



Picture by SunShine2002

NEWS

Self-love February

Each month we'll be publishing a new themed calendar to give you inspiration and ideas. February is the month of love, so this month's theme is all about showing yourself some self-love.

February's calendar can be viewed here:

<http://bit.ly/Calendar-Feb2020>

The calendars will be posted to our social media pages, so let us know if you're taking part!

Ways to increase your energy

by Cassie (cynefin)

Loss of energy is common for a lot of people, especially after the holiday season. It can cause a decrease in productivity and an overall sense of frustration. Here are a few things to consider when you're struggling with energy loss.

- **Start doing what needs to be done.** This may seem obvious, but sometimes giving yourself a strong push in the right direction can be helpful. Once you're on your feet, it is easier to continue your task or start new ones.
- **Drink cold water.** Cold water, as opposed to room temperature water, has a tendency to wake the body up. The sensation of the cold water can keep you grounded.
- **Take a cat nap.** A fifteen-minute to half an hour nap can give you a burst of energy, especially later in the day. Longer naps, in contrast, cause a groggy feeling which can be counterproductive. Similarly, take short breaks as the longer you sit, the harder it will be to begin again.
- **If possible, complete your tasks with someone.** If this is not possible, try listening to music or put some sound on in the background. Doing this will keep you away from negative thoughts and it may make the time pass faster.
- **Offer yourself a small reward.** Sometimes the smallest of rewards can be a good motivator. Rewards might include taking a small break after a certain task, eating a snack, or taking a short walk outside.

Quote of the month

"You, yourself, as much as anybody in the entire universe, deserve your love and affection."

BUDDHA

INTERESTING TOPICS THIS MONTH

What do you do to look after your mental health?

Taking good care of yourself includes looking after your mental health. Share what things you do to look after your mental health here:

<http://www.teenhelp.org/forums/f14-mental-health/t159814-what-do-you-do-look-after-your-mental-health/>

How do you all think of your usernames?

This user is interested in finding out how you came up with your username. Tell us about it here:

<http://www.teenhelp.org/forums/f32-chat/t159852-how-do-you-all-think-your-username/>

