



Picture by SunShine2002

NEWS

Welcome to our first Newsletter of 2020!

The Newsletter has had a makeover! These will now be shorter but published twice a month. Tell us what you would like to see in the Newsletter by sending a message to our Newsletter Office or emailing us at publications@teenhelp.org.

Volunteer Of The Year

TeenHelp's prestigious 2019 Volunteer Of The Year Award goes to Holly (Celyn).

Outstanding Contribution Awards were issued to the following:

- Cassie (cynefin)
- Emma (Golfing girl)
- Jess (SunShine2002)

Inspiration Awards were issued to the following:

- Jenna (Girlfromplanetmars)
- Jordan (Heathen)
- Sarah (Rivière)

To find out more, visit:

<http://www.teenhelp.org/awards/>

Make reading more enjoyable

by Jenna (.:Bibliophile.:) and Haley (Halcyon)

If you want to read more this year but find reading difficult to get in to, here are some ways you could make it more enjoyable for yourself.

- Create a nice reading environment. Make a little sanctuary for you to go to every time you read so you can feel comfortable. Maybe even put on light background music.
- Read to a child. Read with different voices for each character and ask questions at the end. A child's enjoyment of a book can put some spark back into your reading time.
- Discover when your focus is best. If you read when you're tired, you might find it more difficult to concentrate, which might make you feel less engaged with the book.
- Participate in readathons or challenges. Readathons are a great way to have fun while reading. You'll be asked to read books based on a certain prompt. It allows you to explore different genres while having fun. There are also challenges such as the Goodreads challenge where you set a certain amount of books you'd like to read in the year.

INTERESTING TOPICS THIS MONTH

2020 goals

The start of the new year is traditionally the time to set goals that you want to accomplish, whether that be short-term or life-long. What are your goals for the year 2020?

<http://www.teenhelp.org/forums/f126-goals-ambitions/t159642-2020-goals/>

What are you proud of?

It can be easy to focus on the negative things in our lives, but it's important to remember the positive as well. What are you proud of? Let us know here!

<http://www.teenhelp.org/forums/f3-general/t159672-what-you-proud/>



Picture by MorbidDaisies

NEWS

Happy New Year - Looking forward, get involved

TeenHelp has exciting things planned for the new year and would like to share ways you can get involved.

It's not too late to take part in our annual member survey - let us know where we can improve, and view our Action Plan to see what we want to accomplish.

We are also testing a new Chat Room and are looking for people who are interested to try it out and tell us what you think!

Finally, each month we will be publishing a themed calendar to give you inspiration and suggestions to try out!

<http://www.teenhelp.org/forums/f2-announcements/t159660-happy-new-year-looking-forward-get-involved/>

Four ways to stay committed to your goals *by Jen (Serendipity.)*

Setting goals is beneficial at any time of the year, not just the new year, but they can often be challenging to keep. Here are some ways to stay committed to your goals.

- **Make sure your goals are attainable.** Give yourself a reasonable amount of time to accomplish them. Don't get carried away with ideas and dreams, stay realistic!
- **Have a to-do list and a planner and handy.** This will really help at keeping yourself organized when it comes to your goals, as well as anything else you have to get done.
- **Communicate with others about your goals.** Let them know that you are trying to commit to doing (or dropping) something over an extended period of time.
- **Remind yourself of why you are doing this.** Why are you making this change? How will it benefit your life? Will it improve relationships or your health? Write or type it.

INTERESTING TOPICS THIS MONTH

Anime suggestions

This user has started to watch anime and would like suggestions. If you have any recommendations, share them here!

<http://www.teenhelp.org/forums/f223-film-television/t159654-anime-suggestions/>

How volunteering helped me

One of our volunteers has written a personal account about how volunteering has helped them. Read their story here!

<http://www.teenhelp.org/forums/f483-personal-stories/t158125-how-volunteering-helped-me/>