

FEB 2016

YOUTHLINE

On Mental Health & Living With a Disorder

5 mental
disorders

CULTURE OF PLASTIC SURGERY

& its potential
outcomes on our
mentality

STRESSED OUT?

Editorial

**Following last month's zine,
this issue shines light on
mental health.**

**We will be taking a closer
look at simple everyday
things as well as
highlighting a few mental
disorders. Not to sound
philosophical but there is a
reason for everything we
do and the driving force is
our brain. The fact of the
matter is mind over body
and not the other way
around.**

**Now let's all explore the
creatures we are and the
things we feel.**

Credits

Editorial Director
Yonglin Chen

Writers
Elvis Tran
Joseline Saucedo
Katya Rodriguez
Joselyn Sosa
Trayvon Smith
Yonglin Chen

Artists
Rexrian Biserra
Photographers
Trayvon Smith

Images
superbimages.com
andreas-maschke.com
spoonuniversity.com
viral-feed.com
cdn.psychologytoday.com

5 Mental Disorders

- 1 anxiety
- 2 body image disorder
- 3 eating disorder
- 4 schizoid personality disorder
- 5 insomnia disorder

Anxiety



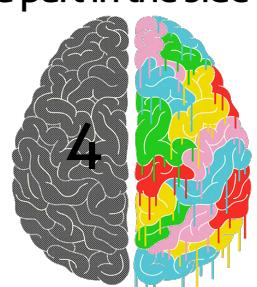


Won't You Be a Doll, and Do this for Me? by Joseline Saucedo

In this current day, changing how you look is treated as natural as showering. Although plastic surgery is not as abundant as it is in South Korea, the United States is right behind them in the subject. For Americans, plastic surgery is a method to look better, to feel good about themselves, to please those around them, etc. For Koreans, it's quite different. This article is not written to put South Korea in a bad position, but to bring awareness on what is happening. According to NBC News, South Korea has a ratio of 1 in 5 women receiving some sort of cosmetic surgery. The women who get procedures done, do it in order to satisfy the whole nation. The idea of changing a part of your face, is heavily embedded in the Korean culture. Plastic surgery is something that Koreans do to fit into society, and not because they want to. Girls and guys are highly encouraged by their culture to get something done to their faces. It's sort of like a fashion trend that mostly everyone follows because it's there. From a young age, children are shaped to think in the way the adults think. Children think that

getting plastic surgery is a normal thing to do, it's something that they must do to fit in society. To show how "normal" this type of event is in South Korea, parents usually give their child a graduation gift. That graduation gift just happens to be a large sum of money that will be used for their plastic surgery. Cosmetic surgery has become really common over the ages, yet people don't admit to having it. Although plastic surgery is their culture, it is also considered a taboo. The whole idea of plastic surgery in Korea's culture is one that is brainwashing the people.

Plastic surgery is problematic when it doesn't look right to the person. There is usually post-surgery depression in some people, where they can't accept themselves after the changes. They start to wonder, "if this was really right" or "if they will look normal again". Obsession also plays a part in the side effects of plastic surgery. Looking at themselves, they think there is room for improvement, until ultimately they look

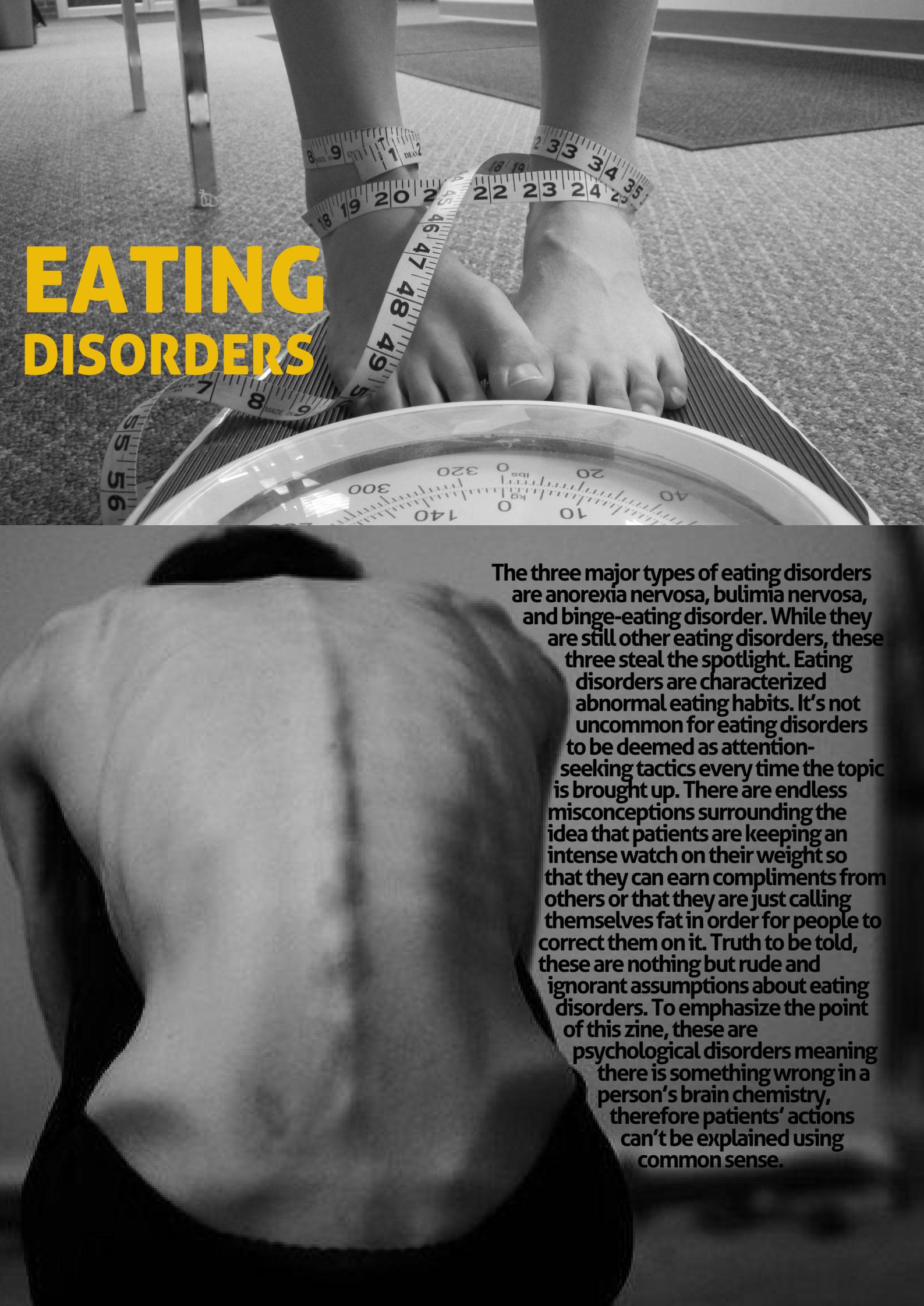


Body Image



Crashcourse video on Body Image Disorder and intro to Eating Disorders

EATING DISORDERS



The three major types of eating disorders are anorexia nervosa, bulimia nervosa, and binge-eating disorder. While they are still other eating disorders, these three steal the spotlight. Eating disorders are characterized abnormal eating habits. It's not uncommon for eating disorders to be deemed as attention-seeking tactics every time the topic is brought up. There are endless misconceptions surrounding the idea that patients are keeping an intense watch on their weight so that they can earn compliments from others or that they are just calling themselves fat in order for people to correct them on it. Truth to be told, these are nothing but rude and ignorant assumptions about eating disorders. To emphasize the point of this zine, these are psychological disorders meaning there is something wrong in a person's brain chemistry, therefore patients' actions can't be explained using common sense.

The Three Main Types

The ones who suffer from anorexia have a distorted body image. Patients may think that they are fat and ugly while in reality, they can be skin and bones. Anorexics are generally perfectionists and will strive for their own standard of beauty. It is not uncommon for them to be living in a hyper-controlling environment where they are being controlled in a sense that they are pushed to do things all the time. Parents may be constantly hovering over them and they believe that they need to be that perfect son or daughter. And now after considering their environmental factors, anorexics are seeking a sense of control in their lives. So they turn to extreme dieting and exercise because the intake of food is the only thing that they can that they have control over. As mentioned by the American Psychiatric Association's DSM-5, they will develop "pathological fear of becoming fat." Anorexics will avoid eating and as a result of the irregular eating cycles, it is also common for females to also have amenorrhea. Women often miss menstrual periods or stop getting them until they start eating regularly again. This eating disorder does not only target women but men are suffering too. Compared to the big numbers of females patients, the 10 to 15% of males may not seem like much but it is still a very real problem.

Bulimia patients go through a bingeing and purging cycle. When bulimics are bingeing, they usually go for the high-calorie foods. After a short period of bingeing, bulimics will feel guilty about consuming the large pile of food, and do everything they can to purge it out. Many are also under the illusion that once they throw up the remnants of the food, they will not become fat from it. To burst this misconception, the reality behind self-induced vomiting is that the initial weight loss after throwing everything up the first few times is mostly likely from dehydration. This weight loss is highly difficult to maintain because the binge-purge cycle is bound to result in weight gain. Purging generally only cuts the huge amount of calories bulimics consume during binge episodes in half. Since the act of vomiting is similar to restricting food, the body assumes it as restriction and slows the metabolism and converts the calories into fat. Vomiting will also amplify urges binge so the cycle continues to spiral out of control. While self-induced vomiting is a popular method of purging, it is not the only one. Laxatives are also a choice when bulimics are purging the little that they consumed.

While bulimics go through a stage of excessive purging, people with bingeing disorders will only binge without purging. There will be a short period of time where Binge Eating Disorder sufferers eating way more than what seems to be humanly possible. They are often eating as a result of distress and their feeling of lack of control. These patients will experience the same guilt bulimics have after bingeing on the large quantity of food, but they won't do anything about it.

at the **of end** the day

All the information on eating disorders may make the topic seem bleak, but as for everything in this world, there are ways to help. Those under serious risk of immediate harm may quickly turn to residential stays at rehabilitation clinics specialized for mental disorders. Psychotherapy is highly recommended because a mental sickness is not a cold and the patient cannot get well from doing nothing. Cognitive-behavioral therapy, family-based therapy, and group cognitive behavioral therapy are some options to choose from. The first step towards recovery is talking about with someone. Loved ones may be a good place to start but unless they are professionals trained in the field, it'd be a better alternatives to consult with a psychologist or counselor.

article by Yonglin Chen



Pain to Growth

I said everything around us can affect our mental health,
And sometimes it can be the worst feeling you have ever felt.
As you sit and watch your own people kill you of your well-being,
You start to lack, to lose faith, and see that nobody can call themselves human beings.
The fact that everything took over your heart. It's unforgivable,
And now depression is becoming realistical.
Everywhere you go, you would let people take advantage of you.
So now you're "irresponsible, selfish, and in denial."
As you stare in the mirror and think is this really you?
This isn't the way anybody has raised you.
But I don't blame you; it's your surroundings that corrupted you

And how you only focus on your flaws,
Has made you into a rock.
Yet the world only deformed you.
And you make decisions that put you under the belt of the law,
But will you be picked up once you end up to fall?

All you want to do is point the gun to your head,
To pull the trigger and let your troubles all end.
Nobody, not even me would like to see you on your resting bed.
You stop taking chances to fix your life,
And as you say your final words,
You look at your image in the mirror and you see a blur.
I know sometimes there's no one to support you half of the time,
But even I had my own issues and I couldn't perfect myself with such little time.
We let the generation destroy our well-being. Again,
I'm no sister, I'm no lover, and I'm no friend.
At the end, our hearts end up being nothing but a little grain in the sand.
Pitch black and soulless,
I couldn't give you an ounce of my help.
Nothing more, nothing less.
Even a couple of your friends will turn their back on you and forget.
They know your secrets and up destroying who you are,
And people pushing down on you so you don't go as far.

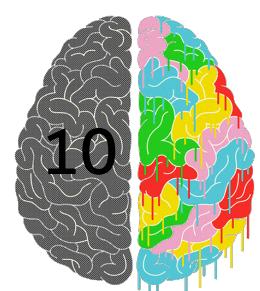
Because the world knew everything about you,
Now they questioning, and all they do is doubt you.

You broke down and end up being all alone,
You would tell people to back off and get out of your zone.
Even though you never wanted to feel alone.
Walking around the city with nobody to heal your pain,
And to help you see everything different then it all being insane.
You became a young person, who is emancipated,
Your heart? Throughout the years it disintegrated.
I'm ashamed for not one person being there,
To pull out these situations out of your hair.
Even your own family would leave you to rot on the streets,
Shooting your heart out and leaving you to die, all deceased.

Even monsters out here took advantage of raping you,
Even till this day I'm ashamed that not one human being was helping you.
Raping women doesn't make you a human anymore,
The fact that they couldn't control themselves makes me want to kill them even more.
I dedicated myself to this poetry and to my friend's life,
But even at the down moments it's so much stress leaving them on the line.
While we all put up the fight,
Even "friends" have left me behind.
And I knew I didn't mean anything to them,
I can't believe I couldn't see it I guess I was so blind.
But I can't imagine your life,
And I can't feel what you feel in your mind.
No doubt about it you've trapped yourself in the 4 corners of your mind.
Too afraid to come back to reality,
Because of the scars on your heart just messes up with your mentality.
You don't want to be in pain again,
You think that once you come back out, you'll have to pretend.

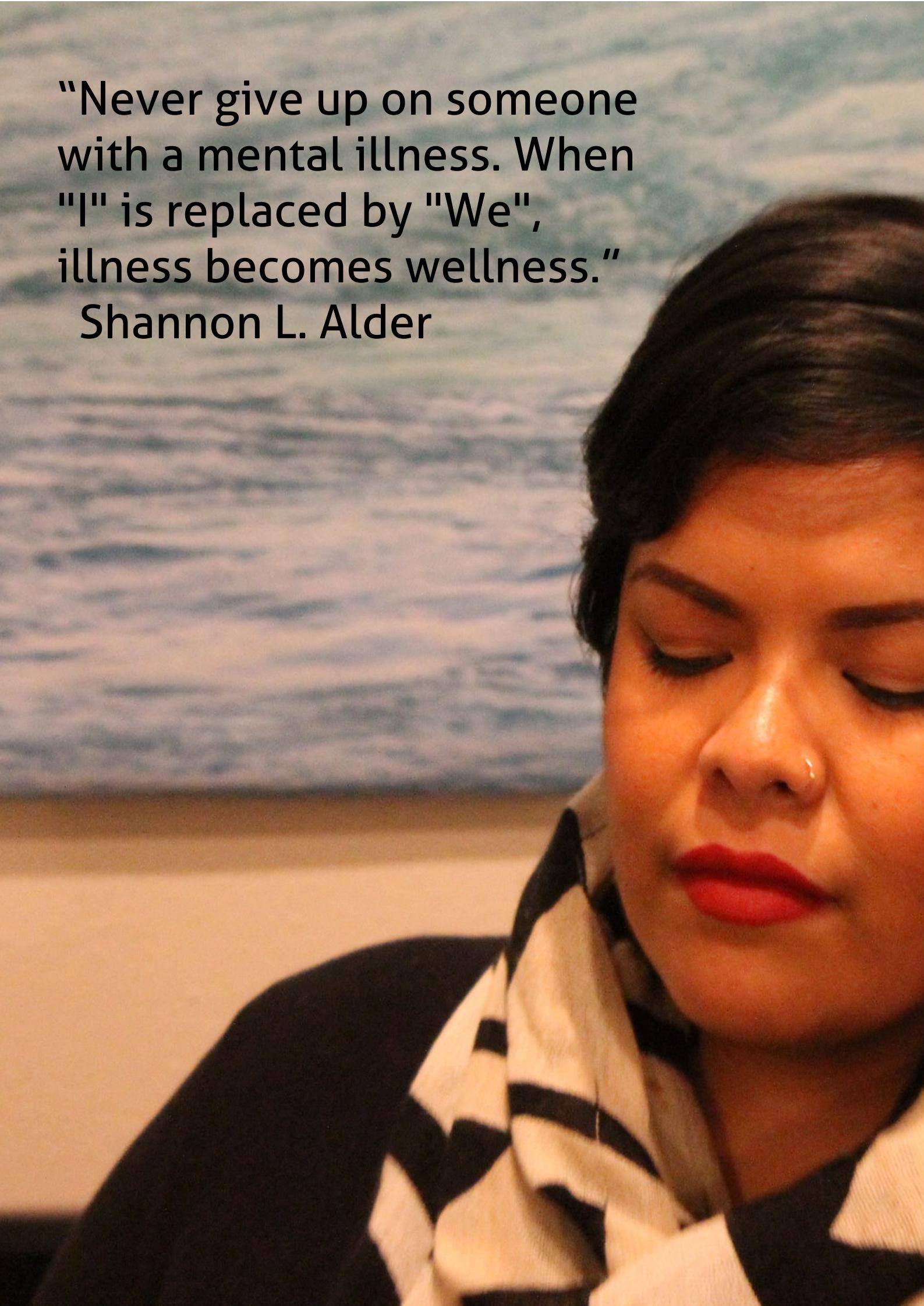
"I don't blame you we've lived in a cruel reality for centuries,
Where death was nowhere near consequence for not being in the same melody.
For not being the proper ethnicity, or the proper complexion.
That's what they think is picture perfect.

"So you see yourself as a human with so many flaws
But aren't we filled with flaws?
You and I are the same but different lifestyles
You stress so much about others' opinions, you change everything about you.
I can't blame you either it's what society has taught us,
To be slim with a perfect body is a must.
But it's not who you are, your own beauty is your own style.
You're perfect in your own eyes, You don't need these people telling you all these lies.
And show the people that loving yourself can be true beauty,
Everybody looking at you crazy but what can you do?
Can't do anything, don't even give them a clue.
You have flaws but it makes you human,
You could even look in the mirror and step-in
In my eyes I see your difficulties, but just like how it seems..
Personality and natural beauty,
I guess it's what everybody needs.
Everybody has lost self-confidence,
But we got to teach them make up isn't what you need.
Walk out with your natural face and body,
You don't need to be slim to be friends with anybody.
You shouldn't care about what people say,
I know I don't, because at the end their words are going to fade.
With your own teachings and my own,
We could show the world life can be tough, but you can only fix it on your own.
You fight on with your powerful soul, whether it's far or close.
Let me just say one more thing,
Love yourself, love all.
You may have little issues and big problems.
But its life and now it's your cue,
That by loving yourself you can find the true you



"Never give up on someone with a mental illness. When "I" is replaced by "We", illness becomes wellness."

Shannon L. Alder





YOU ARE STRESSED

by Elvis Tran

Everyone experiences stress daily, from kids to teens to adults. When going through a difficult situation, such as a deadline or a personal problem, people often say "I'm stressed out!". This response is literally correct, but what exactly is stress?

Simple stated, stress is a response of humans and animals to something that disturbs their relaxed state, physically and/or mentally. We automatically go into "flight-or-fight" response when dealing with stress. An example of this may be when you are sitting on a chair and a friend of yours tips that chair making you feel as if you're falling off the Eiffel Tower. As we know, too much stress is bad both for our mind and body, but too much of anything can be harmful. In truth, a little stress is actually good for us! A little stress gives birth to the feeling of excitement and benefits of this is to keep both our mind and body active. When playing a competitive sport or even tag, this "flight-or-fight" response stays activated until we are done. Believe or not, an upcoming test also provides you with good stress. The exhilaration you feel is actually your body being stressed. Here are some more benefits of stress:

1. With a steady amount of stress, your brain increases its ability to concentrate, think, and memorize.

- 2. After experiencing a stressful situation, your body can better adapt to the same stress in the future.**
- 3. It can motivate you to succeed. Stressful situations can also be seen as challenges. After overcoming them, you feel like a champion with a sense of accomplishment.**
- 4. It helps you grow, especially at a young age and as a baby. Your brain becomes better in thinking and your body more healthy and active.**

And as stated before and something we all know, too much stress is BAD. The level of stress we feel differs from person to person even if they are faced with the same situation. When dealing with constant and high levels of stress without rest aka chronic stress, the body has to keep on "fighting" even when it wants to take a break. There are several signs of too much stress to look out for:

- 1. Can't concentrate or finish tasks**
- 2. Body aches**
- 3. Getting sick more often**
- 4. Getting irritated, angry, and/or anxious more easily and more often**
- 5. Trouble falling asleep or staying awake**
- 6. Changes in appetite**

As you can see, too much stress affects the body in many ways. To be exact, too much stress can weaken your immune system, damage your heart through an excess of hormones that increases your heart rate and constriction of blood vessels, make it difficult to control your emotions, make you look older through wrinkles, and shrink your brain by overusing parts of it. These side-effects can eventually lead to depression where you feel anything you do is worthless, increased risks of cancer, strokes, and heart attacks, weaken your bones and muscles, and change your genes which will affects your

Run, Run but I'm always near
The thought of will bring you here,
Break you down + cause you tears
Stressed and depressed you feel like you're dead,
you can't get out of bed, not in the mood to even break bread.
You wanna be alone but remember I'm always near,
your conscience will never be cleared as long as I'm still here
I keep you down as you fight to get out
My name is depression and
I'm jealous of your happiness I want you for me
I'm monster born from your insecurities
I'll make you reminisce all your past impurities
Your pain is my pleasure, I'm born from your hate.
As the days go by you try move on and shake.
It's hard but you start to get better each day,
I slowly fade away as I too hard to stay,
you're strong
I'm gone but not forgotten, For the hidden monster will always be inside,
it's all in your mind but it's you who decides what's kept in line

poem by Joselyn Sosa



artwork by Rexrian Biserra

Loners

by Yonglin Chen



In a culture so focused on independence and individualism, it's not surprising to find yourself finding comfort in ourselves and staying away from others when we find ourselves in difficult situations. Although it may be normal to enjoy alone time once in awhile, there's a point where people are "overdoing" it. Those suffering from Schizoid Personality Disorder show severe signs of detachment, isolation, and withdrawal from social activities. Like Dr. Steve Bressert wrote in his article, *Schizoid Personality Disorder Symptoms*, posted on www.psychcentral.com, patients of this mental disorder are often pegged "loner[s]".

Schizoid Personality Disorder makes a person prefer solitary activities as they are disinterested in social events. While they seem to have a choice in their isolation, they are not distancing themselves from civilization, their sickness is. Patients may also have a hard time creating long intimate relationships with other people. They do not enjoy relationships, sex included. These people have a hard time showing they care and most likely doesn't care in

Here's a short schizoid personality disorder quiz.

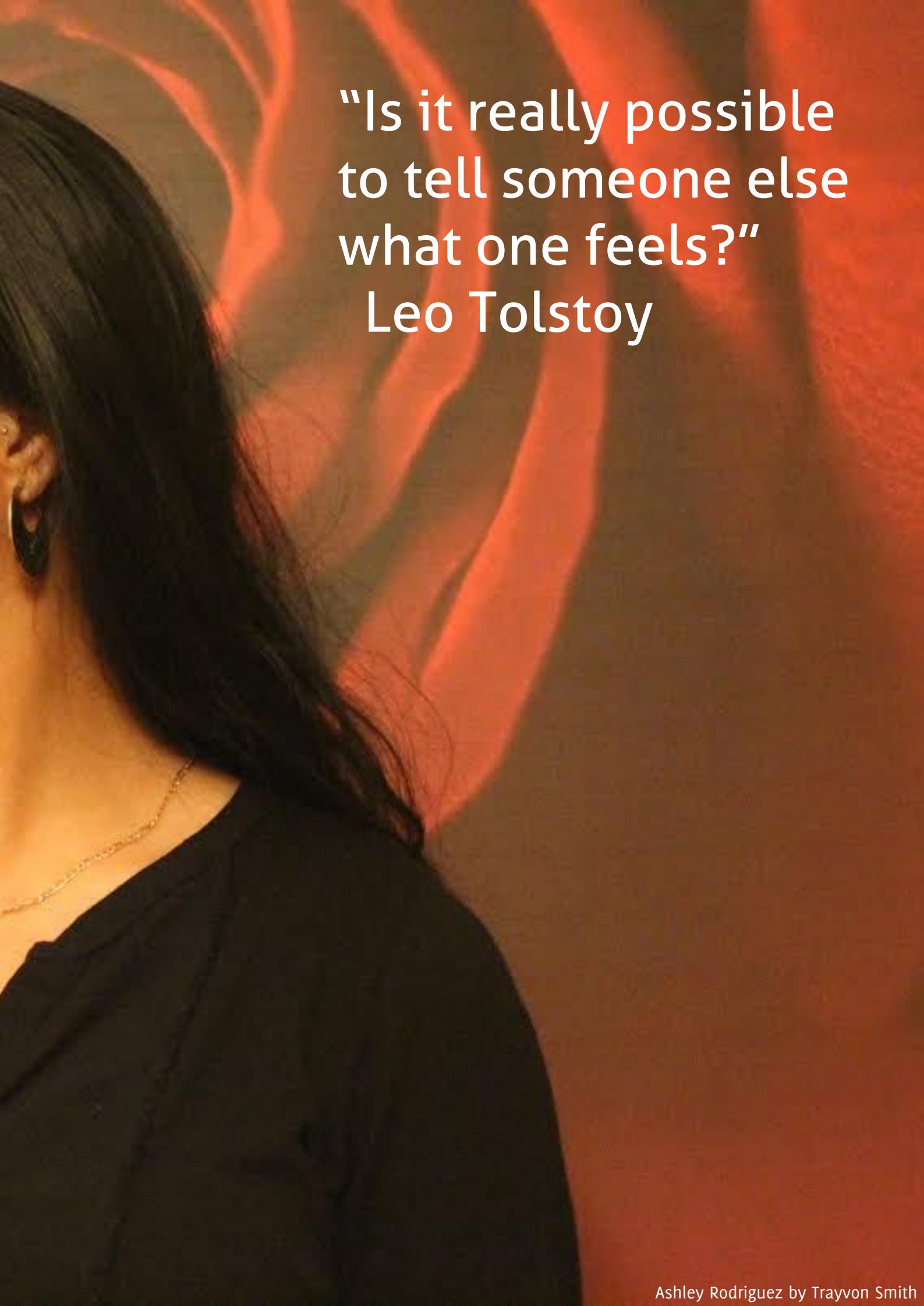
<http://psymed.info/schizoid-personality-disorder-test>

Remember, it's bad to self diagnose, so whatever the score on the quiz, it's not set in stone.

the place. They generally are indifferent to relationships, feelings, and opinions of others.

While there isn't an exact cause for Schizoid Personality Disorder, so the general blame is placed on the biopsychosocial model of causation. This means that biological, psychological, and social factors need to be considered when talking about Schizoid Personality Disorder. The children of parents with this disorder are more at risk of this disease than those with healthy parents. Taking a look at the statistics of the patients, this condition is more common in men than women, especially during the later adult years starting from the age of 40 onward.

Prescribed medication and long-term psychotherapy are ways to cope with Schizoid Personality Disorder. Do not self diagnose even if the symptoms sound like you. Understand that everyone enjoys some "me-time" sometimes so don't worry if you have one or two symptoms. If you genuinely are worried about your health regarding this mental disorder, it's best to consult a psychologist to know for sure.



“Is it really possible
to tell someone else
what one feels?”

Leo Tolstoy

When The Bed Bugs Get You

We joke about sleep deprivation. Especially at my school, Lowell, we even go to extents of boasting about the low amount of sleep we've gotten the night before. It's not uncommon to hear words like, "You got four hours of sleep? What a luxury! I only got two!!!" being exchanged in the halls. What is it that we're so proud of anyways? The burning eyes, the wavering attention span, or the general irritability? While we're over

here blabbing about losing precious sleep, others are suffering from insomnia and literally can't sleep.

Since we already know the pain of losing sleep. We'll skip over the boring symptoms of loss of concentration and slowness in activity and thought as mentioned by the Insomnia information pack from Mayo Clinic. Insomniacs can't fall asleep, can't stay asleep, and then feel terrible in the morning. There's short-term insomnia that lasts up to

three months while chronic insomnia lasts for at least three months.

Studies recommend that when you can't fall asleep, get out of bed and do something else before going back to bed. It may be that glass of milk waiting for you in the fridge or the bathroom calling your name, stop thinking about it and do it. Counting sheep is proven to be ineffective because counting stimulates brain activity so stop doing it

by Yonglin Chen





DON'T BREAK YOUR BACK

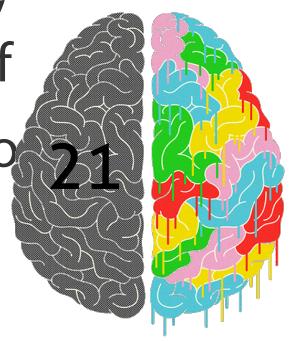
Lately, I've been noticing that people have made yoga the trendy thing to do. It's trending nationwide from sporting black or grey leggings to drinking from water bottles with really cool prints on them. Yoga seems to be the new lifestyle trend that everyone is catching on to, but is this worthwhile? Personally, I grew up under the emphasis of yoga. I went to two different elementary schools and a middle school had implemented yoga into their curriculum. The first school I attended required that we meditate for 10 to 15 minutes everyday so we can focus on our education. The others prefer we do the actual poses and exercises. I definitely feel that yoga has made my education more centered and helped clear my mind, further helping me focus on

my studies.

So what is it?

You may be wondering what yoga entails? For those who don't know what yoga is, according to [merriam-webster.com](https://www.merriam-webster.com), it's a "(1) Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation. (2) A system of exercises for attaining bodily or mental control and well-being." There are many forms of yoga, such as Anusara, Ashtanga, Bikram and so much more.

Breath and Relax



This healthy practice has been becoming popular for the benefits of maintaining a balanced spirituality. Yoga essentially promotes productivity and a healthy lifestyle. Over the past year or so, people on social media have redirected a good portion of their attention from the celebrity drama to fitness trainers. Many bodybuilders enjoy yoga because it gives them a break from the vigorous gym sessions and allows them to decompress from the intense pressure of life routines. Stress is dense in the atmosphere due to the world's constant demand for faster and better things. Many people choose yoga has their stress reliever because it's one of the cheaper form of entertainment. This also give them a little time to themselves because even though we are social beings, it's very stressful to have so much brain stimulation. And it's important to refrain from throwing ourselves off the breaking point, so let's start by taking deep breaths and clearing our minds.

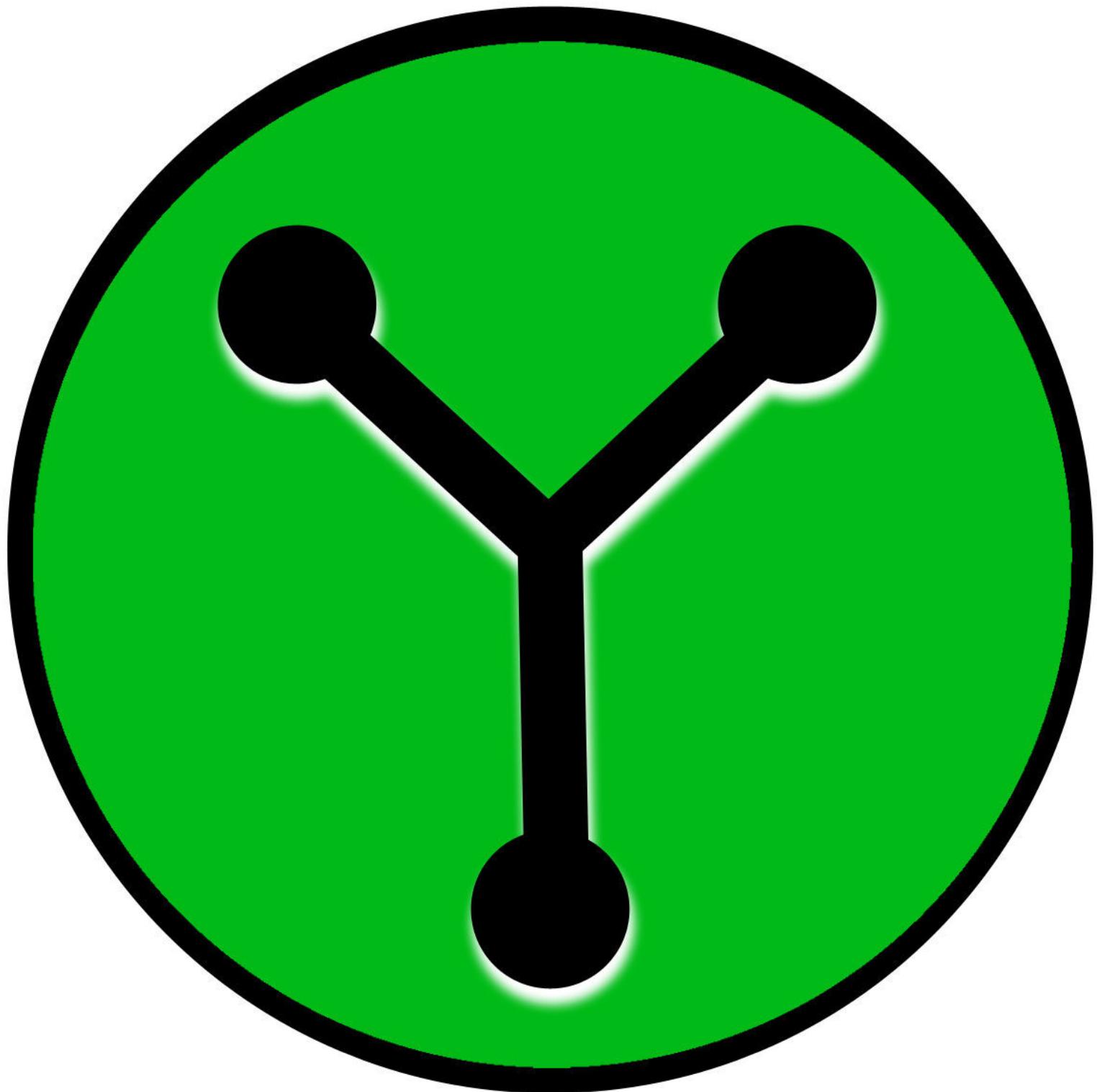
There are many ways to practice yoga from meditating in your living room or a park to taking a class with a friend to get out the house and to get a different experience. Most people like to go to a facility to

practice yoga with others, but this option could be a little bit too pricy, especially when living in San Francisco. With prices up to \$500 per session it makes it hard for the average person to afford yoga classes. That's could be half of your rent if you ask me. You may be wishing is for a more affordable option. Wish no more! There's a place in San Francisco called *yoga to the People*.

yoga to the people is "a unique yoga studio with the goal of recapturing what they consider to be the essence of yoga... simply put, yoga made available to everyone." How much does it cost? It's totally free! They may ask you if you would like to make a donation to keep the space running as they are, but it's really a cool and affordable option for your yoga needs. Where are they located? They're located on the 5th Floor at 2973 16th St, San Francisco, CA 94103, But they also have location at Arizona State University, Tempe Campus, Berkeley, and even New York! If you're ever in one of those cities, you should stop by and take one of their classes. It can really help regulate your state of mind.

Trayvon Smith

THE SCOOP



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