



Picture by SunShine2002

4 Ways to eat m&m's

by Cassie (cynefin)

M&m's are one of the many tasty candies available and they have a wide variety of flavors. From classic to pretzel or dark chocolate and peanuts, there's something to satisfy every sweet tooth. Here are a few fun ways to incorporate them into different snacks.

- **Put them into ice cream.** Sprinkle a few m&m's over your ice cream. Some ice creams already have them incorporated, but you can vary the amount and flavors when you add them on your own. Mix the ice cream or the candy flavors to make your own combinations.
- **Add them to your cookie dough.** Again, some premade doughs or recipes from scratch already mention adding the candy in. Try peanut butter m&m's with peanut butter cookies, or maybe use chocolate instead. Regardless, you will definitely have extra pops of colors after your cookies cool.
- **Use them when making waffles or pancakes.** Vary your weekend pancake or waffle routine by adding some m&m's to your batter. Dark chocolate is healthy in small amounts - try adding dark chocolate m&m's into your pancakes and see how they come out.
- **M&m's can be an additive to trail mix.** Are you always pulling out a certain piece you don't like, such as raisins? Add a few m&m's in their place instead. This works for ready-made trail mix, but you can make your own as well.

NEWS

August is self-acceptance month

TeenHelp has a new theme each month and August is all about self-acceptance. Loving yourself as you are and having compassion for yourself contributes to progress and improvement. Take a look at our activities this month and see which ones you could try to help you feel more empowered.

<http://www.teenhelp.org/forums/f3-general/t160326-august-all-about-self-acceptance/>

New article (31st August) Dobermans

Dobermans are powerful dogs but people often have the wrong perception about them. Read this article to learn more about the doberman dog breed.

<http://www.teenhelp.org/forums/f129-pets/t160382-dobermans/>

INTERESTING TOPICS THIS MONTH

What helps you feel calm?

It can be hard to find moments of peace through the hustle and bustle of everyday life. What helps you feel that sense of calmness? Share with others here.

<http://www.teenhelp.org/forums/f14-mental-health/t160328-what-helps-you-feel-calm/>

Sick of sleeping poorly

This user would like some tips on how to fall asleep quickly. Share what has worked for you here!

<http://www.teenhelp.org/forums/f16-general-health/t160262-sick-sleeping-poorly/>



Picture by cynefin

Easy to care for indoor plants

by Haley (Halcyon)

When you're stuck indoors, bringing nature into your home can have a positive impact on your mood and environment. Indoor plants absorb carbon dioxide and give out oxygen, but they also have other benefits. Here are some plants you could consider for your home that are easy to care for.

- **Dragon tree** - perfect if you have the space and no pets, this tree can grow up to 6 feet tall indoors but it can take years for it to reach its full height. It only needs to be watered when the top inch of the soil is dry and it will improve air quality in your home.
- **Spider plant** - this is a non-toxic plant for both cats and dogs. They thrive in bright, indirect light and their variegated leaves can make them a cheerful addition to your bedroom. They also help to remove harmful chemicals in your home.
- **Boston fern** - these plants like humidity and indirect light so are perfect for the bathroom. They are ideal for those with asthma and also safe if you have cats or dogs. They also help to improve air quality and ranks 9 out of 50 in NASA's list of air purifying plants.
- **Echeveria** - these rose-shaped succulents prefer medium to bright light so placing them on a windowsill is ideal. Don't put them in the bathroom as they dislike humidity and need little water. There are several varieties of echeverias and they will definitely add some colour to your home.

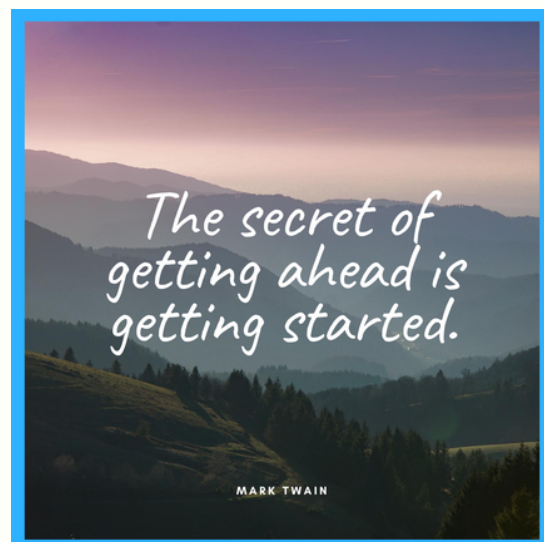
NEWS

New article (31st August)

How to keep your pets hydrated

It's important to keep your pet hydrated, no matter what the weather is. It can help to maintain your pet's health and prevent possible conditions, or treat ones they already have. Read this article to learn some different ways to keep your pet hydrated.

<http://www.teenhelp.org/forums/f129-pets/t160383-how-keep-your-pets-hydrated/>



INTERESTING TOPICS THIS MONTH

Xbox One: What games do you play?

Video games are one of the many escapes available. You can get engaged into a storyline or use them as an outlet. What games do you play on your Xbox One? <http://www.teenhelp.org/forums/f24-technology-gaming/t160331-xbox-one-what-games-do-you-play/>

Quarantine dating

This user is looking for ideas for dating during the pandemic. Share your suggestions here. <http://www.teenhelp.org/forums/f9-relationships-dating/t160290-quarantine-dating/>