



# MEDIA ADDICTION

Internet and social media addictions continue to grow as our dependence on technology increases.

## HEALTHY BEHAVIORS

Health-promoting behaviors related to nutrition, body care, sleep/rest, safety, and physical activity.

Primary Causes and Effects of

## STRESS

and why it is important to learn how to deal with it.

Including depression, one of the major effects of stress and the most common mental disorders worldwide.

# YouthLINE ZINE

SELF GROWTH  
AND COMMUNITY



# MENTAL HEALTH: STRESS

By Ricksel Penullan

Every so often, There are people in our lives who may not be on par with our energy level, which can be challenging to deal with. There are times when we are put in a box into a situation where we seem to be mentally castrated. In the Mental strain of Euthenia, it is sort of impossible to reach this state without perfecting our inner peace. Stress is a normal part of life, and at times it serves a valuable purpose. Stress can motivate you to get that promotion at work or run the last mile. However, if you don't get a handle on your stress, it becomes long-term. It can seriously affect your job, family life and health. More than 70% say they experience real physical and emotional symptoms from it.

# STRESS CAUSES

Many factors can cause stress. It is also important to note that everyone has different stress signals. Work stress, however, tops the list. According to the survey by WEB MD., 40% of U.S workers admit to experiencing office stress, and one-quarter say work is the most significant source of stress in their lives.

Working long hours. Having poor management, unclear expectations of your work, or no say in the decision-making process. Working under dangerous conditions. Being insecure about your chance for advancement or risk of termination. Having to give speeches in front of colleagues. Facing discrimination or harassment at work, especially if your company isn't supportive.

Life Stress can also have a Big Impact on someone's life as it causes an overwhelming stimulation to someone's brain by that point. The death of a loved one Divorce Loss of a job Increase in financial obligations Getting married Moving to a new home Chronic illness or injury Emotional problems (depression, anxiety, anger, grief, guilt, low self-esteem) Taking care of an elderly or sick family member.

Sometimes the stress comes from inside rather than outside. You can stress yourself out just by worrying about things. All of these factors can lead to stress. Like setting yourself up for unrealistic expectations, You can't expect things to be perfect all the time. It's a recipe for stress when things don't go as you expected them to be. Change can also be stressful. As you transition to something new, there's always an anxiety of the fear of the Unknown. Fear and Uncertainty can also cause stress as worrying something hypothetically can make you entrapped in a situation that has or is probably unlikely to happen.

# STRESS EFFECTS

When you are in a stressful situation, your body launches a physical response. Your nervous system springs into action, releasing hormones that prepare you to either fight or take off. It's called the "fight or flight" response. It's why, when you're in a stressful situation, you may notice that your heartbeat speeds up, your breathing gets faster, your muscles tense, and you start to sweat. This kind of stress is short-term and temporary (acute stress), and your body usually recovers quickly from it. But suppose your stress system stays activated over a long time (chronic stress). In that case, it can lead to or aggravate more serious health problems. The constant rush of stress hormones can put a lot of wear and tear on your body, causing it to age more quickly and making it more prone to illness.

If you've been stressed out for an extended period, you may start to notice some of these physical signs that you're probably not aware of like:

- Depression.
- High blood pressure.
- Abnormal heartbeat.
- Hardening of the arteries.
- Heart disease.
- Heart attack.
- Heartburn, ulcers, irritable bowel syndrome.
- Upset stomach -- cramps,

- constipation, and diarrhea.
- Weight gain or loss.
- Changes in sex drive.
- Fertility problems.
- Flare-ups of asthma or arthritis.
- Skin problems such as acne, eczema, and psoriasis.

# DEALING WITH STRESS

**Dealing with Stress** Stress can be a negative thing, but there are multiple ways you can deal with stress like Running Or Exercising, Meditating, Drawing, or just taking a walk outside with some music on can help. Having to step back from current obligations and responsibilities and just relax for just a few minutes can be excellent. All of us have faced stress before, and it can get overwhelming. It feels like time is against you, but remember that life doesn't come easy and that everyone struggles in their way.

## **Healthy ways to cope with stress:**

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed but hearing about the traumatic event constantly can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, tv, and computer screens for a while.

Take care of yourself. Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep.

Avoid excessive alcohol, tobacco, and substance use.

Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider. Get vaccinated with a COVID-19 vaccine when available.

Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor. Connect with others. Talk with people you trust about your concerns and how you are feeling.

And of course:

Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.



# TRAUMA



By Julian Calderomn

Mental Health is a critical problem in our lives, but it is not one of the main focuses. No matter who you are, everybody has emotions, and it is hard to deal with them, let alone understanding why you have them. From mental stress and mental depression, many of us have mental trauma. Mental trauma is always different for everybody, but mental trauma is; A physical, psychological, or emotional event that damages the psyche, or mind, of a being and may create challenging effects after the event.

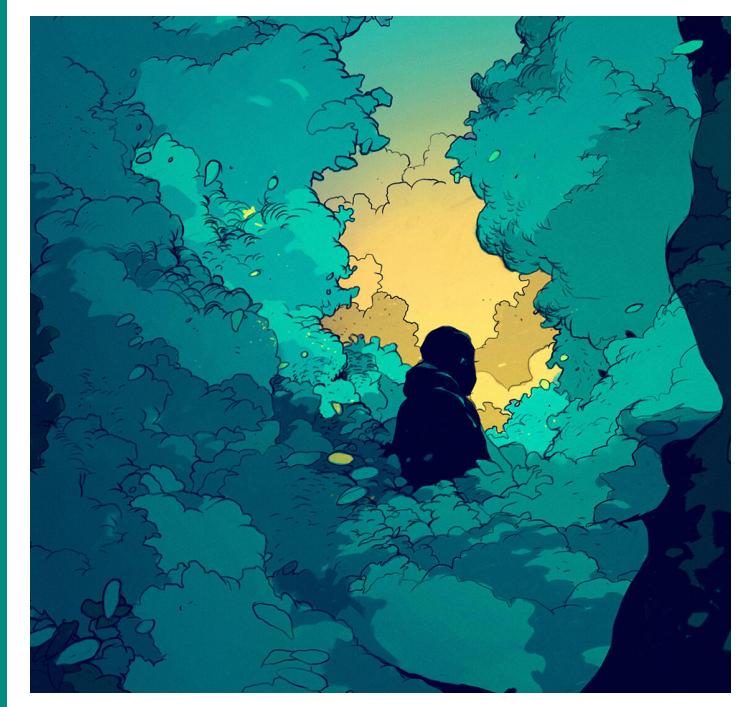
A great example would be Becky, the school president of her school, and one day, she had to speak on stage to discuss the importance of being a good student in her school. She made note cards and practiced over and over so she would be prepared. During this moment, she was very stressed, she started to sleep less, and she lost some of her appetites. Finally, the presentation day arrived, and she was stressed, but she tried to ignore that mentality. She started to present her work in the auditorium, but her notes slipped towards the ground. The room laughed, and Becky thought they laughed at her. So now she is freaking out and wants to leave. But she didn't want to disappoint her friends or even the adult staff. So she continues what she is doing. There are a couple of talkers here and there as she is presenting her work, and even though it was a five-minute-long presentation, it felt like a lifetime for her. She was done with the presentation, but she vowed never to do something life-threatening to her. The experiences that Becky went through caused her to have anxiety when meeting new people, it has caused her to fumble her words when she speaks to higher superiors in her life, it has also caused her to believe that what she did was wrong and would decline any opportunities that could favor her. Just this example shows that Becky's experiences and traumas can be you. Now again, every traumatic event varies on every person. But in our society, we have created three types of trauma.

**The first type of trauma; Acute trauma, is impacted by a single event. The second type of trauma; Chronic trauma, is caused by repeated and lengthy events. The third type of trauma: Complex trauma, is like chronic trauma but it is shown to have severe multiple traumatic events.**

When people relieve the traumas, they may go through emotional symptoms of; depression, denial, anger, sadness, confusion, numbness, guilt, hopelessness, and many other feelings. Many of them can also go through physical symptoms like; headaches, racing hearts, digestive problems, and sweating.

Many of us have these traumas from bullying, harassment, sexual assault, physical, psychological, or sexual abuse. However, other people get trauma from war, childbirth, life-threatening illnesses, traffic collisions, natural disasters, or losing a loved one. Now there are many ways of getting help, and everybody handles these things differently. Here are some ways to deal with them. Talking to a therapist, doing some cognitive therapy, or doing Somatic therapy. You can take medicines, but it's during your trauma. It is subsiding the problems. You can do exercises, meditations, or doing activities with your friends.

The effects of trauma varies on everybody but the common effects can be; substance abuse, alcoholism, sexual problems, constant arguments with loved ones, social withdrawal, the constant feelings of being threatened, self-destructive behaviors, or impulsive behaviors. They can also be; uncontrollable reactive thoughts, dissociative symptoms, or the loss of former belief systems.



# DEPRESSION

Depression, referring to Major Depressive Disorder, affects one in every five people during their lifetime. With that said, it is estimated that 5% of the world suffers from depression via the Institute of Health Metrics and Evaluation. That is a lot of people, so much so that the WHO recently ranked depression the third most cause of burden of disease. It is projected to be first by 2030. So it is very common, but what does it do?

## What is Depression:

Depression is not stuck with one strict definition; it comes in many forms (even when just talking about Major Depressive Disorder). As gathered by the National Institute of Mental Health, a US health institution, symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood.
- Feelings of hopelessness, or pessimism.
- Irritability.
- Feelings of guilt, worthlessness, or helplessness.
- Loss of interest or pleasure in hobbies and activities.
- Decreased energy or fatigue.
- Moving or talking more slowly.
- Feeling restless or having trouble sitting still.
- Difficulty concentrating, remembering, or making decisions.
- Difficulty sleeping, early-morning awakening, or oversleeping.
- Appetite and/or weight changesThoughts of death or suicide, or suicide attempts.

## **Identification:**

**There are two systems widely used to diagnose depression, the Diagnostic and Statistical Manual of Mental Disorders [DSM], and the International Classification of Diseases [ICD]. Both systems require the person in question to have five symptoms present for two weeks. These symptoms need to be persistent on a near day-to-day basis. In addition, one of these five needs to be a fundamental symptom of depression. Fundamental symptoms are a low mood and anhedonia, the inability to feel pleasure as you once used to.**

**Due to the number of variations that depression can come in, as well as the stigma around it, a large portion of people with depression go undetected. In communities with stigma around depression, members of the community are more likely not to get a diagnosis in fear of being shunned. This stigma can be a result of religious, cultural, and overall social beliefs.**

## **Treatment:**

**If you have been diagnosed with or believe you have major depressive disorder, it is up to you if you want to seek out or accept help. If you choose to, it is important that you develop a plan with your medical team if you decide to get treatment.**

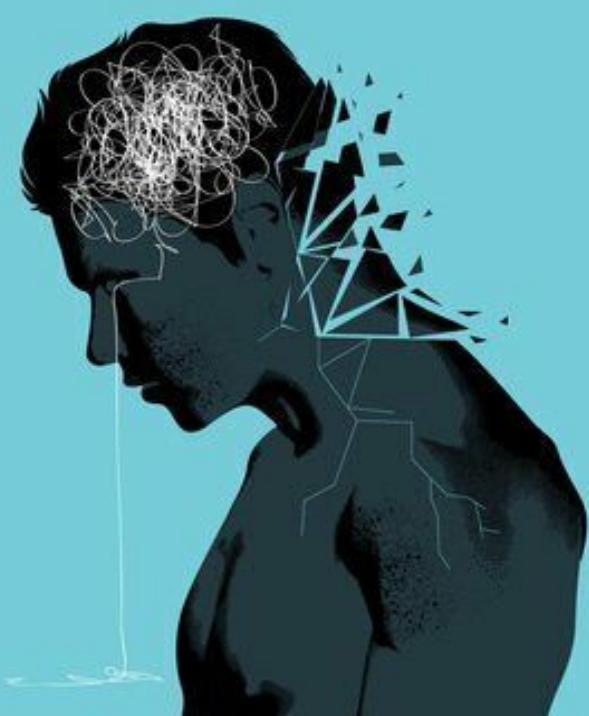
**Methods to medically treat depression fall under two categories: psychological therapy and medication. They both share the initial goal of reducing and gaining resistance against depressive symptoms. It is of note that there are many different therapies and medications. The ones you should proceed with are dependent on your own factors and should be discussed with others beforehand.**

**However, there are things that can be done prior, or concurrently, to meeting with a professional. Exercise is one of these things, which helps improve overall health and create endorphins that help improve mood. Other possible measures include a healthier diet, improved sleep, and the reduction of mood lowering-substances.**

## **Treatment:**

**The ongoing pandemic has brought about many negative effects. Many of these are related to negative health effects.**

**In the US, the average share of adults reporting symptoms of anxiety and/or depressive disorder increased almost four-fold since pre-covid 2019. The 2019 National health Interview Survey**



# Benefits of Exercising

Do you want to feel better emotionally and physically? Do you want to have more energy and have a longer lifespan? The health benefits of regular physical activity are hard to ignore. Everyone can benefit from physical activity regardless of physical ability. If you need more convincing, here are ways physical activities can lead to a happier and healthier life.

## Control Weight:

Exercise can help prevent excess weight gain or if you want to maintain your weight right now. When you do physical activities, you burn fat and calories—the more intense the physical activity, the more calories and fat you burn. At least 150 minutes a week of moderate aerobic exercise or 75 minutes a week of vigorous aerobic activity or a combination of moderate and vigorous activity is recommended by the Department of Health and Human Services.



## Combats Health Conditions:

Exercise can help you prevent health conditions. Being active can boost high-density lipoprotein cholesterol, and it decreases unhealthy triglycerides. Exercising can keep your blood flowing smoothly, which reduces your risk of cardiovascular diseases, and it can help improve cognitive function.

## Exercise boosts energy:

Regular physical activity can improve your muscle strength and your endurance. It delivers oxygen and nutrients to your muscles and helps your cardiovascular system work better. It helps you do more physical things in your daily life, like chores or work.

## Exercise promotes better sleep:

Regular exercise can help you fall asleep faster, get better sleep and deepen your sleep. Exercise affects us differently. Sometimes when you work out at night, it's harder to fall asleep because your body and mind are still energized. Some fall asleep faster after a workout, so pay attention to how your body reacts.

## Exercise improves mood:

Physical activity stimulates brain chemicals that can make you feel happier, more relaxed and less anxious. It can improve your appearance if you exercise regularly, improving your confidence and self-esteem.



## Exercise can be fun and social:

Physical activities can be fun; it gives you a reason to go out and enjoy mother nature. It can also help you meet new people, like joining martial arts classes or Zumba classes. There are so many physical activities that you can do so if you get bored with one you can try a different one.

# Exercising A T H O M E

Suppose you have concerns about your fitness and have chronic health problems such as heart disease, diabetes, arthritis or asthma. Remember to consult with your doctor if you are starting a new exercise program.

Here are easy exercises you can do from home:

## **Cardio Exercises:**

- . Jump rope
- . Jumping jacks
- . Butt kicks
- . Running in place
- . High Knees

## **Abdominal Exercises:**

- . Sit-ups
- . Mountain climbers
- . Bicycle Crunch
- . Leg Lift
- . X-Up

## **Leg Exercise:**

- . Bodyweight Squats
- . Squat Jumps
- . Side Lunges
- . Lunges
- . Calf raises



## **Upper Body Exercises:**

### **Push Ups:**

- . Decline Push-up
- . Diamond Push-up
- . Burpee With Push-up

### **Plank:**

- . Plank Tap
- . Plank Up-Down
- . Forearm Plank Reach Out

Choosing proper repetitions, sets and rest for your exercises are very important and planning what your week should look like. How many training days? How many rest days? Full body workout (FBW) or splits? How do you arrange the exercises? It's essential to set a goal you can achieve for each week and increase it gradually to challenge yourself and see more improvements.

Here is a little weekly planner that we have prepared:

**FBW:**

- Jump rope (2 minutes, 3 Sets & rest 30 sec between set)
- Sit-ups (20 reps, 3 sets, & 20 sec rest between sets)
- Push-ups (10 reps, 3 sets, 20 sec rest)
- Bodyweight Squats (20 reps, 3 sets, 30 sec rest)

**Cardio Exercises:**

- Jump rope (2 minutes, 3 Sets & rest 30 sec between set)
- Jumping jacks (1 minute, 3 sets, & 30 sec rest between set)
- Butt kicks (1 minute, 3 sets, & 30 sec rest between set)

**FBW:**

- Jumping jacks (1 minute, 3 sets, & 30 sec rest between set)
- Bicycle Crunch (20 reps, 3 sets, & 20 sec rest between sets)
- Plank Tap (20 reps, 3 sets, 20 sec rest)
- Side Lunges (10 reps, 3 sets, 30 sec rest)

**Abdominal Exercises:**

- Sit-ups (20 reps, 3 sets, & 20 sec rest between sets)
- Bicycle Crunch (20 reps, 3 sets, & 20 sec rest between sets)
- Leg Lift (10 reps, 3 sets, & 20 sec rest between sets)

**FBW:**

- Butt kicks (1 minute, 3 sets, & 30 sec rest between set)
- Leg Lift (10 reps, 3 sets, & 20 sec rest between sets)
- Triceps Box Dip (10 reps, 3 sets, 20 sec rest)
- Lunges (20 reps, 3 sets, 30 sec rest)

**Upper BE:**

- Push-ups (10 reps, 3 sets, 20 sec rest)
- Plank Tap (20 reps, 3 sets, 20 sec rest)
- Triceps Box Dip (10 reps, 3 sets, 20 sec rest)

**Leg:**

- Bodyweight Squats (20 reps, 3 sets, 30 sec rest)
- Side Lunges (10 reps, 3 sets, 30 sec rest)
- Lunges (20 reps, 3 sets, 30 sec rest)

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# PHONE ADDICTION

By Jesus Arambula

There are currently about 3.8 billion smartphone users worldwide. That number continues to grow as technology becomes more accessible to different kinds of users. This mini-computer we fit inside our pockets is one of the greatest inventions of our modern times as it's a reliable tool and an excellent source of information on the go. However, with great power comes great responsibility. Still, instead of the user abusing power, it is the power that uses the user.



Eventually, this overuse of the smartphone developed into an addiction. Although the American Psychiatric Association does not officially recognize it as an official condition, it's still considered a behavioural addiction among many medical professionals. As mentioned before, one of the negative impacts of the constant use of smartphones is gambling. According to many studies, some of the adverse effects include: *Sleep deficit, Lower concentration, Less Creativity, Attention deficit disorders, Anxiety, Slow thinking and processing, Stress, Loneliness, Insecurity, Impaired parent-child communication, Poor academic performance and Psychological disorders.*

# PHONE ADDICTION

Smartphones went from a luxury to a common necessity in our everyday life, as everyone nowadays has these devices. But this increase in smartphone usage has raised some concerns, especially in the younger generation. According to Google Trends, the number of people with cell phone addiction has risen since 2004. The user remains engaged in the technology through the screen's colourful images, beautiful sounds, and soothing vibrations. Call it what you may, the smartphone is a pretty handy device. Still, the developers and engineers behind the design knew what they were doing. They were designed to be addictive and hard to put down. Have you noticed how in some apps, you have to swipe down to refresh your feed? According to former Google design ethicist Tristan Harris, this "pull to refresh" feature, and others alike, were inspired by slot machines and other casino games designed to keep the user invested in what they were looking at and convert them into fans.



Among these psychological disorders, other physical dysfunctions like GABA dysfunction and loss of grey matter can also originate from the overuse of smartphones.

### **GABA Dysfunction:**

Using the phone excessively rewards brain activity without doing anything productive; one of these neurotransmitters is gabapentin (GABA). GABA produces a calming effect on our brains, controlling fear and anxiety. This same neurotransmitter rewards us for substance abuse and reinforcing addictive behaviours. Strangely enough, chronic phone use can both increase and decrease GABA production. Research also shows that disturbances in the GABA system are warning signs of addiction. The Radiological Society of North America made a study where they had given teen test subjects cognitive behaviour therapy. Their brain activity at an upsetting GABA ratio to other transmitters reverted to a non-addiction ratio.

### **Grey Matter:**

Grey matter is responsible for individuals to control movement, memory, and emotions around the central nervous system. There was a study where participants with phone addiction had their brains scanned, and the physical shape of their brain resembled that of a drug addict. Grey volume among people with addictions, specifically substance abuse, is diminished in certain areas.

### **Suicide:**

It's also important to note that there has also been a rise in depression and suicide among teenagers in the most recent years, especially among teenage girls. Between 2010 and 2015, the suicide rate rose by 65%, according to the Center for Disease Control and Prevention. In addition, during the same time, the rate of severe depression among teenage girls also increased by 58%. Many researchers believe that this increased rate is due to the overuse of smartphones among teenagers and young adults.



Some may wonder then: what constitutes phone addiction? Many of us use our phones for various reasons, but that doesn't mean we are addicted to them. Many businesses and professions rely on their phone for daily activities. They are not phone addicts, but there is a line between healthy and compulsive phone use.



According to a scholarly journal by the National Library of Medicine, 6.3% of the overall population is addicted to their phones. It is more prevalent among people younger than 30 years of age, with 16% of teenagers addicted to their phones. So then, what constitutes "normal" and "abusive" phone usage? Here are a few things to look out for when figuring out if you or someone you know is addicted to their phone:

- . Hiding phone use.
- . Lying about their phone usage to others.
- . "Phantom" vibrations (thinking that the phone dinged when it didn't).
- . Constant checking peoples' profiles.
- . Physical injury to the person due to phone use.
- . No social life
- . Isolation
- . Lack of connection with other people
- . Angry/Irritated if the phone is out of reach or interrupted
- . Sense of dread/panic if the phone is at home

Unfortunately, there isn't a set amount of time, frequency, or message sent that will automatically indicate if a person is a phone addict or not. However, there is always a way to break away from the addiction, like other addictions, with specialized treatment centers that can help patients detox their digital addiction. Here are some of the few treatments that are used by facilities to help treat patients with their phone addiction: Cognitive-behavioural therapy, Group therapy, Group support, Psychotherapy, Motivational interviewing or Medication-assisted treatment

Smartphones are one of the most significant resources we have at our fingertips. Yet, it is easy to abuse it, or rather be abused by it, especially for children and young adults. Researchers continue to link multiple health problems and risks of excess phone usage, so it is essential not to let your phone consume your mind.

# VIDEO GAMES ADDICTION

By Jesus Arambula



With the uprising of arcade machines during the '80s, video games made their way into our lives as kids. Many of us remember going to the local arcade and a bunch of quarters to get several games in Street Fighter and Metal Slug, among other games. Then we got our first video game console for Christmas on our birthday, and we became instantly hooked on Crash Bandicoot, Call of Duty, and Grand Theft Auto. Playing video games is one of the best ways to pass the time, take a break and enjoy yourself once in a while. However, like many great inventions of our time, people will always find a way to become invested in video games and get addicted to them. Now, before you think this is another video game bashing article where all we talk about is "poisoning kids with violence," this is not it. The concern here is not about the contents of the video games themselves, but rather about the physical and mental health concerns when it comes to simply sitting down for an extended period and playing video games in general, regardless of violent content. That being stated, let's get to some of the negative impacts of playing too many video games.

## Muscular Pain:

In 2014, Dutch researchers looked into some problems reported to Nintendo regarding some of their controller products. It turns out that many players were having muscle pain around the thumb, hand, and wrist when using their controllers. But really, researchers concluded that it wasn't the controller that was the problem, but rather a significant amount of time the players spent playing. Regardless of the situation, Nintendo took the feedback seriously and modified their controllers to something more ergonomic.

## Seizures:

About 5% of people with epilepsy have a specific attribute called photosensitive epilepsy, where rapid multiple flashes of light can trigger seizures. According to Epilepsy Action, computer screens are a low risk for seizures unless there is a flashing or flickering of images involved. Even if you're not prone to seizures, seeing these flashes of images to an average person can hurt your eyes. And the gaming industry themselves has standards guided by the World Wide Web Consortium to ensure that none of their content violates any particular patterns that might trigger seizures. However, these are simply guidelines, not enforced laws or regulations at the end of the day.

## Obesity:

Possibly it doesn't come as a shock to anyone that this is one of the common health concerns for video games addicts. Poor diet and low physical activity contribute to obesity. Like television and smartphones, video games promote a sedentary lifestyle, especially when most "gamer fuel" is sugary, fatty snacks like Doritos and Coca Cola. What else is there to say? Get out and exercise.

## Hostile Behavior:

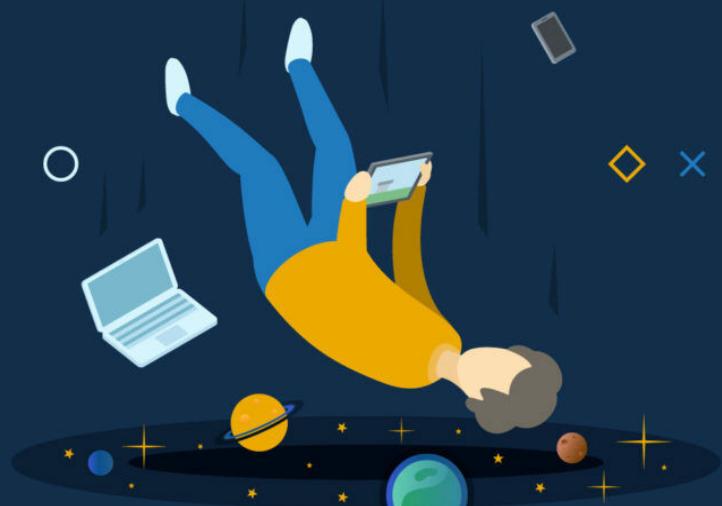
There has been tons and tons of debate on whether playing violent video games promotes violent behaviour on the player. Well, there was a study published in *Molecular Psychiatry* 2017 regarding the association between violent video games and aggressive behaviour, and the authors found no link between the two. What now, moms?

## Poor Grades in School:

Unfortunately, there is no reliable data that supports the argument that video games and poor grades have any sort of correlation with each other. However, there have been studies regarding the opposite end of the stick: low video game usage associated with high scores in math, science, and reading tests. There has yet to be scientific research that can indicate that gaming has any positive effects academic-wise, especially on children since they are the most prone to be hooked on video games. But of course, any child who consistently ignores school work and focuses on video games will undoubtedly fall behind in their classes.

## Vitamin D Deficiency:

Video games were meant to be played indoors, not outside. Therefore, not going out means not enough sunlight, which means not enough vitamin D, which results in loss of bone density. It can cause rickets among children, which is a disease that causes the bones to be soft and bend. In 2015, the UK chief medical officer noticed that the average toddler was only getting 27% of the daily diet recommendation, mainly because the kids were spending a lot of their time indoors.



# Physical Appearance Changes:

Other than obesity, other physical changes in the body occur when playing too many video games. The skin can get pale for not enough sunlight exposure, eye bags, an increase in weight, and get used to a bad posture.

## Not Enough Sleep:

According to the American Academy of Sleep Medicine, gamers on average lose about 101 minutes of bedtime every night. What can I say? Gaming is just too much fun to put down, but it doesn't mean that losing sleep is worth the fun. Not only is sleep time reduced, but also sleep quality. Meaning that our sleep is not entirely healthy in terms of our brain activity.

## Attention Deficit:

If it wasn't too obvious already, too much unproductive screen time isn't somewhat healthy. Children, by nature, already have attention problems as they are impulsive and don't have much self-control. Suppose a child is also exposed to too much video game time. In that case, they will be even less focused on important things and more invested in the video game. Many children often think about their favourite video games even during classroom time, not focusing on the school material.

It's important to remember that everything must be used in moderation, whether a seemingly harmless activity to a healthy one. Heck, even working out too much is unhealthy to some extent. By carefully monitoring your workout activity and depending on its time, you should maintain a healthy schedule. That's how it should be for any kind of activity, whether it be recreational or for fun. Moderation is essential for everything.



IDEAS FOR  
HEALTHY  
BEHAVIOR

# TIME MANAGEMENT



Time management is such a simple concept but is extremely easy to give up on. As much as many don't want to admit it, keeping focus is pretty hard in this day and age of entertainment, with TikTok working endlessly to keep your attention and youtube algorithms trying never to get you to look away. It becomes extremely easy to look away from homework to get a good dose of a few hours of buming out and watching some funny videos. Getting work done is what makes the world spin. So I wanted to compile a list of what you can do to maintain focus and create a concise schedule to work, do homework, and even hang out with your friends and family.

## Planners & Calendars

A great place to start is getting a planner or calendar. Getting a physical one so you have a physical representation of your schedule if it could somehow get deleted or lost online is recommended. But mostly use this to contain meetings and due dates. Suppose you are using planners as a way to schedule your life to become a robotic mess of one hour of homework and an hour of eating, and another hour of hanging out with friends. Instead, there will be another tip on scheduling a day so that it is not a mood killer. But planners and schedules should be a general way to get when events are, like classes, project due dates, and parties.

# Planners & Calendars

So the best way to create a general daily schedule is to take a day to see how you operate and get things done efficiently. When do you work better, in the afternoon? Or the night? Are Fridays more often than not days you hang out with friends? Things like this give you the idea, and try your best not to lie to yourself and say you always want to get work done right after class with no breaks. Be honest with yourself and take a moment to see how you operate and how you wish to get things done and when you want to chill out. This, however, is only if you don't want to gain different habits, so if you're going to work every day at 8-10 pm, then, by all means, go ahead, but this is more of a way to understand your habits at the moment and efficiently divide your day to a good schedule for yourself.

## Commit Comfortably and Slowly Build

The usual attitude to time management is to change your entire schedule immediately and stay a minute to a minute doing different things. As humans, we can't just immediately decide today. I want to train like Mike Tyson, like many things there are to build. It can be quick, or it can be slow, but at the end of the day, you have a goal, and you can do it with time. So generally speaking, look at your class schedule and/or work schedule and measure the time you spend doing homework, playing games, or sleeping. Try not to sacrifice things you need for something you want. So don't think you have to let go of hanging out with friends for homework. Social health is just as essential and education.



# Phone Usage

As we move closer to more in-person classes and the end of the year, this is the perfect time to take a step back and reflect on how we operate. If you are constantly feeling exhausted, the best way to fix this is not to blame the world and do nothing but instead take a step back and reflect on how you live an average day. If you need more sleep, genuinely see how you use your time. If you lie and say you will use your phone less and you don't, that is entirely on you. You are lying to yourself and are actively self-aware of your own problems. Be honest with yourself, if you really want to become good at playing basketball, get fit, get homework done, or just getting more sleep, letting go of the phone is a huge place to start. Start slow, go from being on the phone 3 hours a day to 2 hours, start slow and make progress.

# PRIORITIES

When it comes to significant events and how you use your time, there should be a conscious decision of your priorities. Things like if you need to go to work every day right after school or if you need to take care of younger siblings or different clubs after school. Things like that should be at the forefront of your schedule so you know what matters on certain days and what can be pushed back.

An example of how a general schedule can be made is first to get a planner. Then as the first week passes, note patterns in programs, like when you started homework and took breaks. Take note of how much sleep you got and if it was enough. Generally, try to note how much time you spend on the phone or TV or playing games. As a week or month passes, you should have a good idea of how you spend your time. Now be honest as you can when creating the schedule. When do you want to work on homework, when do you work the best, when do you want to have breaks. What days do you want to have free nights? All these are so that you can enjoy yourself while keeping focus.

By the end of the week or month, you should have a great idea of how you want to spend your free time and work time. Stick to it, and the benefits are immeasurable. You can have more free time, more sleep, and/or more time with family and friends. Especially the great feeling of maturity, you will and can successfully create a schedule where you have excellent time management. Create great habits that will increase your happiness with your life and balance work and enjoyment.



# SELF GROWING FINANCIALLY

By Steven



We all want to save money, whether it's for an item you are planning to buy, for a vacation in Hawaii, or you're saving for a rainy day fund. If you want to start saving money or have started, but it's getting difficult to continue, Here are ways to save money:

## CREATING A PLAN

It's essential to set up a goal, schedule and purpose. A goal means how much money you want to save, like \$500. The schedule is how long you give yourself till you achieve your goal, like 2 months. For setting your purpose, it's very essential to know why you want to save money. This gives you the determination to actually do it. Whether it's for a new laptop or you want a vacation in Hawaii. Make sure your plan is realistic and attainable. People tend to be more successful when they set a short-term plan. The more you attain short-term savings, you create a habit that makes it easier to save for long-term and more significant goals.

# CREATING a PLAN

## Record Your Expenses

Always keep track of how much you make and how much you spend each month. This will be easier if you have a bank account. Once you have your data, organize the numbers by categories and total each amount. With a bank account, you can set up an automatic saving account or use apps on your phone that help you keep track of all your expenses. Use the tools that are best suited for you.

## Set Up A Budget

Once you know how much you spend each month, it's easier to create a budget. It's easier to plan your spending and to limit overspending. By doing this, you know how much you can save in a month or a year, depending on your plan. Make sure to separate your miscellaneous expenses from your necessary expenses. Necessary expenses are expenses you can't cut back on, like rent and phone bills. Miscellaneous expenses are buying food, coffee, etc. Make sure to set a budget for your miscellaneous expenses so you can save more money.

## Cut Your Spending

If you need to cut back in spending, there are many ways to do so:

Use resources in your community like free groceries or grants that apply to you.

Cancel subscriptions or memberships you don't use.

Try to eat outside less and cook more. By packing your lunch to work/school, you save a lot of money. If you do eat outside, eat in places where the prices are low.

When you are tempted to buy a nonessential item, give yourself 1 or more days to cool down. Ask this question before you buy "Can I live



# INVESTING IN STOCKS

The first thing you do is open an account. There are many apps or brokerage accounts you can use. Examples are Robinhood, Fidelity, Webull, Acorns, Stash and TD Ameritrade Mobile. I would recommend starting with these apps because they are easier to use, especially if you are a beginner. I would start trying to get used to these apps first. Before you start investing in a company, first set aside a budget, so you don't get carried away and make sure you do your research first. That means studying that company before you invest. There are ways you can determine if a stock is worth investing in, but there are examples, fundamental and technical analysis. Fundamental analysis uses revenues, earnings, future growth, return on equity, profit margins, and other data to determine a company's value and potential for future growth. In comparison, technical analysis uses statistical trends gathered from trading activity, such as price movement and volume, to decide. You can pick one or use both to determine a stock you want to invest in.

After you invest in a stock, you have to decide how long you want to hold that stock. Do you want to hold that stock for the short term or long term? Short-term investing is holding a stock for less than a year. Long-term investing is holding a stock for more than one year. It is totally up to you how long you want to hold on to your stocks before selling. Just be aware that any profit you make on the sale of a stock is taxable at either 0%, 15% or 20%, depending on how long you held a stock. There is no best way to make money from the stock market. You have to dive in and come up with your strategy. Still, it won't hurt to check out a couple of successful stock investors and get some tips. One example is Warren Buffet, the CEO of Berkshire Hathaway; he is considered one of the world's most successful investors and has a net worth of over US \$85.6 billion.

Now you know how to start investing, be patient and make sure to check the news for the companies that you invest in every day because news makes a significant impact on how a stock value increases or decreases.



# **The United States Tourism Guide**



**The United States of America is a cultural and political reference and one of the main tourist destinations on the planet. The vastness of the American continent, its diversity and contrasts are reflected in this country that stretches coast to coast.**

**We can call it Country of culture because of Boston, Philadelphia or San Francisco. Land of fun and party because of Miami, New Orleans or Los Angeles. Country of immensity because of the Rockies, Alaska or Hawaii. Country of nature because of the Badlands of Montana, the Appalachians, the Mesas of New Mexico or the Grand Canyon of Colorado. Land of monuments such as the Statue of Liberty, the Bridge of San Francisco, Mount Rushmore or the Arch of St. Louis.**

## **Small, medium, large cities.... and huge.**

**New York, the city that never sleeps. There are hundreds of incentives to visit the United States: Perhaps its great metropolises, true global capitals that have sub-cities within them, and in which you can find all the leisure and culture existing in the world, and in which you can find they speak every language on the planet.**

**Despite their size, some magnificent cities are good examples of urban, ecological and cultural modernity. There we have New York (New York), one of the largest urban agglomerations in the world, which today could be considered the economic and cultural capital of the planet. Or Los Angeles, the most populous city in California, is one of the main cultural, scientific, economic, and entertainment centers globally. In Chicago, New Orleans, Houston or the nation's capital, Washington D.C. We could spend our lives discovering historical, natural or cultural treasures.**

We also have Las Vegas, the city that never sleeps. Their leisure and fun are almost a religion. Or Miami, awarded as "the cleanest city in the country," is also one of the most interesting and cosmopolitan. Or San Francisco, so picturesque and fascinating that it represents the eternal center of the social and cultural avant-garde of the country. Or San Antonio, the tourist jewel of Texas and one of the main cities in the country for Hispanic culture.

Or Philadelphia and its monuments, or Detroit and its industries, or Denver and its mountains. Or Fresno and its wines (Louisiana). Or Honolulu, its beaches. Every city in the United States has the peculiarities of such a vast country. And each one with its charm.

And there are also small population centers, of course. Perhaps that is where the true spirit of the United States lies, with its characteristic friendliness, hospitality, and generosity to visitors. An unusual way to get to know them is through routes such as the mythical Route 66.

### Unfathomable nature

There will be those who prefer to be surrounded by nature, and perhaps the United States is the most majestic in the world, so well known and at the same time unknown, with the first natural areas protected by law in the world. Take into account that among only some of the national parks in the U.S. are the legendary Yellowstone, Yosemite, Dead Valley or the Everglades. In this colossal and magnificent nature, we can find ourselves from redwoods to palm trees, from crocodiles to bears.

There are 7,700,000 km<sup>2</sup> of pure nature: mountain ranges that cross the continent, very long rivers, paradisiacal beaches, inland lakes such as seas, plains that would encompass entire European countries. Prairies, deserts, swamps and volcanoes dot the whole of American geography, being humanly impossible to visit all the jewels that this country hides.

Although one option to get to know these places is to resort to one of the many routes in the country: hiking, cycling, horseback, kayak or canoe, motorcycle or car, camper. The range of possibilities is enormous, and each area can be enjoyed in multiple ways. Discover them on this website.



## A paradigm of capitalist culture

And what about culture ...? The United States is not only the Mecca of cinema, with Hollywood at the helm. It is also where the most prestigious museums are, where Hollywood created the best literature, music, rock, jazz, country or new music. Where to hear a more authentic blues than in the Delta or Chicago? Or more intense jazz than in the streets of New York? You can even visit the exact place where rock and roll were born.

Various and heterogeneous influences make up what is today the rich American popular culture. Except for now minority Native American and Hawaiian cultures, all cultural power of the country is given by the continuous influx of emigration from worldwide. To explain this phenomenon, the very appropriate expression "melting pot of cultures" was coined some time ago: European, African and Ibero-American.

It could be said that the United States is a set of diverse traditions, rural and urban, that well mixed and packaged stand out for their character as an exporting and importing nation of culture.

This so self-advertised American dream is the basis of a culture characterized by its mixture of individualism. That "you can become anything if you try" is almost a hypothesis of the United States. Not surprisingly, the American Constitution, born directly from the Enlightenment, included among the rights of citizens "the pursuit of happiness," and for this reason, the so-called popular culture, which has so much influence on the world, was created naturally without forcing it.

But the U.S. is also a focus of "High culture": Edgar Allan Poe, Mark Twain or Walt Whitman. Hemingway, the Beat Generation or postmodernists. The most prestigious museums in the world are American: museums devoted to art such as MoMA, or the Met, to national and international history such as the Smithsonian, or sciences such as the American Museum of Natural History or The Field Museum in Chicago. But each small city or town has its museum, some dedicated to the most extravagant and no less exciting things. We can go to Memphis to see Graceland, Elvis' home museum, or The Museum of Witchcraft and Voodoo in New Orleans.



## And whatever they say, their fantastic food.

The United States is also a world leader in gastronomy. The famous hamburgers and hot dogs are successful exports from the U.S. Born as a mixture of different cuisines, and they are now a genuine national product massively consumed by all cultures on Earth. Dishes like pizza, with origins outside North America, would not be so well known and accepted today if not for their previous passage through the filter of popular culture in the United States.

The gastronomy of the country is rich and varied. The belief that it is a fast-food country is false. Most connoisseurs know that New Orleans is one of the cities where you can eat the best in the world, that little is comparable to the delicacy of southern homemade food or that New York has the best restaurants.

When it comes to sports, the country is also number one. Not only for its Olympic medal table but also its infrastructure. Show and sports mix in the most impressive stadiums on the planet. Of course, there is baseball or American football. But the United States also has the best facilities to watch football (soccer), basketball (the NBA is the best league in the world), ice hockey (even Miami has its team), and motorsports like NASCAR.

## The best entertainment on the planet.

No country knew how to exploit leisure as well as the United States: tourists can play in the casinos of Las Vegas, the international capital of entertainment, visit the most varied amusement parks or theme parks (there is Disney World, a world leader in family tourism), see the best concerts, the most spectacular sports, the most colourful parties.

There are so many and so varied activities that can carry out in the United States (many of them absolutely free) that they will never be able to be used in a single trip ... Excursions and guided visits, the best shows, the best sporting events, the best clubs in nightlife.

And you will also find the best beaches in the United States. Hawaii is a true paradise on Earth, but the beaches of Florida or California, among the most valued on the planet, have nothing to envy. By the way ... also the best hotels. If they know anything in the U.S. it is to take good care of tourists.



## Excellent transportation system and incredible accommodation.

Traveling to the country is relatively easy and inexpensive. Tourism is one of its main assets and its inhabitants are most hospitable. It is no coincidence that its airports are the busiest or its hotels the best rated.

Obviously the plane is the most used transport to get to the country. The United States is a country with excellent airports (more than 15 thousand airports, large and small). Millions of people pass through them every day. Also, the three largest airlines in the world are American.

In most of the U.S., finding accommodation is no problem. The offer is wide and varied: from large hotels to roadside motels, bed & breakfasts, campsites, cabins, apartments, beach resorts and complexes, bungalows, aparthotels ... The rental of flats, houses ... mansions is also relatively affordable !! Everything is available to the tourist depending on his needs.

## Organized trips, a la carte and personalized trips.

The United States is an ideal destination to explore it in our own way, without worrying about looking for a hotel and thus embarking on an adventure. But it is also a perfect place for personalized trips, niche trips (sports, adventure, cultural discovery, geology and nature, music and art...). For this reason, thanks to the contacts that we have made over the years, we have been able to meet companies that are in charge of organizing organized trips and personalized tailor-made trips. If you need help, do not hesitate to write to us.

As you can see "traveling" through this website, the U.S. is abuzz and is the calm of almost eternal spaces, it is the contrast between the city and the omnipresent nature, between solidarity and individualism, rural and urban , the primitive and the sophisticated, the desert or the jungle, the beach or the mountains. It is the country where you can be surrounded by millions of people or be alone with no one 100 kilometers away.



# LOW CARBS RECIPES

## Avocado Toast

### Ingredients:

1 avocado, halved and peeled  
Salt and ground pepper  
4 slices of bread (preferably wheat)  
1 clove of garlic peeled and halved  
2 tablespoons of extra-virgin olive oil (or unsalted butter)  
Optional: crushed red pepper flakes

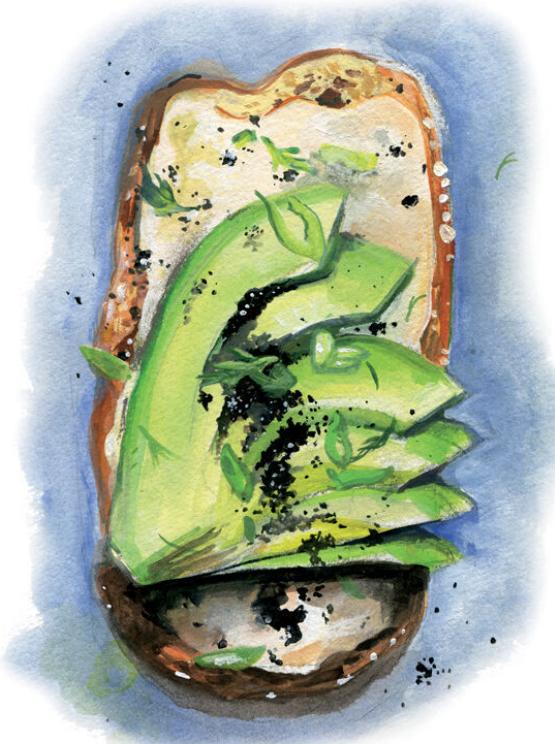
### Steps:

Mash the avocado with a fork in a bowl. Mix with salt and pepper.

Toast the bread slices until crisp. Slightly rub 1 side of each slice with garlic until it's fragrant.

Lightly drizzle toast slices with olive oil and slightly season with salt and pepper.

Spread the mashed avocado evenly among the slices of toast. Top it with a little more salt and pepper, and the optional crushed red pepper flakes.



### Nutrition Facts

(Yields 4 servings) 1 serving: 1 slice of toast

#### Nutritional Analysis Per Serving

Calories: 168

10g

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

263g

Sodium:

16g

Carbohydrates:

4g

Dietary Fiber:

4g

Protein:

2g

Sugar:

## Parmesan Garlic Spaghetti Squash

### Ingredients

1 Spaghetti Squash about 1 pound  
1 Tablespoon of olive oil  
2 to 3 cloves of fresh garlic, minced  
1 Tablespoon butter  
1 cup of chicken stock  
 $\frac{1}{2}$  cup of freshly grated parmesan cheese for sauce and as a topping  
 $\frac{1}{3}$  cup sour cream  
Salt and freshly ground pepper  
1 to 2 tablespoons of fresh parsley, finely chopped

### Steps

Slice both ends of the spaghetti squash in  $\frac{1}{2}$  lengthwise. Use a spoon or a melon baller to scrape off seeds. Afterwards, place squash in a microwave-safe baking dish or Tupperware facing up. Then, add one inch of water and heat in the microwave for 12 to 15 minutes until the squash is tender. Finally, fluff and separate the strings with a fork and move to a bowl for later.



When the squash is cooking in the microwave, heat the olive oil and the butter in a big saucepan or skillet over medium heat. Next, add the minced garlic and stir for about 1 minute. Add salt and pepper for flavour. Add the chicken stock and turn the heat up high and let it come to a boil.

Add the spaghetti squash and let it cook for a couple of minutes. Finally, take the saucepan off the stove and add the parmesan cheese. Stir this meal until the food has completely melted. Put in the sour cream and let it cook for two more minutes, constantly stirring the food.

Put additional parsley, parmesan and pepper. Serve immediately once it's done cooking.

### Nutrition Facts

Creamy Garlic Parmesan Pasta (1 bowl) contains 51g total carbs, 49g net carbs, 8g fat, 10g protein, and 310 calories.

## Avocado Toast

### Ingredients:

5 tablespoons of extra-virgin olive oil, and another for brushing  
4 slices of chopped bacon  
8 ounces of sliced cremini mushrooms  
Kosher salt and ground pepper  
1 chopped clove of garlic  
1 tablespoon of bread crumbs  
 $\frac{1}{2}$  cup of chopped parsley  
2 trimmed pork tenderloins  
 $\frac{1}{2}$  teaspoon of grated lemon zest

### Steps:

Heat up 2 teaspoons of olive oil over a large skillet at medium heat. Add the bacon and cook until crisp (about 8 minutes).  
Add mushrooms and  $\frac{1}{2}$  teaspoon of salt, and pepper to your liking. Cook until mushrooms are soft (about 4 minutes).  
Add the garlic and cook for about a minute. Remove from the heat and add the breadcrumbs and all but 2 teaspoons of the parsley, stir, and let it cool.



Rinse the pork and pat it dry. Make a 1-inch incision down each tenderloin, but do not cut all the way through. Open meat so the tenderloins are flat.

Cover pork in plastic wrap and beat with a flat side of mallet until the meat is  $\frac{1}{2}$  inch thick. Begin from the middle and work outwards. Spread the mushroom mixture over the tenderloins and secure the seams with water soaked toothpicks. Preheat the grill to medium high and brush the grates with olive oil. Brush the pork with olive oil and season with salt and pepper. Grill, turn, until the thermometer in the pork reaches 130 degrees F (about 25 - 30 minutes). Move onto the cutting board to rest (about 10 minutes). Mix the remaining olive oil and parsley, lemon zest, and salt and pepper in a bowl. Remove the toothpicks, slice the pork, and top in with the bowl mixture.

### Nutrition Facts

(Yields 6 servings)

Nutritional Analysis Per Serving

Calories:

323g

Total Fat:

17g

Saturated Fat:

3.5g

Cholesterol:

116g

Sodium:

301g

Carbohydrates:

3g

Dietary Fiber:

1g

Sugar:

Protein:

1g

39g



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