



SUBJECT:BIOLOGY  
CHAPTER:5  
CHAPTER NAME: ENDOCRINE SYSTEM AND ADOLESCENCE.  
PERIOD-6

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**CHANGING YOUR TOMORROW**

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## Adolescence and the related psychological changes

- seeking more independence
- seeking more responsibility, both at home and at school
- looking for new experiences\
- Thinking more about “right” and “wrong
- influenced more by friends
- starting to develop and explore a sexual identity
- communicating in different ways
- more sensitive to your emotions
- more self-conscious

## Personal hygiene.

- Proper and safe food
- Proper life style
- Cleanliness
- Physical exercise.

- <https://www.youtube.com/watch?v=zh7CACofsio>

## How to manage stress

- Yoga
- Exercise
- Proper sleep schedule
- Reading
- Thinking positively
- Laughing
- Deep breathing
- Meditation
- Time management
- Hobbies

THANKING YOU  
ODM EDUCATIONAL GROUP.

