

Teen Talk



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A QUARTERLY NEWSLETTER FROM THE BOSTON CHILDREN'S HOSPITAL LEAGUE'S RESOURCE CENTER

Building A Support System — By Erica



The media tends to portray mental health as something negative, which probably makes it harder for people to seek mental health services. Sometimes we just have a lot going on and can't always handle all the pressure. Mental health is really about ways to manage our emotional well-being. It's important to feel like we don't have to do it all alone instead of feeling shameful for seeking help.

Have you ever been through a rough time and were happy that you had someone by your side to help you get through it? Regardless of who your "go to person" is, it's important to have a support system. Knowing that you have people who are there for you and are willing to help you find ways to cope, usually makes any situation easier. Nobody likes to feel alone and when you have a support system you typically don't have to worry about that. Feeling alone from time to time is normal (*and we've all felt that way at some point in our lives*), but when you have people you can trust and people that support you, that feeling doesn't last very long. Having a support system

actually enhances your self-esteem because when you're surrounded by people who care about you, it positively influences how you feel about yourself, and boosts your confidence.

Figuring out who should be in your support system doesn't have to be complicated. Parents are a great source of support because they're invested in your future and will likely be willing to help you get through the rough patches. I understand that it may be hard to talk to your parents about certain topics (*and you may not have to or want to right away*), but just knowing that they'll be there when you need them can make you feel better. Most importantly, your support system needs to be composed of people you trust and who care about you. People with negative mind sets aren't a good source of support, and people who don't think very highly of you won't look out for your best interests. A person who has positive feelings towards you will believe that you're capable of overcoming any obstacle. That feeling will likely transmit to you, and then you'll believe you're capable as well.

Support systems are similar to a guide who helps you find the light at the end of the tunnel. It may sound cheesy, but that's really what it's like. Your support system helps to guide you through the dark times until you're able to "see the light" or have clarity about a particular situation that's bringing you down. It should be reassuring to know that the people in your support system should be available to help you through the difficult times in your life. Check out our website: www.youngwomenshealth.org for more information about emotional health.

New Health Guides

Girl's Guides: My Yearly Check-Up | Guy's Guides: Obsessive Compulsive Disorder (OCD)



Boston Children's Hospital
Center for Young Women's Health

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8 Easy Steps to Improve Your Body Image

– By Alexa



Body image is a major factor in self-esteem; the way you think and feel about yourself as a person. When you have a healthy body image, you'll have positive self-esteem too. Check out these 8 easy steps to improve your body image:

1. Stop comparing yourself to others – Instead of comparing yourself to your friends or models in magazines, recognize that everyone is different and that's what makes you special!
2. Find your own style – When you think you look good, chances are other people will think the same. Forget about designer brands—simply find a style that complements your body shape and personality.
3. Make healthier food choices – When you eat healthy, you tend to feel healthy too. Choose foods that have nutrients your body needs, such as fruits and veggies.

4. Surround yourself with positive people – Feeling good about yourself also has to do with the people you spend time with.
5. Build on your star quality – Find your hidden talents. Do you like to sing? Do your friends think you're funny? Do you enjoy playing sports? These are just some examples of talents. Think about your strengths and spend time getting better whether it means taking lessons or practicing more.
6. Pay less attention to the media – Magazines, movies, television shows, etc. can alter your perception of what is attractive. Remember that no one is perfect, not even models in magazines – the photos are almost always photoshopped.
7. Be positive – Some people find that posting uplifting quotes or pictures gives them a positive vibe. When you have a positive attitude, you'll attract positive energy.
8. Accept compliments – The next time someone gives you a compliment, smile and say "Thank You!"

Ten Tips Towards Teamwork!

– By Christina

Teamwork is a very important ingredient on the field, on the court, or in the workplace. Here are 10 tips that will help you achieve positive results.

1. Get to know your teammates. You'll be together for the entire season.
2. Know what your responsibilities are. Make sure you know all the responsibilities of your position. If you're new to an activity and aren't sure, ask your coach.
3. Communicate. Express how you feel and encourage your teammates to do so as well so that everyone's on the same page.
4. Think outside the box: Don't be afraid to suggest a new idea that could improve the team's efforts.
5. Leave all the drama and stress outside of the game! A big smile and a willingness to play will likely rub off on your teammates. A positive attitude will ensure an even stronger performance.
6. Listen to your coaches and teammates. Paying attention during practice and during pre-game planning makes a difference.
7. Be committed. Being part of a team will likely mean you'll have to make sacrifices. For example – you might have to wake up earlier than usual to practice. Make sure you're completely dedicated, and give nothing less than 100%.
8. It's not all about you. There's no "I" in team. Even if you're the star player, a team can't function without every member.
9. Identify your team's goals early on. From day one, you and your teammates should establish a list of things you'd like to accomplish. Winning shouldn't be the only objective. For example; you and your teammates may decide to work on the offense, and you may wish to work on your serve.
10. Love what you do and do what you love! When you choose to play a sport or activity that you love, practicing won't seem demanding.



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