



# Senior Women's Health

**Pillar:** Healthy Living

When you've earned your badge, you will know how women can lead healthy lives.



## Seniors will follow these steps to earn their badge:

1. Investigate the tests that help women stay healthy. (Discover, Take Action)
  - a. Learn what is included in a Well Woman Exam. You can find an overview here: <https://www.mayoclinichealthsystem.org/locations/albert-lea/services-and-treatments/obstetrics-and-gynecology/well-woman-checkup>
  - b. Health screenings are an important part of keeping us healthy. Choose a health screening and research it here: <https://youngwomenshealth.org/>
  - c. Talk to your family to see if you have a family history of illnesses that requires you to have screenings early.
2. Find out how fads and beauty practices impact health. (Discover, Connect)
  - a. Watch this short video depicting fitness trends over the last 100 years. <https://www.youtube.com/watch?v=5hr17Dn-lkk> What trends seem silly now? Are there fitness trends today that you think people will find funny 100 years from now?
  - b. Make a list of current beauty fads or practices that you are interested in or have tried. Pick one or two to research and see what is known about it's effects on health.
3. Focus on techniques to help you stay emotionally healthy. (Discover, Connect)
  - a. Track your mood for a week. Make notes of what you did each day that made you feel happy, sad, anxious, proud, etc. At the end of the week look for those things that made you feel emotionally healthy.
    - Are these things you can do more often?
    - What were the things that didn't make you feel good?
    - Are these things you can choose not to do?
    - If not, how can you better prepare yourself to handle them differently?

Make a plan for the next week to incorporate more of the things that make you feel emotionally healthy and make changes to the things that do not.
  - b. Affirmations are positive statements that over time can help us build self-esteem. Read this article <https://blog.mindvalley.com/affirmations-for-teens/> to learn more. Make a list of five positive affirmations for yourself.
  - c. Music can be a great way to relieve stress, boost self-confidence, and have fun. Watch this video: [https://www.youtube.com/watch?v=XLFEvHWD\\_NE](https://www.youtube.com/watch?v=XLFEvHWD_NE) Even professional musicians have self-doubt! Create a playlist of songs that make you feel good about yourself. If you have time, create a playlist to listen to when you need to relax.
  - d. Learn more about mindfulness as a way to stay emotionally healthy. <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/virtual/STEAM-Jan-AllLevels.pdf>
4. Take a closer look at a women's health issue. (Discover, Connect)



- a. The number one killer of women is heart disease. Find out about heart disease, what causes heart disease, how to identify risk factors and ways to begin taking action now that will help you live a heart healthy lifestyle.
  - b. Research ovarian and/or cervical cancer. Understand what treatments are available, what support is available for those who are going through the treatments. What lifestyle changes can be made now that may help prevent later health problems.
  - c. Juliette Gordon Low died from breast cancer. Did you know that men get breast cancer too? Treatments have come a long way since Juliette's time and the survival rate is much better. Research the latest in treatment, survival rates, and support for those fighting and survivors.
5. Get the word out on a women's health topic. (Take Action)
- a. Choose a health topic that you feel girls should know about. Come up with a way to share your research and teach girls how to be proactive about their health. You can do this through a series of social media posts, create a poster or document to share, create a YouTube video, etc. Be creative and make it fun!
  - b. Design a short program of healthy eating suggestions, ways to exercise/move, mindfulness activities that will help women live a healthy life. Grab a group of girls and women to give your program a try. Have them give you feedback so that you can make your program stronger. Share it with others once you and have a plan you can be proud of!

**When you're finished:** Congratulations, you have earned your badge! You can purchase online at <https://www.girlscoutshop.com/SENIOR-WOMENS-HEALTH-BADGE>



You can also purchase your Girl Scout Virtual main patch and bars through our online store or in person. Begin your shopping experience at <https://www.gsksmo.org/en/our-council/shop.html>

