

Picture by SunShine2002



Additional ways to prevent the spread of germs *by Cassie (cynefin)*

While there are many ways to prevent germs, there are also a few more preventative measures that can be taken, several of which 'piggyback' on each other. Read on to look at additional ways to prevent the spread of germs or illnesses.

- **Don't just wash your hands.** Washing hands is an effective measure, but consider cleaning underneath your nails as well. Germs and other particles can build up beneath them. Use a nail brush and your preferred soap. Don't want to clean under your nails? Keep them trimmed instead.
- **Use hand sanitizer the correct way.** To do this, put some on your palms and fingers. Rub your hands together, and allow them to completely dry. This can take about half a minute.
- **Have clothes for home and clothes for being out in public.** Some already do this: keep clothes for work, school, and other outings. Once you arrive home, change your clothes to prevent the spread of germs and to be more comfortable.
- **Clean your electronics.** Electronics, especially phones, attract a lot of dirt and germs. Use an anti-bac wipe or a preferred cleaner to wipe down your electronics. Allow them to dry on their own. A microfiber cloth, such as one used for eye glasses, is particularly useful for maintaining a screen. If possible, avoid using your phone while eating or doing other similar activities.

NEWS

A reminder about the Report feature (8th March)

The Performance Committee would like to remind users about the usage of TeenHelp's report feature.

Please click the link below to read about how to submit a report about a staff member.

<http://www.teenhelp.org/forums/f3-general/t159916-reminder-about-report-feature/>

New article (13th March)

How to make kale chips: an alternative to the traditional potato chip

Do you like salty snacks? Making kale chips allows you to have a crispy snack while eating a vegetable. Read on to learn about how to make them.

<http://www.teenhelp.org/forums/f185-food-recipes/t159948-how-make-kale-chips-alternative-traditional-potato-chip/>

INTERESTING TOPICS THIS MONTH

Pet memories

Dogs, cats, and other pets make fun and amazing companions. Do you have a favorite or a special memory with one of yours? Share your memories, past or present, here!
<http://www.teenhelp.org/forums/f119-pets/t159934-pet-memories/>

Newsletter tip ideas from users

While the Newsletter team has many ideas, we enjoy hearing thoughts from others around the site. Is there a certain tip you'd like to see? If so, tell us here!
<http://www.teenhelp.org/forums/f3-general/t159928-newsletter-tip-ideas-users/>



Picture by SunShine2002



Self-care for a caregiver

by Cassie (cynefin)

Caregiving, whether it's for the elderly, a child, or a struggling adult is a rewarding process that can also be quite painful at times. Read on for self-care tips for a caregiver, or for anyone else!

- **Take a break or two.** No matter how well things are going, it's important to take a break throughout the day. Make some time to sit and process, take a walk with nature, or do some deep breathing. Try to be present during this time.
- **Find an activity everyone enjoys.** If there is a game or activity that you both like, make a point to do it more often if possible. It will keep you both engaged and it could be a positive way of connecting with your loved one.
- **Make time for self-care.** Breaks can be brief, and helping someone else with their self-care can make it more challenging to care for yourself. It might be something simple, such as taking a few extra minutes in the shower, listening to music, or treating yourself to a favorite food that makes all the difference.
- **Ask for help and support.** Some activities like bathing or outings, for instance, can be too hard to do on your own. Ask a friend or another loved one to accompany you. Aside from support with caring for someone, have another person to lean on or bounce ideas off of. If you aren't up for communicating with others, try keeping a journal.

NEWS

COVID-19 & TeenHelp (18th March)

Many of us are now having to spend prolonged periods of time indoors and perhaps finding it difficult to feel connected with the world, but we wanted to let you know that TeenHelp is open and we are here for you.

<http://www.teenhelp.org/forums/f2-announcements/t159966-covid-19-teenhelp/>

New article (29th March)

Ways to cope with heightened anxiety during the Coronavirus

COVID-19 is currently a major source of stress around the world, and looking after yourself and those you care about is especially important. Read our article to find out ways to ease stress during this difficult time.

<http://www.teenhelp.org/forums/f181-current-events-debates/t159987-ways-cope-heightened-anxiety-during-coronavirus/>

INTERESTING TOPICS THIS MONTH

Self-quarantine

This user, like many others, has to self-quarantine in the coming weeks. This pandemic is causing a scary and difficult time for people all around the world. Share your thoughts, experiences, or any advice you may have in this thread.

<http://www.teenhelp.org/forums/f31-why-me/t159971-self-quarantine/>

What kind of Easter candy do you like?

Easter is quickly approaching and a variety of candies are lining store shelves! What kind of Easter candy do you enjoy the most? Share all your favorites here.

<http://www.teenhelp.org/forums/f184-food-recipes/t159893-what-kind-easter-candy-do-you-like/>

