

NEWS



Picture by MsNobleEleanor

Foods to support your immune system

by Haley (Halcyon)

There are many factors that can affect our immune system such as stress, sleep and proper nutrition. Below are a few foods that you might like to consider when grocery shopping; but these are not all - why not research what other foods you can add to your diet?

- **Citrus fruit** - Oranges and other citrus fruit are high in Vitamin C; this encourages the production of white blood cells, which in turn strengthens the immune system. Squeeze fresh lemon into your water for an extra boost!
- **Broccoli** - This vegetable is packed with vitamins and minerals. Try not to cook broccoli for too long to maximise your intake of the antioxidants contained within. Broccoli sprouts are said to be even more nutritious than the mature vegetable.
- **Garlic** - This flavourful ingredient contains antibacterial and antiviral properties and can be used in many dishes. Crush your garlic and let it stand for 10 minutes before cooking for maximum benefit.
- **Bell peppers** - Bell peppers actually contain more Vitamin C than oranges. Look for red bell peppers as they contain more Vitamin C than green bell peppers.
- **Cinnamon** - This spice is an autumn classic but it can be enjoyed all year round. Add it to your coffee or hot chocolate or sprinkle it over your breakfast; it's a versatile spice that can be used in lots of ways. It's said to be high in antioxidants as well as have antibacterial, antiviral and antifungal properties.

September is self-learning month

TeenHelp has a new theme each month and September is all about self-learning. We are constantly learning about ourselves and the world around us, and there is always something that we can improve on. Take a look at our activities this month and see which ones you could try to help you keep learning about yourself and your environment.

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

World Suicide Prevention Day (10th September)

Suicide is one of the leading causes of death among young people. You can help by taking a moment to notice what's going on for you and those in your community - friends, family, colleagues, or even a stranger. Reaching out to someone could make all the difference. Join us in reaching out.

TRENDING TOPICS

I'm coming out to my family as trans

This user would like some advice on coming out to their family when the audience isn't very receptive. Share your suggestions here.

<http://www.teenhelp.org/forums/f8-lgbt-sexuality-gender-identity/t160418-im-coming-out-my-family-trans/>

Friends

Making friends can be difficult during the pandemic when the whole world feels disconnected. Share your ideas on how to make friends here.

<http://www.teenhelp.org/forums/f18-friends-family/t160441-friends/>





Picture by cynefin

Healthy snack ideas

by Haley (Halcyon)

Healthy snacks don't need to be bland and boring. As many of us are spending more time at home at the moment, it can be easy to reach for snack when we're feeling peckish. Here are some colourful and tasty snack ideas you could try.

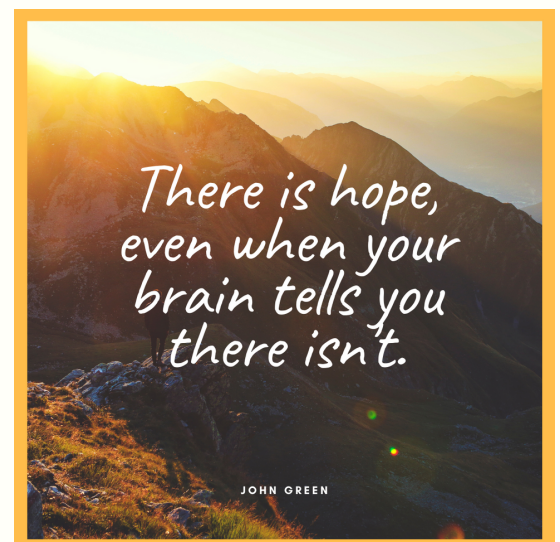
- **Guacamole with red bell pepper sticks** - mash a ripe avocado and combine with chopped tomatoes, onion, coriander, lime or lemon juice, salt and pepper. Serve with slices of red bell peppers.
- **Chocolate covered oranges** - divide an orange into segments and dip the tips in melted chocolate. Dark chocolate (70% cocoa or higher) contains beneficial minerals and antioxidants so you can treat yourself without feeling guilty. Consider sprinkling crushed nuts over the chocolate for a more wholesome snack.
- **Veggie pesto skewers** - chop a zucchini, aubergine, tomatoes, bell peppers, and an onion into large chunks and place on skewers. Brush the vegetables with fresh pesto sauce and roast them in the oven. Make your skewers as colourful as possible and experiment with other veggies that you like.
- **Tomatoes, mozzarella and basil salad** - Combine these three ingredients and drizzle a little olive oil over them. Mozzarella contains protein and calcium while tomatoes and basil both contain Vitamin K and have other health benefits too.

NEWS

New article (30th September) Surviving trauma and anxiety: how to feel safe at night

Experiencing a trauma or having anxiety can make sometimes make nighttime more challenging. Read this article to find out coping strategies you could try if you're struggling at night.

<http://www.teenhelp.org/forums/f80-mental-health/t160455-surviving-trauma-anxiety-how-feel-safe-night/>



TRENDING TOPICS

Presidential Election

The presidential election is a hot topic. Do you know who you're going to vote for yet?

<http://www.teenhelp.org/forums/f38-current-events-debates/t160451-presidential-election/>

Trying new things

This user would like advice on how to talk to someone they like on the phone for the first time. Share your suggestions here.

<http://www.teenhelp.org/forums/f9-relationships-dating/t160370-trying-new-things/>

