



Picture by SunShine2002

NEWS

New article (20th June)

The art of ballet

Ballet performances are beautiful and this article gives some insight into the different styles of ballet and some of the techniques used.

Loneliness Awareness Week (15th -19th June)

In recent months, many of us have felt lonelier and more isolated than ever. Even though there is physical distance between us, we can feel more connected by reaching out. Our safe and friendly online community is here for you if you need us. You are not alone.

Activities for a healthy morning routine

by Haley (Halcyon)

A healthy morning routine consists of a few activities that help to kickstart your day so that you can achieve your goals. Creating a routine ensures that your morning is efficient so you don't have to make so many decisions first thing. Here are some healthy habits that you could try, but ultimately your morning routine is unique and your own, so find a routine that works best for you.

- **Choose an activity that doesn't involve your phone.** We spend a lot of time connected to technology during the day so try starting your day without your phone - it's also better for your eyes. You could read a book, meditate or do a crossword puzzle, for example.
- **Eat a nutritious breakfast.** Food choices may differ if you are doing labour-intensive work compared to a desk job. It is generally good to eat a high fibre and protein-packed meal to help keep you feeling full all morning, but ultimately, choose something that feels right for you.
- **Get in touch with nature.** Go for a walk outside or take care of any indoor plants that you might have. Eat your breakfast outdoors if the weather allows it, or sit by an open window and breathe in the fresh air.
- **Write a to-do list.** Write down what you would like to do during the day. You'll feel a sense of accomplishment when you can tick them off your list. If you want to try something a little different, write your not to-do list instead - things that take you off track from your goals.



INTERESTING TOPICS THIS MONTH

Vegetarian/vegan recipes

This user is interested about eating more vegetarian or vegan meals. Suggest your recipe ideas here!

<http://www.teenhelp.org/forums/f184-food-recipes/t160218-vegetarian-vegan-recipes/>

Readathon

Are you interested in taking part in a readathon with other TeenHelp users? This one will be about reading books by black authors.

<http://www.teenhelp.org/forums/f198-books-literature/t160214-readathon/>





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NEWS

New article (30th June)

Please don't stare

Living life in a wheelchair is difficult but not impossible. This article gives you an insight into what life is like with a wheelchair.

Pride Month - June

June is Pride month and we celebrate it with you. We recognise that love comes in all forms and believe that you can tell whoever you want that you love them. Always be true to yourself and be proud of who you are. Everyone deserves the right to be heard and we are here when you're ready to share.

Reducing plastic pollution

by Haley (Halcyon)

Plastic is found in so many household items, but not all of it is recyclable. They end up in landfill sites or make their way into the ocean, harming and killing marine life. Here are some simple ways to start reducing your use of plastic.

- **Change your carrier bags.** When you go shopping use fabric bags that can be washed and reused instead. Always keep a fabric bag with you as they can be packed small; you never know when you might need one.
- **Buy loose produce and buy in bulk.** Fruit and vegetables can be bought loose instead of wrapped in plastic. Markets are a good place where packaging is used at a minimum. If you can't avoid buying food with packaging, buy in bulk if you can afford to as you'll be buying less plastic in the long-run.
- **Swap plastic food wrap with foil or Beeswax wrap.** Unlike plastic food wrap, aluminium foil is recyclable. Beeswax wrap is even more environmentally friendly as it lasts for about a year. You could even cover with a plate.
- **Invest in a reusable water bottle.** Look for an environmentally friendly alternative to the plastic water bottle, such as stainless steel or glass.



INTERESTING TOPICS THIS MONTH

Help with a project

This user is doing a project for school about sexual needs and experiences. If you wish to help out, follow this link and reply or private message the user.

<http://www.teenhelp.org/forums/f6-sex-puberty/t160177-help-project/>

Pescatarian diet

Are you on a pescatarian diet? If so, how do you find it and do you have any recipes to share with this user?

<http://www.teenhelp.org/forums/f184-food-recipes/t160221-pescatarian-diet/>