

## NEWS



Picture by cynefin

## Activities to do during a change of season

by Cassie (cynefin)

The changing of seasons can be an exciting or frustrating time, depending on what seasons you enjoy and what chores you may have to do. Here are a few things to consider doing when the seasons change.

- **Rotate or change out your clothes.** Put your sweaters in the closet and bring out your tanks and shorts, or vice versa. The same goes for shoes. Some people store clothes in bins and others rotate them per season in their closet. This will help you easily dress for the weather, but it'll also give you the chance to donate any clothing items which no longer suit you.
- **Clean neglected areas.** Some cleaning tasks get put on the back burner when everything else becomes busy. Now is the time to dust that high shelf in your bedroom or wipe down your windows.
- **Bring out your seasonal décor.** Decorating for any holiday or season is a nice way to change up your space, and it is also a positive activity to do if you're struggling. Move decorations around to see what look you like best.
- **Take advantage of the weather.** Maybe you want to swim one last time, or you'd like to get a few hikes in before the weather becomes too cold. You can even cook one last meal before the weather begins to change. Soups, for instance, are great for colder weather, but they aren't refreshing on a hot day. No matter what you do, remember to think positively about what is to come.

### October is self-esteem month

TeenHelp has a new theme each month and October is all about self-esteem. There are many factors that can affect our self-esteem. Take a look at our activities this month and see which ones you could try to give your self-esteem a boost.

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

### New article (25th October) Trees with a twist: Halloween tree décor

Halloween trees are becoming more popular in recent years and this article goes through what you will need to create your very own Halloween tree. Read this article to get inspired. It's not too late to enter our Halloween contest!

<http://www.teenhelp.org/forums/f72-general/t160553-trees-twist-halloween-tree-d%E9cor/>

## TRENDING TOPICS

### Dream job/career

This user is interested to know what your dream job/career is. Let us know here!

<http://www.teenhelp.org/forums/f22-education-careers/t160452-dream-job-career/>

### Encountered a racist incident

Have you ever experienced racism? If so, how did you deal with it? Share with others here.

<http://www.teenhelp.org/forums/f3-general/t160443-encountered-racist-incident/>



Picture by Celyn

## NEWS

### Halloween decoration contest (11th October)

It's time to grab your creepy craft supplies, bring out your Halloween decorations and snag yourself a pumpkin or two because TeenHelp is holding a pumpkin carving and Halloween decoration contest!

Enter our contest and show us your bootiful and spooktacular creations! Click on the link below for details on how to enter!

<http://www.teenhelp.org/forums/f2-announcements/t160492-halloween-decoration-contest/>

## Making the most out of working from home

by Jenna (.:Bibliophile:.)

Recently the world has been overtaken by a pandemic and many people have been forced to do their jobs and schooling from home. This is new territory for many people but there are a few things you can do to make the best of it.

- **Have a schedule.** One of the hardest things about working from home is that you no longer have a schedule. One of the best things you can do to stay motivated is to make a schedule of some kind. For example, make sure to get up at the same time each day or end the day at the same time.
- **Get dressed.** When working from home it can be easy to want to lounge around in your pyjamas all day, however, getting dressed can help you to get prepared for the day and keep you motivated. Instead of staying in the same clothes all the time switch it up.
- **Take breaks.** When working from home, it can be easy to forget to take breaks which can lead to burn out. Try and schedule a few breaks where you eat lunch and do something else such as reading.



## TRENDING TOPICS

### Describe your day using a gif or meme

Gifs and memes are great ways to say something without words. Tell us what your day was like with a gif or meme.

<http://www.teenhelp.org/forums/f35-games-things/t160538-describe-your-day-using-gif-meme/>

### What have you made/tried during lockdown?

We're spending more and more time indoors. Have you tried any new recipes or new foods during lockdown? Let us know here!

<http://www.teenhelp.org/forums/f184-food-recipes/t160515-what-have-you-made-tried-during-lockdown/>