



COPE Creating
Opportunities for
Personal Empowerment

**A TEEN
(Thinking, Emotions,
Exercise, and Nutrition)
Healthy Lifestyles
Program**

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Session 1
Healthy Lifestyles

Session 1 Healthy Lifestyles



- ❖ **The COPE Healthy Lifestyles TEEN Program is all about helping you to make healthy choices in all areas of your life.**
- ❖ **A “Healthy Lifestyle” is making healthy choices to think and behave in a way to promote the best possible health for the mind and body, and following through on those choices.**

List Examples of Healthy Lifestyle Choices:

Everyone has a certain amount of stress and has to deal with difficult times in their life, but making a choice to deal with these things in a positive way will help you to feel good about yourself.

When you think positively, eat foods that are healthy, and exercise, you will be happier and have less stress.

- ❖ **Making choices and developing healthy habits for a healthy lifestyle is up to YOU!**

What are habits? Habits are things that are done over and over again.

Examples of unhealthy habits:

Examples of healthy habits:

- ❖ Habits take time to change—BE PATIENT WITH YOURSELF!
- ❖ **It is easier not to start unhealthy habits than to stop them once they are started.**

The Thinking, Feeling, Behaving Triangle

- ❖ **How you think affects how you feel and how you behave.**

