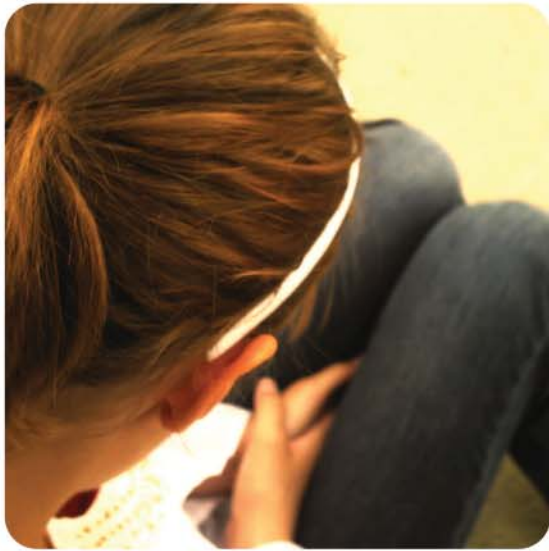


# *Avatar*



*Avatar: TeenHelp.org's eZine  
Second Issue • July 2007*



## *In this issue:*

<b>Editorial</b>	<b>3</b>
<b>Horoscope</b>	<b>4</b>
<b>My Struggle</b>	<b>5</b>
<b>Self Expression</b>	<b>6</b>
<b>Grieving</b>	<b>7</b>
<b>OCD</b>	<b>9</b>
<b>Alternative</b>	<b>11</b>
<b>Fashion</b>	<b>13</b>

## Editorial

*Hey there all TeenHelpers!*

*As many of you can see, Avatar has definitely taken a turn for the better. We've revamped from only the first issue! We, meaning Sylvie, Hank, and I have been working hard behind the scenes. While we had Rob keeping an eye on us. We hope to bring color to Avatar and many other great things.*

*As last issue, we took users like you, to compose this wonderful e-zine. We hope that you take a good look through out it and enjoy seeing all your awesome work through out it.*

*In this months issue we have Sylvie's story, My Struggle, along with monthly poetry. A great article on the proper steps of grieving, how to find that little bit of Obsessive Compulsive Disorder on you. And since school will be here before many of us know it, we want you back there in fashion and to have tips and tricks on how to relax naturally.*

*On an ending note, we want the magazine about our users. Every little article and picture we want from our users. Noticed I said pictures? Our goal is to have all our pictures submitted from our users. We'll take anything at all.*

*We hope you enjoy this magazine for July and come back next month wanting more.*

## Contributors

### **Editors:**

Sylvie (Amore)

Chelsea (forgottenfadedmemory)

Rob (Rob)

Hank (MountainView)

**Editorial:** *Chelsea (forgottenfadedmemory)*

**Horoscopes:** *Becky (argxpirate)*

**OCD:** *Kathy (drowningangel)*

**Relaxing The Natural Way:** *Lizzie (Socalmoongal)*

**My Struggle:** *Sylvie (Amore)*

**Death & Grieving:** *Melissa (.Infinity.)*

**Fashion:** *Liz (loverlygurl)*

## Horoscopes for the month of June

### *Gemini- May 22nd- June 21st*

This month isn't your best to make decisions. Uranus is in the eighth house, and blocking your ability to predict future consequences. It is advised that you do not leave your house, and do not go shopping as it could result in impulse buying. It is also advised that you do not log in to TeenHelp.org, as it could result in an unsavory username change, such as waking up and logging in as "BunnyPants\_the\_FluffSlave", which might have seemed like a good idea at the time.

**Most Visited Forum:** General Health (getting a tattoo of Rob's face was also not the best idea).

**Famous Births for Gemini:** Ice Cube, Helen Keller, Tupac, and someone named Timothy Busfeild.



### *Cancer- June 22nd- July 22nd*

This month brings sunshine and good times. Your life will sort itself out a bit and you may be meeting an enticing mate soon. Stock up on Durex-branded items and bandage up your injured hand (from Helen's cat attacking you) because love is in the air. Don't be afraid to approach people at social outings or to buy them a drink as Venus is on your side. Already in a relationship? Hold on to the one you have as summer love fades fast. Avoid the chatroom as an unlucky click on the "frozen breastmilk chatroom" ad by Google has left you scarred for life.

**Most Visited Forum:** Good Days! (Finally. =)]

**Famous Births for Cancer:** Derek Jeeter, Carson Daly, Tobey Maguire, Becky, and Amber.



# My Struggle

## Warning: This article may be triggering

*The following is a part of a series of entries written by a forum member who is struggling with an eating disorder. Please be careful while reading . . .*

### Entry:

*Stop the cravings. Stop the hunger pains. Please, just make it go away...*

It does not seem as though I'm getting anywhere from restricting myself from indulging in calorie-soaked foods. Even so, I cannot give up now. As I was in my sundress this morning, going over everything to see if I looked decent enough for the party, I noticed how flat my stomach has gotten. Sadly, it wasn't even near enough to satisfy me.

As I try hard to hold my breath to resist from tasting the aromas wafting in the air, it gets so tempting, and pushes me to a point where I think I am going to break down. It mocks my slow and silent suffering, the pain that I have inflicted upon myself.

Now I am reminded of my before times. I grew so desperate for help, and it ultimately bought me to TeenHelp. It has been of great support, but it could not provide me with the one thing I needed the most.

I am hungry for love.

The food I eat does not seem to fill up the bottomless void inside of me. I find no point in eating at all. The guilt of my past lives plays with my mind.

I thought and felt in music, once upon a time. My legato flow has receded to a dull staccato movement, and that has eventually faded away as well. I hear no music.



The poems for this issue are as always carefully selected by C.T.  
(forgottenfadedmemory)

If you want to send in your own for the next issue, you can send her  
a personal message on forums.

## Unfair Justice

*You take my breath away,  
And leave me lost for words,  
You got me wrapped up tight,  
It's totally absurd.*

*You really stole the key,  
That locks away my heart,  
I can't be with you,  
It's tearing me apart.*

*I just don't know how,  
And I don't know why,  
I only fall for girls,  
Who destroy my life.*

*I can't sleep at night,  
I can't breathe in the day,  
Only you know how,  
To make me feel this way.*

*I am so sorry,  
For all the wrongs I've done,  
But what did I do?  
To deserve this one.*

*This punishment,  
That is sent from above,  
Is an unfair justice,  
That I call love.*

By: Deep Brown Eyes

## My London

*A city of many faces,  
all of which are lost in the crowd -  
queueing  
pushing  
fighting  
pulsing  
A clostraphobic swarm,  
my little urban womb*

*Wordless answers  
unknown glances  
Easily confused  
easily lost.*

*Buildings lie unconscious  
prisoned in grey  
Each an unwanted yet neccassary filling  
in a mouth of decay*

*Trollys half submurged  
our metallic fish  
Water froths  
each tide brings a new treasure.  
a beer can  
a plastic bag  
a corpse*

By: Cut\_up\_angel

*Harsh sirens, bitter to the tainted ear  
echo through tattered street  
Junkyard pornography  
...at best*

*Underground burrows  
overflow with rats  
Tubes submerge into darkness  
Nervous shufflings  
behind a dirty newspaper*

*Myths of terrorism  
break into reality  
As plastic smiles  
breath toxic fumes.*

*Gangs of hopeless youths  
sprawl obscenities on every wall  
The city is their canvas.  
to taint as they wish.*

*I wander these streets  
and feel a familiar comfort  
an ironic sense of belonging*

*This is my london*

## Death and Grieving

Losing someone close to you may be one of the worst things that you will encounter in your life. When you experience a loss, you will respond to it in your own way. There is no right way to grieve, but there are stages in which a person goes through.

### Stages Of Grief

After such a loss, we go through stages of grieving. Not everyone goes through the same stages, and not everyone goes through all of them, but sometimes during this time you may feel:

**Shock** - You may feel numb or be in disbelief.

**Denial** - You may try to tell yourself that this hasn't happened. You will try to think that it's all just a bad dream and that when you wake up that everything will be back to normal.

**Anger** - You may question why this has happen to you and why you had to lose this person. You may feel angry at God, perhaps even with yourself.

**Guilt** - You may try to blame yourself for this. You will think "If I had been there ....", or "If only I had ...".

**Bargaining** - You may try to bargain with God. You will either think or say "If you bring back \_\_\_\_\_, then I will \_\_\_\_\_", or "If you make this not happen, then I will \_\_\_\_\_".

**Depression** - You will have emotional lows. You will feel lonesome, and you will miss the person who has passed on. You may feel like you can't go on, or you may not want to.

**Acceptance** - You will be going on with your life as you normally would. You will still think about the person from time to time, but you will realize that they are in a better place.

When you start to feel these things, you must realize that it's completely normal. Everyone goes through this at one point in their life. You must realize though that none of this is your fault. You couldn't have stopped this, nor can you bring them back. While the hurting won't stop for good, there are things that you can try to help ease the pain just a little. Expressing your grief may help somewhat.

### Ways to express grief

When we lose people close to us, sometimes letting other people know about how we feel helps. Whether you sit down and write your feelings in a journal, or write poems and post them anywhere, they can help a person out a lot. Expressing your grief will either allow you to write something special about the person, or it will allow you release the emotions you feel inside.

# Grieving

## Accepting it and moving on with life

The best way to try to move on with your life is to accept this. You must accept that they're gone. Remind yourself that they're in a better place. It's also always good to remember all of the good times. Try to keep in mind all of the good memories that you have had with them. Don't try to regret the last moments that you didn't have with them, or all of the things you didn't say. Try to remember all of the years that you had with them before hand. Even if you didn't get a last "good-bye", or a last "I love you", the person who has passed will already have known how you felt for them. They would not have wanted you to be overcome with sadness because of this.



## Seeking further help

If you're having problems overcoming your loss, looking into counseling is a great idea. It's always a good idea to get help if you cannot seem to find peace with it. Asking someone for help will not make you weak- it will be very beneficial for you. Sometimes talking about it will help you a lot. It's a big step to take, but it will be very well worth it.

## When to seek further help?

Only you can tell when it's time to go. But in general, it's a good idea to seek help if:

- You're excessively depressed.
- You seclude yourself.
- If you lose interest in doing things that you liked before your loss.
- If you feel hopeless.
- If you lose the will to go on.

Generally, you will know when it's time to go and see someone. As said before, seeking help will not make you look weak. It will only be for your own good.



## Obsessive Compulsive Disorder

Notice: Keep in mind when reading this article that only a trained professional can diagnose any medical or mental disorder.

It seems the media has recently become fascinated with the mental and physical disorders of our nation. This, in turn, can be a good thing for those who suffer from these ailments, since it resolves in making the public more aware of the diagnoses and treatments available.

Obsessive-Compulsive Disorder, otherwise known as OCD, has come to light more in the past few years than ever before. This disorder is characterized by "intrusive, distressing and obsessive thoughts as well as related compulsions or 'rituals.'" (Information in quotations gathed from Wikipedia <http://en.wikipedia.org/wiki/OCD>)

**Obsessions are defined by some of the following:**

- *Recurrent and persistent thoughts*
- *The person attempts to ignore or suppress the thought with some other action*
- *The person recognizes that the thoughts are a product of their mind and are not based in reality*

**Compulsions are defined by:**

- *Repetitive behaviors or mental acts that the person feels driven to perform*
- *The behaviors or acts are aimed at reducing distress or preventing some dreaded event or situation*

In order to be diagnosed with OCD, the above criteria must be met, in addition to the obsessions and/or compulsions taking up an hour or more a day and causing impairment in school, social functions, or at work. As anyone with OCD, such as myself, can tell you, it becomes a subconscious effort that interferes drastically with your everyday life.

Causes can be debated, and have been. Research delves between a genetic disorder and psychological explanation. Biologically, the neurotransmitter serotonin seems to have an abnormality in people who suffer from OCD. Psychologists claim that an exaggerated sense of responsibility for everything one does, even think, can cause them to begin to take action by doing things repeatedly (compulsions) to take that heady sense of responsibility away.

Although everyone is different, there are some “classic” OCD compulsions, such as:

- *Repeated hand washing*
- *Specific counting systems*
- *Perfectly aligning objects*
- *Fearing contamination*

Obsessive Compulsive Disorder can also be divided into spectrums. Since OCD is considered an anxiety disorder, it is also classified along with:

- *Panic Disorder*
- *Social Anxiety Disorder*
- *Body Dysmorphic Disorder*
- *Trichotillomania*
- *Compulsive Skin Picking*

These are only a few of the many spectrums of OCD, and further research can be done on these disorders at:

<http://www.ocdla.com/>

If you or someone you know suspects you may have symptoms of this disorder or any other mental condition, contact a trained professional in your area for further information.

## Relaxing the natural way

Teenagers today have stressful lives, no matter who you are, but you do not have to live in a constant state of anxiety. Learning ways to relax is crucial if you live a busy life.

Aromatherapy is what it says it is – the “aroma” being the fragrances of essential oils, and the “therapy” the way in which the fragrance is applied to relieve physical symptoms and promote mental well-being. Here are a few relaxing baths each with their own purpose. I have supplied two different methods for your bath, you can either use the essential oil listed, which may be hard to come by for some. Or you can pick up a scented candle of that scent, which is the easiest of the two to find locally. If you have sensitive skin, you can dilute the essential oils in four teaspoons of whole milk, or unfragranced bath oil before adding to the water. Always agitate the water gently to disperse the oils before getting in the bath.

If your emotions are overstretched or you are stressed:

Add three drops of lavender essential oil into your bath water, or light a lavender scented candle.

- This scent is mainly soft, sweet and floral.

To relieve stress and calm the nerves:

Add three drops of sandalwood essential oil into your bath water, or light a sandalwood scented candle.

- This scent is a subtle aroma at first, deepening to a rich, woody, spicy, sweet fragrance as it evaporates.

To ease anxiety:

Add two drops of orange essential oil into your bath water, or light an orange scented candle.

- This scent is sweet, warm, fresh and citrusy.

# Alternative

If you have a hard time finding one of these scents, other candle scents that are said to be calming are jasmine, rose, vanilla, chamomile, and ylang ylang.

All the essential oils that are listed in this article are safe for everyone: child, adult, and elderly, as well as safe to use when pregnant. If you are going to buy essential oils make sure they are in a dark vial and stored in a dark place like a cabinet. If stored properly, the oils can last up to two years.



## Fashion

Fashion is a very unique way of expressing yourself. It doesn't matter what your style is, everyone has a different unique look whether freestyle, classic and elegant, sexy or casual look. You can always show it through fashion and this trendy style has also become one of the leading ways people express their emotions.

Tips: a lot of people have been looking for ways to match up colors, combine outfits, and new summer trends. Here are some tips to help you.

Color matching: White has been considered to be worn mostly during summer, because white is one of those colors you can use to match up any other color it makes it very easy for you to combine it with almost any color of pants. White mostly look good with bright colors like red, navy blue or black. The ladies might like to consider wearing a full white clothe during summer because it brightens up and gives you a breezy look during a hot summer day. Black is one of the best colors because it always looks good in any season whether summer, winter or spring. Just like white, black goes with just about any other color. Wearing a black outfit (all black) makes you look slimmer, ladies like to use this black advantage when they want to look sexy and thinner. Black would fit in in any kind of party; it won't make you look too elegant or too casual. You can always add different colors of accessories to make you look more fashionable. Who would want to wear just plain black anyway? Red a bright color, that shows love and passion, is a color that is always ready to wear. Red looks better when matched up with a darker color like maroon, brick red, hot pink or black. Orange and violet will also work well with



Remember be very careful when matching up blue and yellow with red. Blue is lovely summer color. White and blue can be matched up because they are very calm and soft together. Like a white shirt with blue jeans can be matched together which gives you a cool casual look and can be accessorized to make it look more fashionable. Blue should be matched up with dark colors, dark blue will look great when matched up with green and violet. Please be careful when trying to match up blue with red and yellow and when wearing yellow with any other color because yellow come out to create really ugly clash look. Yellow is an attractive and lively color. A caution dangerous color and it shows really brightens your outfit. Try wearing yellow with black, or you can wear yellow with white to even bring out the vibrant. Wearing yellow with a darker colors is too bright, so you should definitely avoid wearing it with darker colors or with blue and red.

Hot summer outfit: The new hot style out this summer is striped clothes. Yes it's the newest things out for both boys and girls. A striped blue and white shirt will go with a blue or white jean capri's. The guys are going for the bright colors this summer, like a brilliant shirt with blue jeans, or a white t-shirt with any colored cargo shorts and sandals. They are cool and not too casual for guys to wear this summer.

Not all types of shorts fit all body types. Here are tips for finding the right pair of shorts for you: a mid length short will fit all body types. For a flabby upper legs you might want to try getting knee length shorts. If you have short legs try getting shorter shorts. For a plus size Bermuda shorts will always look great on you and for tall, thin legs try roll up shorts.



## Swimsuit Tips

Ladies who don't like to show too much or doesn't feel comfortable in swimsuit can wear the bikini cover up.



What is a cover up you say? Well they cover like this soft breezy pants that won't make you feel too exposed and you can always wear an article of clothing which is black to look a lot thinner in your swimsuit.

Putting your hair down when wearing a one piece swimming suit gives an elegant responsible look. Putting your hair up with a two piece swimsuit gives you a much sexier look.

Tips for every occasion: It's harder for most men to come of with something fashionable for every occasion than it is for women. Here are tips that can help you if you are one of those

guys: A clean hair cut and shave will give you a more mature look. In what ever you are wearing you must be comfortable- you'll look relaxed if you wear a color you feel comfortable with and the article of clothing must be comfortable on you.

