

Contents



Chapter One
Being the best you can be
page 11

Chapter Two
How well do you really
know yourself?
page 19

Chapter Three
How much do you
LIKE yourself?
page 39

Chapter Four
Families, and how to
survive them
page 57



Chapter Five
Friendships, and how
to survive them
page 71

Chapter Six
Eating well and
feeling good
page 89



Chapter Seven
Taking care of your body
page 105

Chapter Eight
Mental health matters
page 121

Chapter Nine
School, and how to
survive it
page 143

Chapter Ten
Sleep, and how to get
enough of it

page 159

Chapter Eleven
Social media – good,
bad or both?

page 173

Chapter Twelve
It's all about the money

page 187

Chapter Thirteen
Relationships, and how
to survive them

page 205

Chapter Fourteen
What makes you feel good?

page 227



Chapter Fifteen
Teen survival tips

page 247

Glossary

page 273

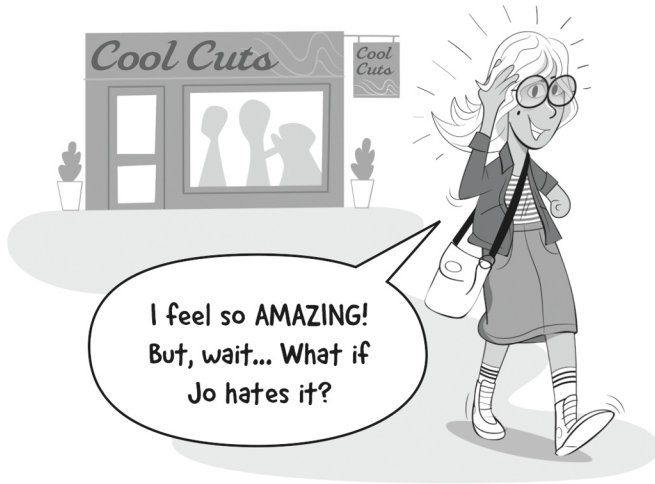
Index

page 279

This explains some of the terms used in this book. The first time you see any glossary words or phrases, they'll look like this.



It's true that if, say, you've been unhappy with your hairstyle and have a new one, you might feel great... until, perhaps, the next niggling worry comes into your head.



Being happy and healthy is more of an ongoing journey than a specific destination (clichéd as that sounds). We are all in this for the long haul, but as you develop, learn and change, what matters to you and what makes you happy will probably change a lot too.

Put simply, being happy and healthy in life depends mainly on these three things:

liking and
accepting yourself

taking care
of yourself

feeling fulfilled
and loved

Sound good? Well, this book is a realistic, useful and practical guide to help you achieve those things, and more. See it as a survival kit for your amazing teenage years... and read on.



What DON'T I enjoy?

Another way of tackling your 'survival tip' levels is to take a close look at what you're doing that you *don't* enjoy. This could be something like:

Quarrelling with my family, and not saying sorry even when I know I'm in the wrong.

Spending longer than you'd like to scrolling on your phone.

Yes, you!

Hanging out with people you don't really like.

Being *aware* of things like this in your life means you can make a change and build in more, better things that **DO** make you happy.

P.S.

Sorry, but some things in life just **HAVE** to be done, whether they make you feel good or not. These might include homework and taking the bins out.

What matters to me?

The final part of building a kind of 'profile' of yourself is to think about the things that really matter to you. They are a vital part of your happiness and go deeper than quick fixes like a new school bag or getting 100 likes on a post (good as those can feel!). Here are some examples to help you think, but yours will probably be just as unique as you are:

