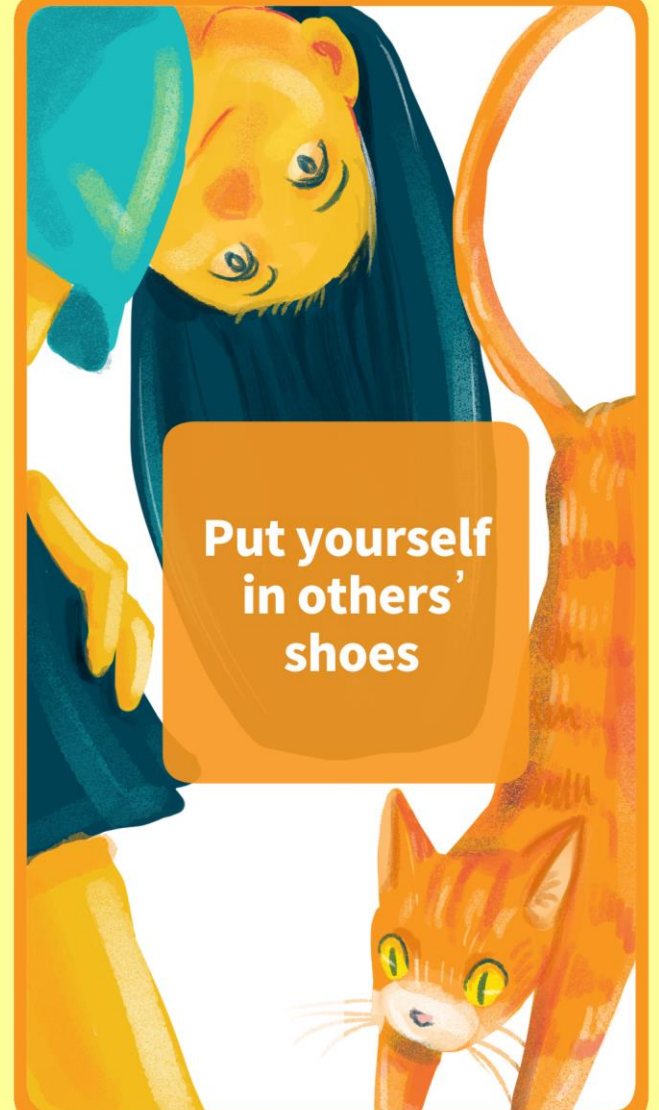


Have proper  
relaxation from  
time to time

Laugh  
a lot



Put yourself  
in others'  
shoes





# Youth can be pretty ③

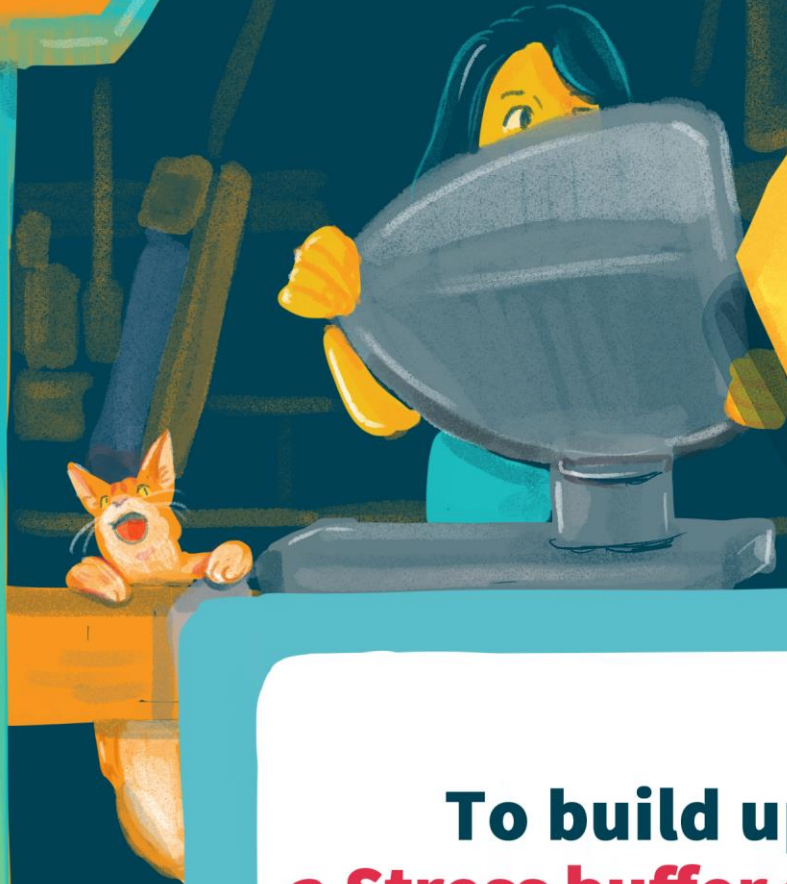


## To weave a Support net

- First, draw concentric circles and put yourself in the center.
- Then write down people's names you know of and put them in different circles depending on how close they are.
- Finally, circle the ones who really care about you and able to help you.
- Besides, school counselors are also good resources to help. Try to put them on your list!



# Youth can be pretty 4



**To build up  
a Stress buffer shield**

Learning “Emotion  
adjustment” skills

Build up habits  
of taking care  
of yourself.

Learning how  
to solve  
problems

Accumulate  
successful life  
experience.



# I'm the master of my youth

Girls who like themselves will have better self-esteem and relationships when grown-up.

Self-prediction fulfill itself, the more confident you are, the more beautiful you are.

Own your bodily autonomy.  
Be your own master of youth.  
Be Radiant from the inside out.

-安心專線 1925(依舊愛我)

-踴躍少年專線 0800-001769



心快活

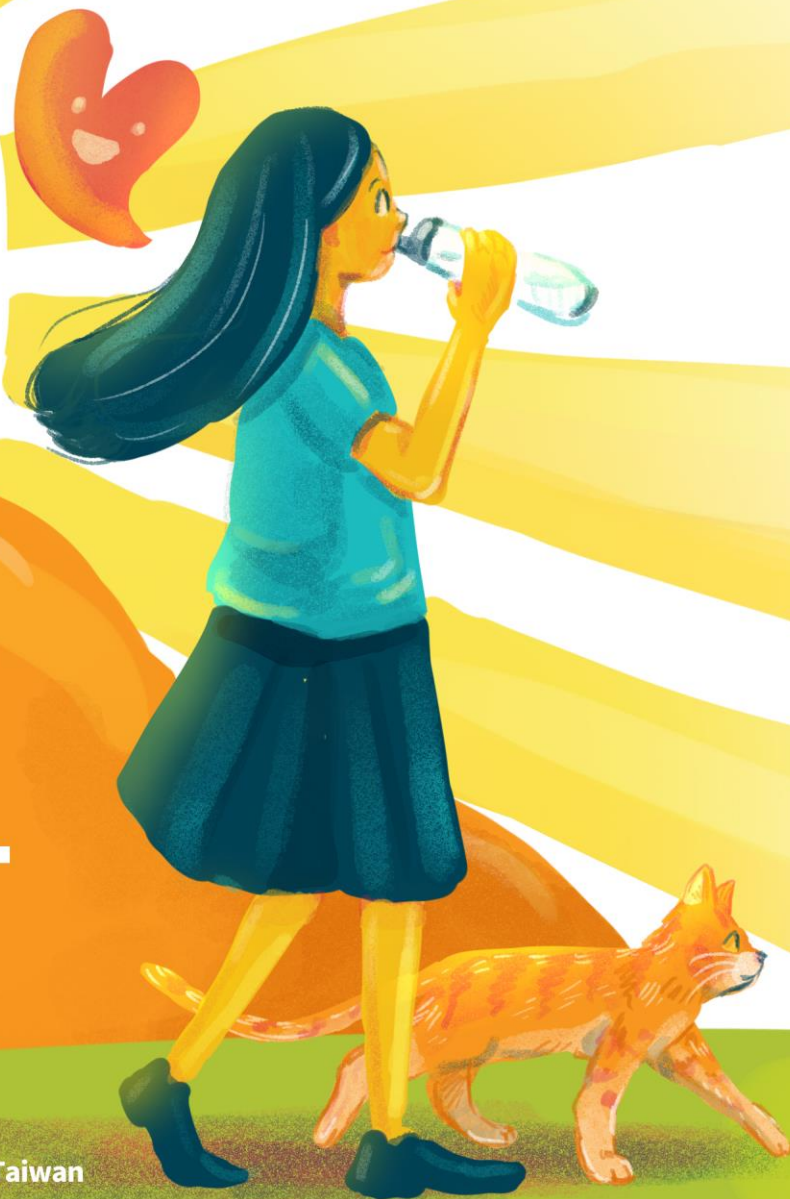


性福e學園



各縣市社區  
心理衛生中心

**Be your own master of youth.  
Be Radiant from the inside out.**



Commissioner



衛生福利部  
Ministry of Health and Welfare

Implementer



中華心理衛生協會  
Mental Health Association in Taiwan

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