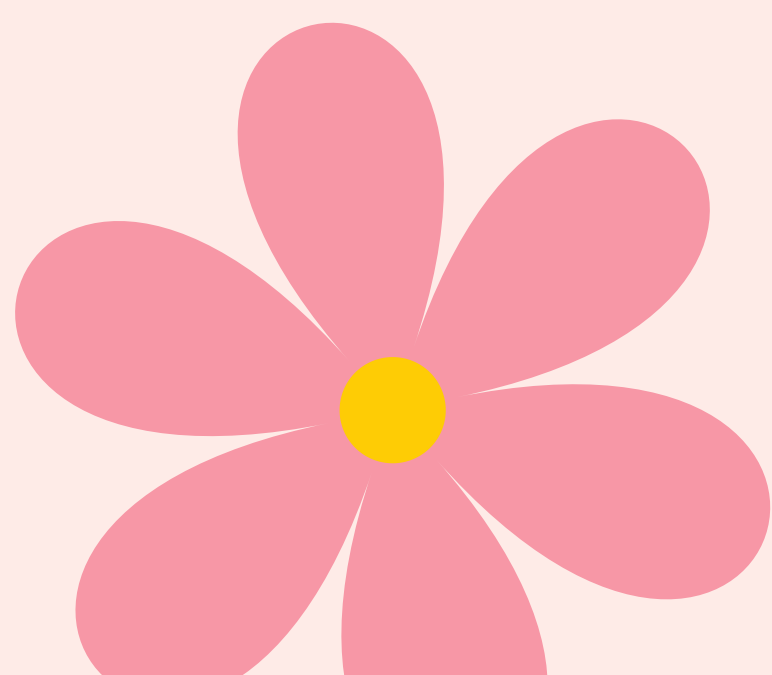
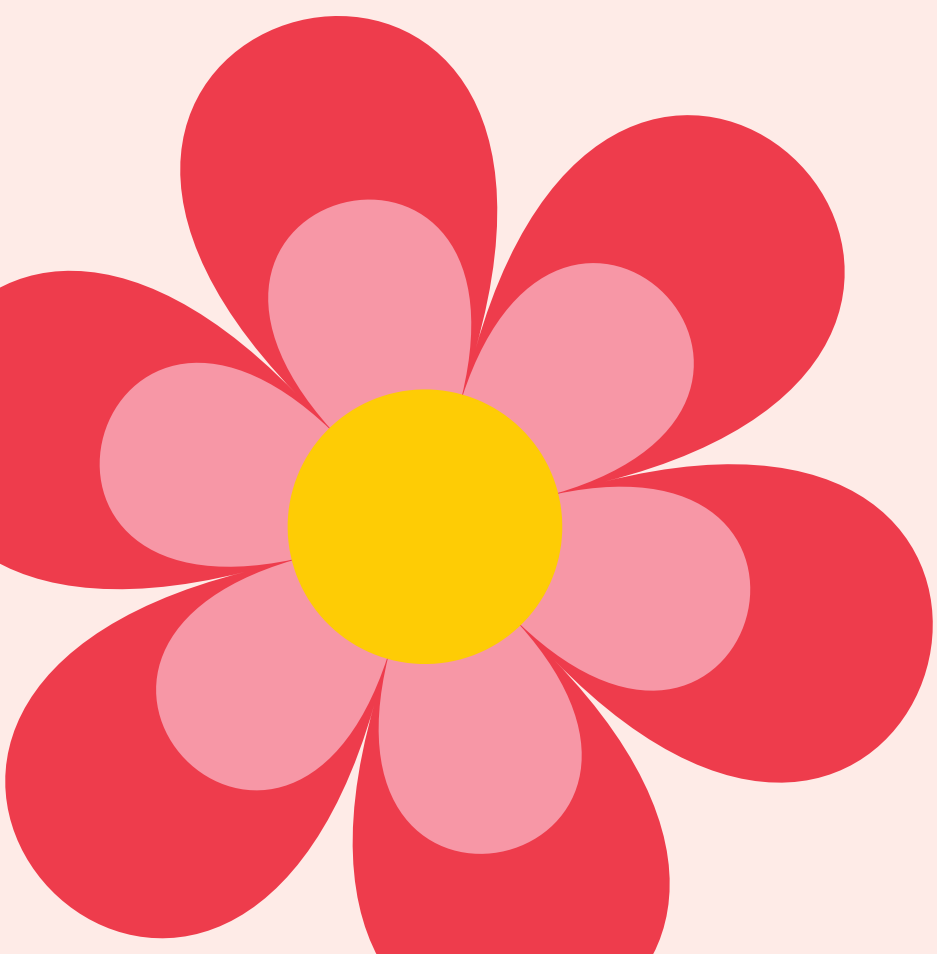
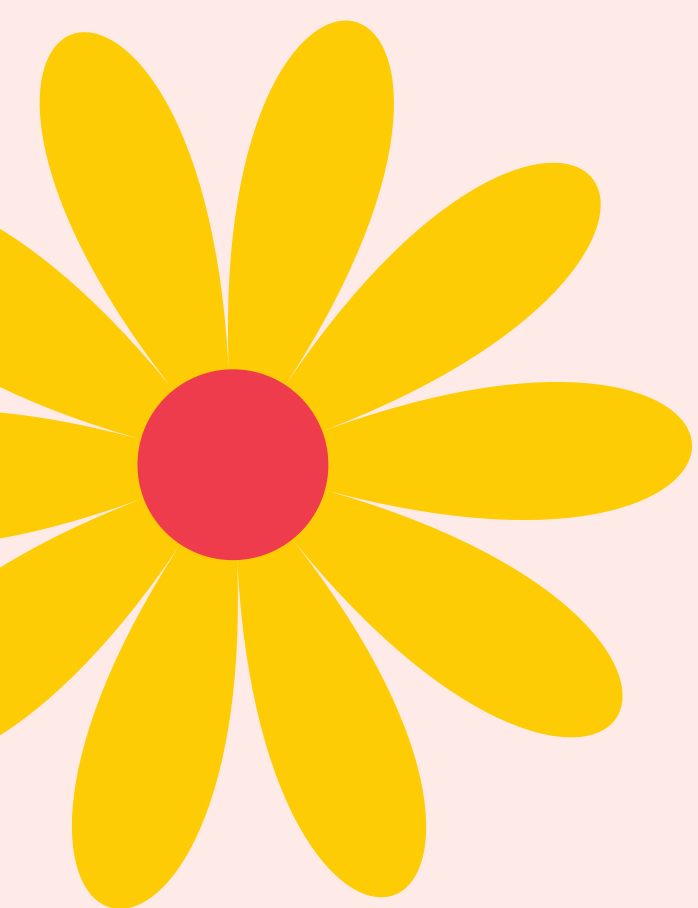


***Make yourself
seen and heard.***



**** Table of Contents***

2

Meet the Team!

4

***An Overview of Mental Health
By Dylan You***

6

***Mental Health Playlist
By Team Hibiscus***

7

***Being Kind to Yourself
By Celeste Cortex***

9

***Accepting and Reflecting
By Sienna You***

11

***Mental Health Vocab
Word Search!***

12

***Being Content
By Sophia May***

13

Thank You!



Meet the Team!



Sophia May is the captain of Team Hibiscus and a writer and editor at The Haven Community. She believes that successful living cannot be achieved without growth, and emotional growth cannot be achieved without self confrontation. Sophia recognizes this and would like to help people live fulfilling lives, not for others, but for themselves.

Sienna You is the Senior Vice President of Writing and Composition at The Haven Community. In her free time, Sienna enjoys hanging out with friends and family, and listening to her favorite k-pop group, BTS. As a part of The Haven Community, she hopes to express her feelings and provide support for other teenagers.



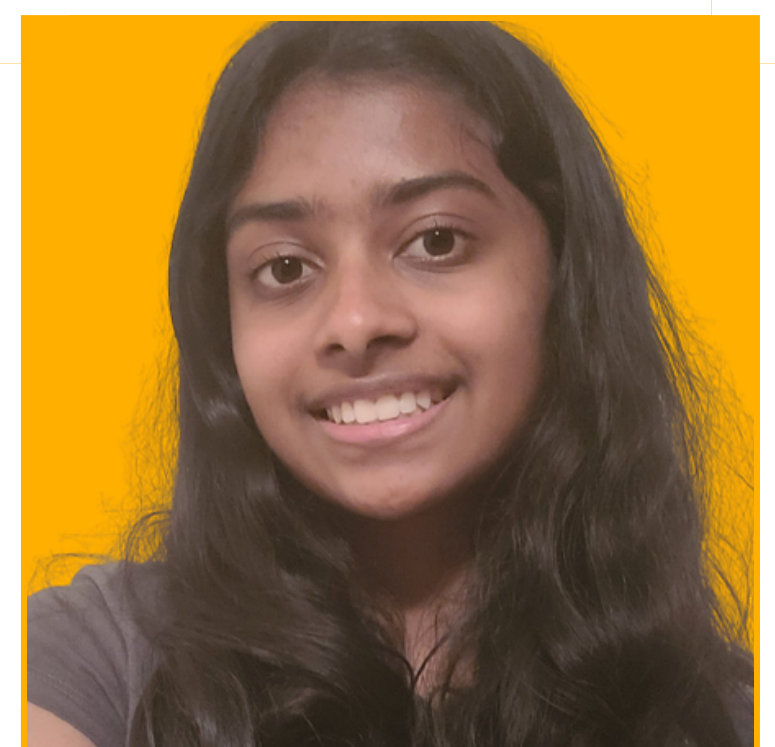
Celeste Cortez is the Chief Financial Officer and a writer and editor at The Haven Community. She enjoys writing because she believes that it is a great opportunity to express herself and what she is truly passionate about. Other than writing, she enjoys learning about science, especially anatomy and biology.

Meet the Team!



Dylan You is a writer for The Haven Community. Dylan's main intentions are to provide awareness, self-expression, constructive and beneficial thinking, and juxtaposing viewpoints on differing subjects. He believes that writing is a distinctive tool used to express one's notions and real thoughts in a clear, understandable format, while also providing insight and guidance for the reader.

Irene Thomas is an editor at The Haven Community. She loves reading fiction, with a particular interest in spelling and etymology. Aside from academics like her fondness for math and science, she enjoys spending time with her friends and loved ones. In the future, She hopes to pursue a career in the medical field.



Brandon Chang is an editor at The Haven Community, In his free time, he likes looking up cooking recipes and eating good food. He also swims and reads manga.

An Overview of Mental Health

by Dylan You

While mental health may just seem like a term to explain our emotions and feelings, it means a lot more than that. It can vary in scale, which is why everybody experiences it differently. Mental health can also control a huge part of our lives, such as relationships, performance, and even our physical health; this is why it's important to practice good and healthy routines to help benefit our mental health.

Maintaining good mental health has many benefits, such as allowing a person to cope with stress, allowing development of resilience towards adversities, and helping contribute positively towards our society.

However, it may not always be easy to get to this state of healthy mentalities. The first step to fostering good mental health practices is to recognize the significance of our own mental health. Understanding your mental health and noticing the things that are possibly dragging us down is the start to good health, both physically and mentally.

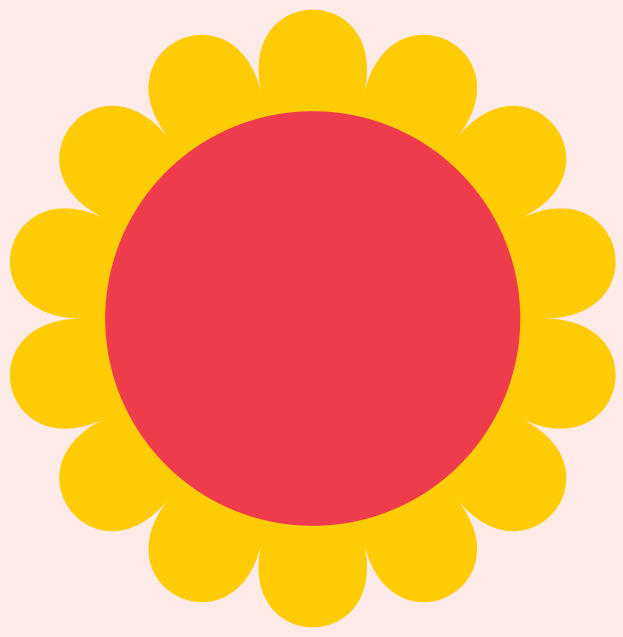
While mental health relates to our emotional, psychological, and social well-being, it can also refer to the various mental health conditions that we might face. There are many different mental health conditions that one may experience, such as depression, anxiety disorders, bipolar disorder, schizophrenia, PTSD (post-traumatic stress disorder), and many more. These conditions affect our minds and can be a huge deterrent to our lives. Mood swings, constant anxiety, distractions, unhappiness, and stress are all things that these mental illnesses can leave us burdened with in our day-to-day lives. It is important to receive help from professionals for proper treatment of these mental health conditions.

An Overview of Mental Health

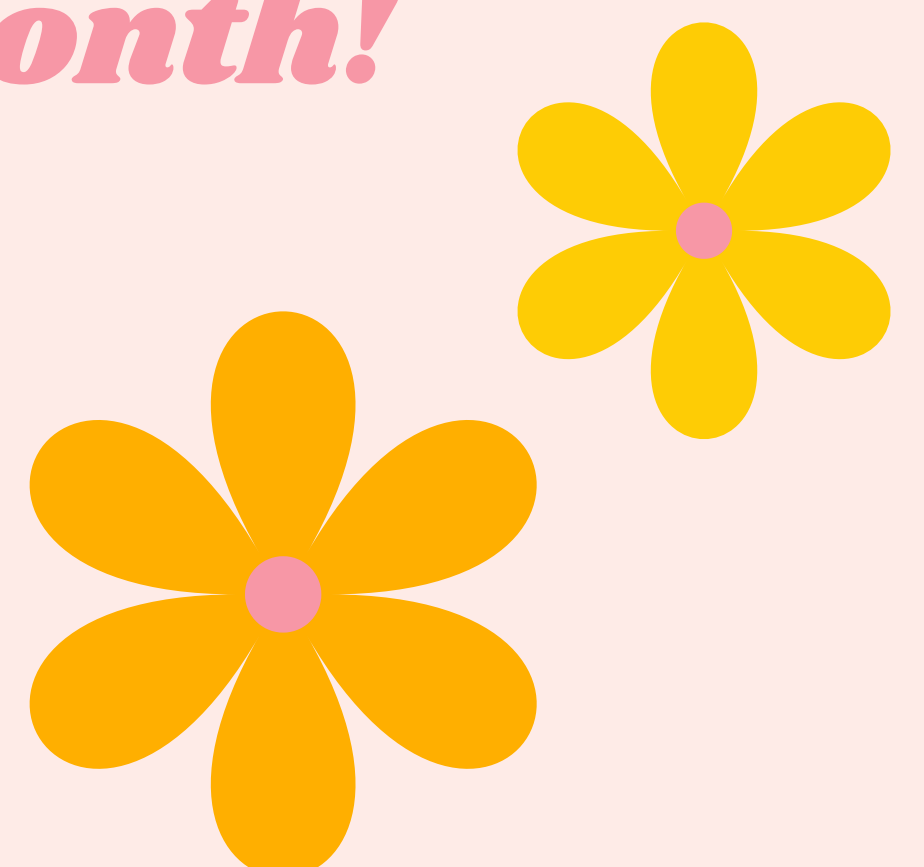
by Dylan You

One of the biggest challenges surrounding the topic of mental health is the persistent stigma associated with mental health and mental illnesses. This stigma often prevents many from seeking the correct help and support systems. Raising awareness, promoting education, and learning empathy are ways in which these barriers may be broken down. By encouraging open conversations, sharing personal experiences, and maintaining healthy communication with those around us, we are able to challenge these harmful stereotypes, allowing us to create a supportive environment for all people who struggle with mental health issues.

In conclusion, mental health is an integral aspect of our daily lives that requires and deserves the same attention and support as physical health. By understanding the different disorders and conditions that people struggle with, learning and adopting healthy habits, and breaking the stigma surrounding mental health, we can help improve mental health to mitigate harmful effects to us. This will eventually help everyone lead happier and healthier lives.



***Scan the GR Code to listen to a
playlist curated by Team
Hibiscus in honor of Mental
Health Awareness Month!***



Being Kind to Yourself

by Celeste Cortex

Different Paths

As someone who sets high goals and standards for pretty much everything, I get disappointed when things do not go the way I expect it to. Unfortunately, life often does not go as planned. Both my mental health and emotional wellbeing suffer as a result of the high standards I set. I end up blaming myself for everything and start to think about what I did wrong. Because I have to manage this new alternative path instead of the planned path, I become stressed. This also causes anxiety; I don't know what to do or if I am doing something wrong. I have depressed thoughts when I think about my plans that can not happen anymore.

New Obstacles

I vividly remember my junior year of high school. I knew that it was going to be a tough year for me academically but I never would have guessed just how many obstacles I would have to face. I took many different courses but it was difficult to stay on top of each class. I thought I could excel in school and also have time to go out with friends and family, but that was not the case. By the end of the school year, I would get so much anxiety that my palms would sweat and my body would feel hot every time I arrived at a class that I had not studied for. My friendships were not the best either. I often felt alone and left out. Additionally, I felt that I was not spending enough time with or helping out my family. I would constantly feel overwhelmed and stressed. The worst part was that I blamed it all on myself when in reality, many of the problems were not my fault.

Being Kind to Yourself

by Celeste Cortex

Improving Well-Being

After junior year ended, I started to reflect and find peace. I kept thinking about everything I was going through and discovered that I was being hard on myself. I kept thinking about all of the anxiety, stress, and depressed thoughts I was having and this helped me realize that life is tough; it really was my first time being in a challenging situation. What helped me through those times was talking to people who truly listened to me, writing my feelings, and taking breaks whenever I felt like there was too much to deal with. While I dread thinking about that period in my life, it now serves as a reminder that I have the ability to deal with difficult situations. No one can ever predict what life has in store for them. However, if it does not go as planned, always know that you have support to help you. From counseling to talking with others, you can persevere.

Accepting and Reflecting

by Sienna You

My Hardest Year

In my almost 17 years of living, I can confidently say that 2021 was the worst year of my life. While it taught me the most valuable life lessons and shaped me into the person I've become, I have indisputably experienced tough situations that stay with me to this day. At the naive and malleable age of 14, I was dealing with a lot. Like many others, the pandemic strongly harmed me, simply because it was suffocating to stay inside every day. The connections I was in the process of building before quarantine had faded, and the new connections formed ended up causing me the most harm. As quarantine was coming to an end, I formed a relationship with someone who hurt me in a lot of ways. While I won't get into the details, I put up with a lot of situations that I should have never put my 14-year-old self through. The trauma is something I still struggle to deal with today, but accepting it is the best thing I could have done.

Accepting and Reflecting

by Sienna You

Doing The Best I Can

I could have gone in one of two paths when dealing with my trauma. I could have hated myself and lived in shame for what I had to go through OR accepted what happened to me and used it to make myself stronger.

I had followed the first path for a while and learned the hard way that accepting and reflecting on my experience was the best course of action. Of course, everyone deals with trauma in their own ways, but for me, I learned from my experiences and tried to look at it from a different perspective. As much as I wish I could go back in time and try to prevent it, I know it wasn't my fault. Instead of thinking negative thoughts everyday, I reassured myself that there's nothing I could have done given the circumstances. Similarly, I feel like this can apply to other aspects of life and to other people. Although I can never fully move on from my past, I can continue to move forward and not let it stop me from living my best life. Doing exactly this has drastically saved my mental health as I'm not letting the things that hurt me the most do so anymore. I finally feel free.



Mental Health Vocab Word Search

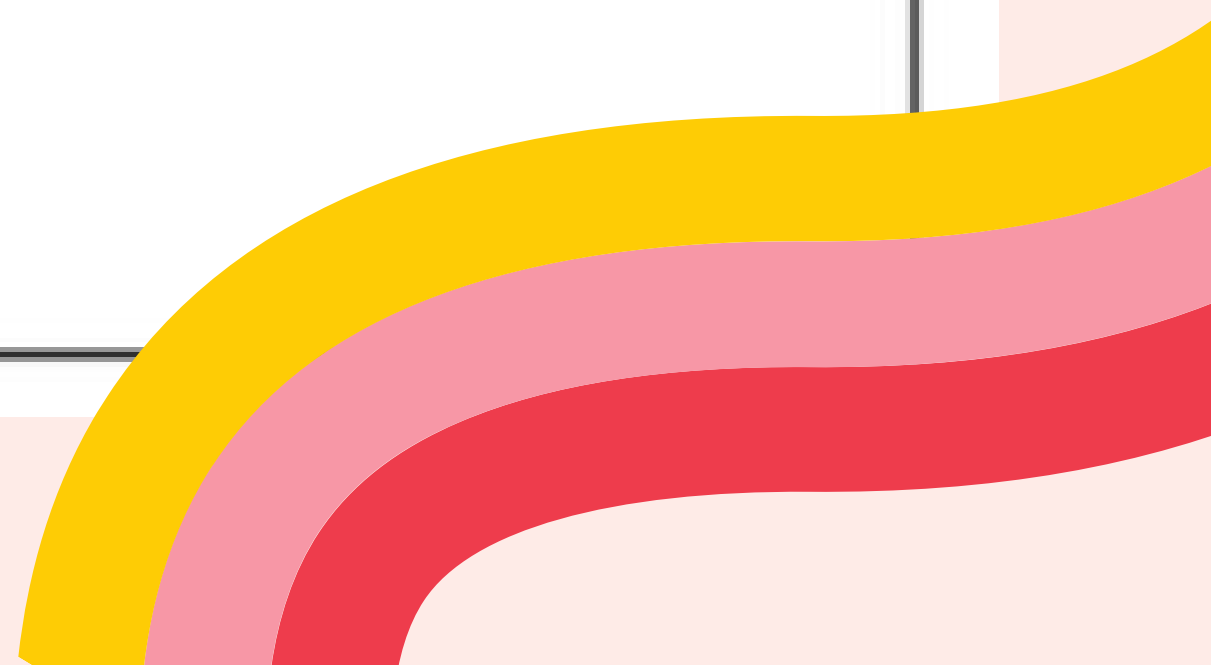
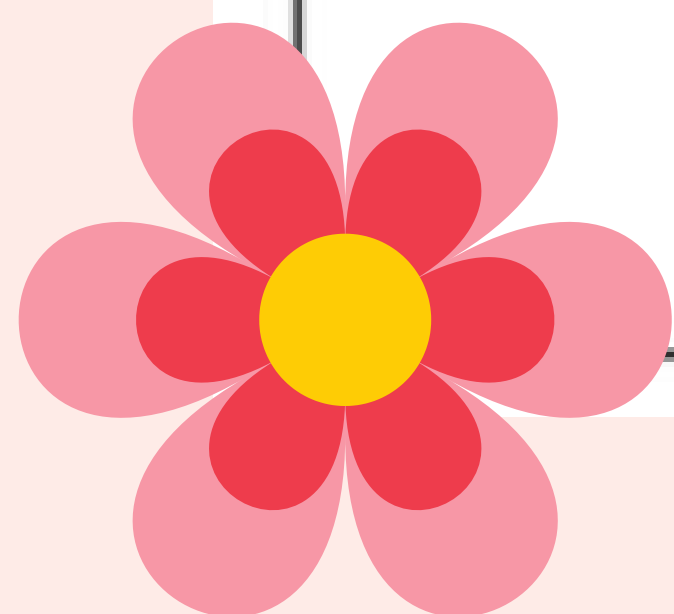
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J	L	D	S	X	E	D	X	I	M	O	U	R	N	I	N	G	O
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A	E	M	P	A	T	H	Y	B	I	P	O	L	A	R	H	X	V

Find the following words in the puzzle.
Words are hidden → ↓ and ↘.

ANXIETY
BEHAVIOR
BIPOLAR
COPE
DEPRESSION
EMOTION
EMPATHY
FAMILY

FEELING
FRIEND
IGNORED
LONELINESS
MANIA
MOURNING
PANIC
STRESS

SYMPATHY
TENSE
THERAPY
THOUGHT
WELLBEING



Being Content

by Sophia May

"Happy"

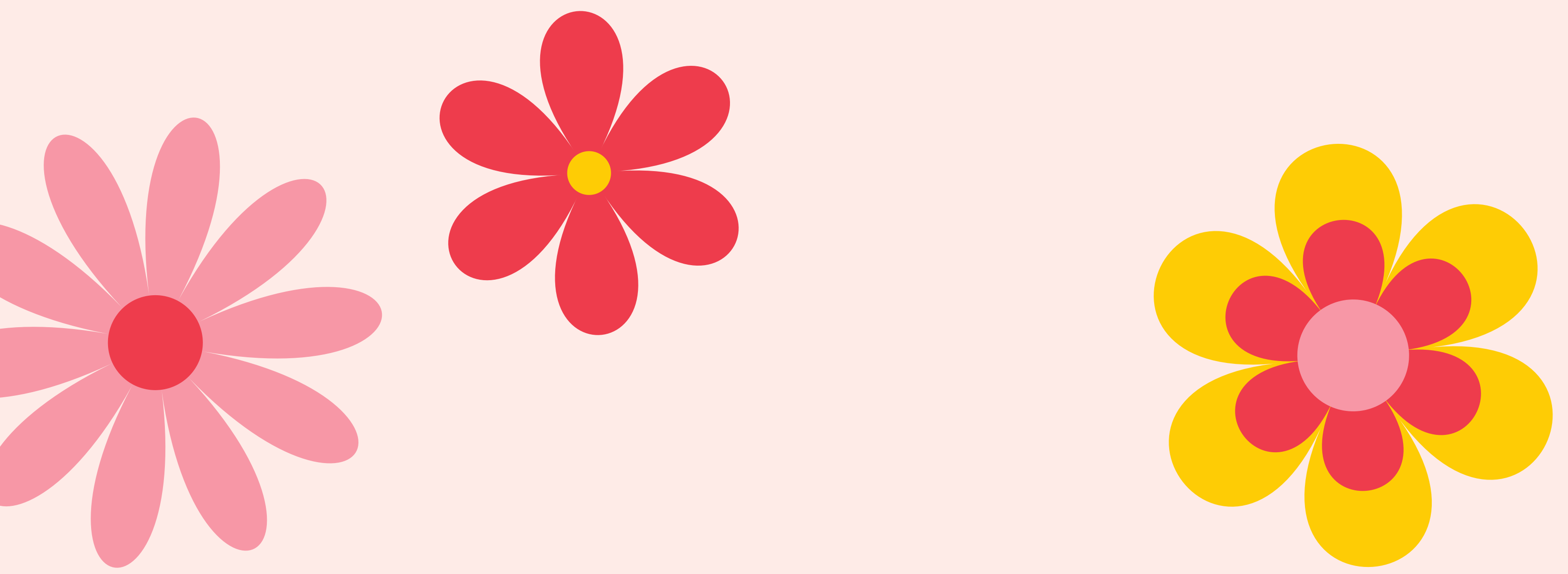
It's pretty fair to say that mental health is unstable. I know that almost everyone aspires to call themselves "mentally stable" and assume that is synonymous with happiness. Personally from experience, I think you can be happy, despite possessing an unstable mental health.

Stable vs. Unstable

I've undergone various periods of my mental health. There were times where I would definitely call myself "stable" but there were more where I was "unstable". The reason I don't associate mental stability with happiness is because some of my stable periods were just me being content with how I was. I wasn't necessarily "happy", but I wasn't at my worst. And in my unstable periods I had times when I was genuinely happy.

"In-Between"

During this mental health awareness month, I think it's crucial to understand that mental instability and happiness are not mutually exclusive. Sometimes it just reveals that you're not at your worst, and that's okay. It's all a sign that you could be happy someday, and you won't be stuck at that "in-between" place forever. Eventually, simple content won't be all you feel.



Thank You!

Connect with us!

Website:

thehavencommunity.net

Instagram:

[@haven_community](https://www.instagram.com/haven_community)

