
Picture by MsNobleEleanor

Engaging in pandemic friendly gatherings

by Cassie (cynefin)

The last few months have looked a lot different for people around the world. Restrictions and face masks have become the new norm, which has unfortunately meant that we've been unable to gather with other people. Here are a few pandemic friendly gatherings.

- **Gather outside.** Have a socially distant outside gathering, especially if the weather is beginning to cool down where you live. Consider cooking or planning another outside activity like going on a walk and taking photos of nature at its finest.
- **Try utilizing voice and video calls.** Voice and video calls are now pretty frequent, especially within educational settings. Plan an activity and call friends or family. You can watch a movie, or plan a cooking date where you all cook the same meal together while you're chatting.
- **Play multiplayer games online.** Many consoles and online games give players the opportunity to invite and play with each other. Games can be a helpful distraction, but also gives you the chance to spend time with others.
- **Join a class or club that meets online.** There are many online courses available, from photography to writing. Some of these course are free or charge a low cost. Get involved with people you know or meet new classmates with a similar interest. Clubs allow you to meet people with a similar interest as well. It's a fun way to spend time doing what you're passionate about.

NEWS

November is self-worth month

TeenHelp has a new theme each month and November is all about self-worth. Self-worth is essential for health and happiness so we've put together some ideas to help cultivate unconditional self-worth.

http://www.teenhelp.org/images/resources/calendars/2020/November%202020%20Calendar.png

New Staff Role: Chat Buddy (13th November)

Do you love the Chat Room? Are you a friendly person who wants to make the Chat Room a welcoming place for everyone at TeenHelp? Read the announcement to learn more about the role.

http://www.teenhelp.org/forums/f2-announcements/t160649-new-staff-role-chat-buddy/

TRENDING TOPICS

November is NaNoWriMo!

NaNoWriMo stands for National Novel Writing Month, which kickstarts in November. Do you enjoy writing? Are you taking part this year? If not, celebrate the writing others are doing.
http://www.teenhelp.org/forums/f40-self-expression/t160613-november-nanowrimo/

What items do you frequently lose?

Some items are more easy to lose than others. Share what items you frequently lose here.
http://www.teenhelp.org/forums/f219-lifestyle/t160643-what-items-do-you-frequently-lose/



Coping with loneliness during the pandemic

by Haley (Halcyon)

Self-isolation and being cooped up at home for so long can take its toll on our health and also cause feelings of loneliness. If you are feeling this way, you are not alone. Try these tips to help you cope if you are feeling lonely.

- **Focus on the opportunities.** Try not to think about the things you're missing out on during this time. Take advantage of the downtime and pursue some of the goals you might have been putting off.
- **Do something meaningful.** Volunteer with a local organisation. If you can't go out due to restrictions in your area, there are organisations that recruit online volunteers. You could also consider signing up for an online course for your personal development.
- **Connect with others.** You could find a penpal and send handwritten letters to one another or connect with others virtually through online classes, groups and other social events.
- **Do something creative.** Is there a DIY project you've been meaning to do? If you're artistic, you could try creating something. Find a project to keep you busy.
- **Share your feelings.** Talk to others about how you're feeling, as you might find that they have had similar experiences. Remember it's okay to seek further support if you need it.

NEWS

New article (15th November)
Celebrating with the family we choose: What is Friendsgiving?

Thanksgiving is the time when a lot of people across the United States gather with their families on the 4th Thursday of November. However, there are some people who may not want to be with their families or are unable to be for various reasons. Instead, they celebrate 'Friendsgiving' with their chosen family or a close group of friends.

http://www.teenhelp.org/forums/f84-friends-family/t160666-celebrating-family-we-choose-what-friendsgiving/

New article (18th November)
A review of Spilled Milk by K. L. Randis

Read this review of Spilled Milk to see if you'd like to try reading this book yourself!

http://www.teenhelp.org/forums/f88-media-entertainment/t160686-review-spilled-milk-k-l-randis/

TRENDING TOPICS

December movie watch
TeenHelp's group watches are a great way to get involved in the community and make new friends. View December's poll here and share your thoughts. Join the group even if you don't vote.
http://www.teenhelp.org/forums/f223-film-television/t160676-december-movie-watch/

What mobile games do you like to play?
We're keeping ourselves occupied in different ways during the pandemic. What mobile games have you been playing?
http://www.teenhelp.org/forums/f24-technology-gaming/t160679-what-mobile-games-you-like-play-during-covid-19-a/