



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-usernames/>





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National Eating Disorder Awareness Week (24th February to 1st March)

National Eating Disorders Awareness Week takes place every year in the last week of February. The campaign is organised by the National Eating Disorders Association to raise awareness about eating disorders and support those who are affected.

These year's theme is Come as You Are: Hindsight is 20/20.

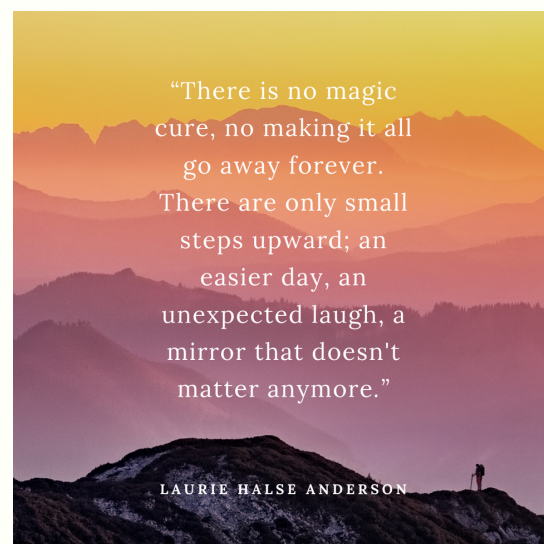
Join us in raising awareness and share your story with us if you're comfortable about doing so.

Ways to improve your body image

by Haley (Halcyon)

Poor body image is something that many of us struggle with, but there are ways to boost our self-esteem and start feeling more comfortable in our own body.

- **Go through your wardrobe.** Give away uninspiring clothes that you don't feel good in. When buying new clothes, be mindful that clothing sizes vary with brands, and look for clothes that accentuate the parts of your body that you love. Maybe certain colours compliment your hair or eyes.
- **Try a social media cleanse.** Unfollow people or pages that make you feel bad about yourself or preoccupied with your own image. Remember that what you see in the media may not be a true reflection of real life as many things are edited.
- **Be aware of who you eat with.** Avoid eating meals with people who are constantly on diets or restricting foods, or people who make unhealthy comments about food.
- **Build a support system.** Team up with some friends and purposely plan days to have a bad hair or no makeup day. Practising this often will help you to start feeling more comfortable in your own body and turning up as you are.
- **Shift your focus to something completely different.** Do something to help others or try a new hobby. Healthier lifestyle choices can contribute a lot to your mood and the way you see things.



INTERESTING TOPICS THIS MONTH

Debunking the myths of eating disorders

There are a variety of misconceptions about eating disorders which can make it difficult for those with eating disorders to reach out and get help. Our article debunks some of the common myths.

<http://www.teenhelp.org/forums/f81-eating-disorders/t136126-debunking-myths-eating-disorders/>

College dorm or stay at home?

This user is looking for advice on whether to move into a college dorm or stay at home. What were some of the things that helped you to decide?

<http://www.teenhelp.org/forums/f22-education-careers/t159856-college-dorm-stay-home/>