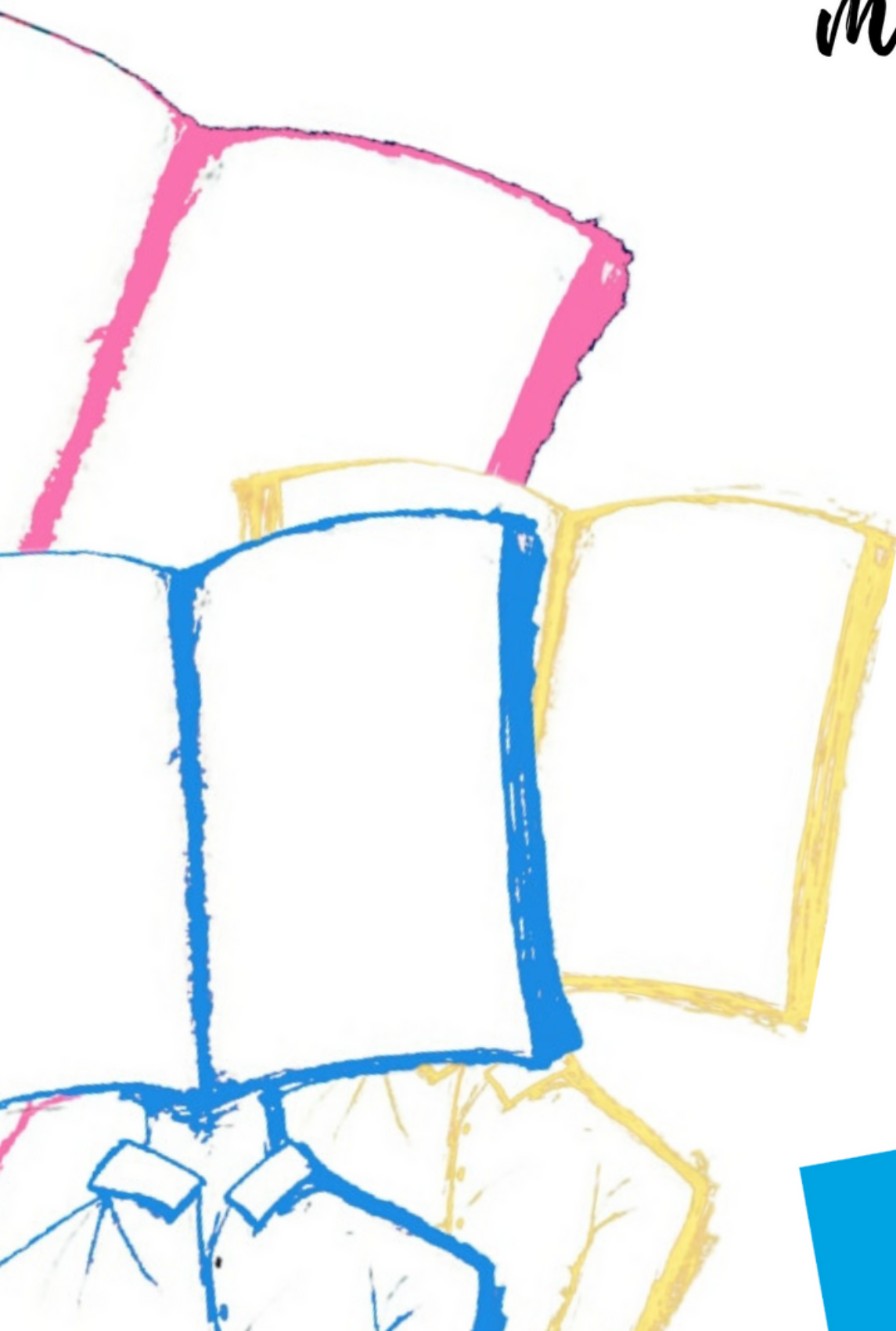


QUARANTINE SPECIAL 2020 | ISSUE NO. 4 |

BRIGHT minds



Brighton & Hove
City Council

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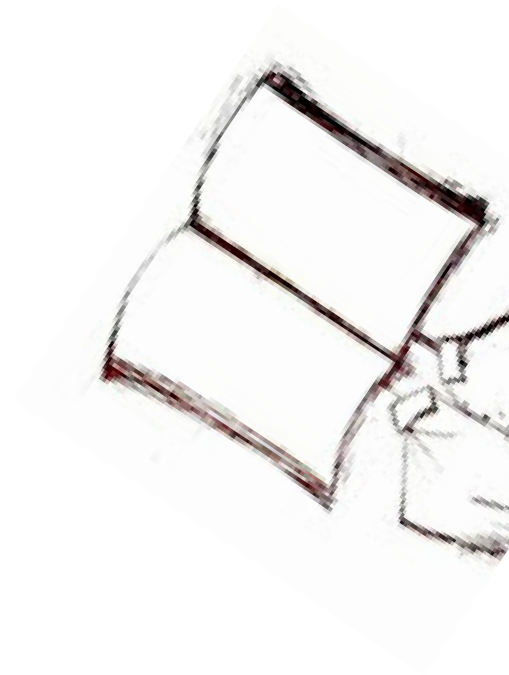




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Dear readers,

We understand that this is a difficult time for lots of people - we wanted to do something that could both provide support and perhaps give you a form of escape from everything that is going on. We hope this helps and wish you all the best. Stay Home. Stay Safe :)

Love, The **BRIGHT**_{minds} team





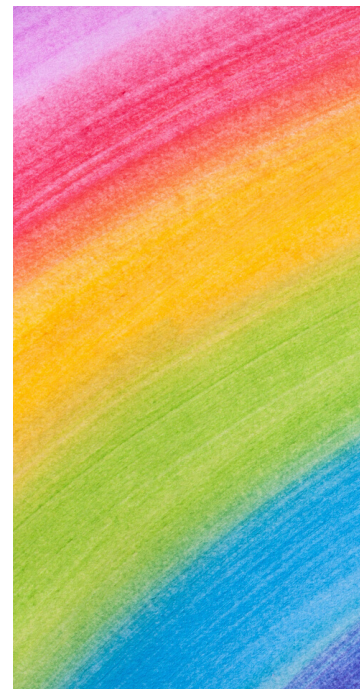
BORROW FOR ALIEN ENCOUNTERS



Borrow, download and enjoy ebooks and eaudiobooks with BorrowBox Library app.

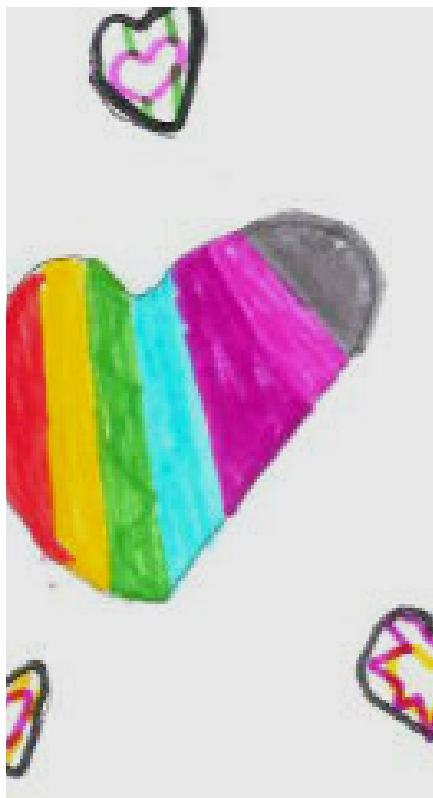
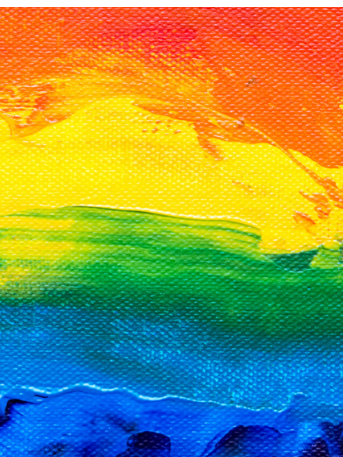
Get it now





thank you





supporting your wellbeing

Things are tricky at the moment - it's natural to be feeling very overwhelmed during a time like this. Our minds respond differently when we feel stressed and sometimes we forget or are unsure of how to reduce the negative emotions we are feeling. We've spoken to local mental health professionals for young people and gathered a collection of advice to share with you!

Humans were once cavemen. Although we have certainly evolved and changed over time, the way we respond to danger hasn't really changed. You've probably heard of fight, flight or freeze - this is a way of thinking that happens when our minds feel like we are in danger and need to protect ourselves. Danger doesn't always have to be something obvious like being on the very edge of a cliff, your brain can recognize a change in your life (such as suddenly having to stay indoors) as a threat and respond negatively. That is why it is perfectly okay to feel poop and also why it is incredibly important to try and accept and decrease your levels of stress. Better mental health improves your ability to communicate, focus and improve confidence... here's what you can do to help :

- Create a morning and evening routine; consistency in a time full of uncertainty might help your mind to feel more prepared and less stressed as a consequence :)

- Be careful with how much news you watch, sometimes the media can exaggerate content to spark an emotional reaction, keeping up to date is important but it might be more healthy if you stick to the government website for this instead


- Try to exercise at least one a day... this could be a walk or hula hooping or dancing in your room alone if the idea of a run makes you cringe. Exercising releases endorphins that make you feel happier

- Stay social online... read more about this on page ____

- Do things you enjoy, this could be producing something creative or listening to music or reading books.

- Contact your school if you're concerned about your wellbeing, you may not be there in person but all of your teachers are willing to help more so then ever! You can also talk to your friends and family about these issues too.

There is soooo much out there to support you, the first step is acknowledging your feelings and finding that support ! :)

- 
- 1) Create your master piece
(ie: art, photography, articles, short stories, poetry)
 - 2) Email to bright.minds.magazine@gmail.com

BRIGHT *minds*

- 3) We'll reply with a thank you and edit your work
behind the scenes
- 4) You'll be sent a copy of your work and once you
give us permission to use it, it's in!
- 5) Once the magazine is finished you'll be sent a
PDF full of everyone's hard work.

READING

Career

What Color Is Your Parachute? For Teens
by Carol Christen and Richard N. Bolles.

With fresh updates on the specific challenges of today's job market, this new edition features activities and advice on information interviewing, social media, internships, and more. Most importantly, it's packed with big-picture advice that will set you up to land the job that's perfect for who you are- and who you want to be

Fantasy

The Sacrifice Box by Martin Stewart - reminiscent of Stand by Me and Stranger Things. Five friends are thrown together one hot, sultry summer. When they discover an ancient stone box hidden in the forest, they decide to each make a sacrifice: something special to them, committed to the box forever. They make a pact: they will never visit it alone and they'll never take back their offerings. Four years later, someone takes breaks the rules and now everyone has to pay

LGBTQ +

Queer, There, and Everywhere by Sarah Prager. From high-profile figures like Abraham Lincoln and Eleanor Roosevelt to the trailblazing gender-ambiguous Queen of Sweden and bisexual blues singer who didn't make it into your history books, these astonishing true stories uncover a rich queer heritage that encompasses every culture in every era

Poetry

Somebody Give This Heart a Pen by Sophia Thakur. A collection of poems exploring issues around identity, difference, faith, relationships, fear, loss and joy. Intricate, evocative and dazzling - these are poems that explore the experiences that connect people; they encourage the readers to look within and explore the tendencies of the heart.

SUGGESTIONS

Classics

Little Women by Louisa May Allot. Join the sisters as they navigate their way through hardship and adventure in post-Civil War. The newly illustrated novel is available on Borrow Box (Along with all of the books we've mentioned in our Reading Suggestions) - its also available as an audio e-book if you would rather listen

Pretty Popular

One of Us Is Lying by Karen McManus; a story of what happens when five strangers walk into detention and only four walk out alive. Everyone is a suspect, and everyone has something to hide. Other books by Karen McManus are also available too!

wellbeing

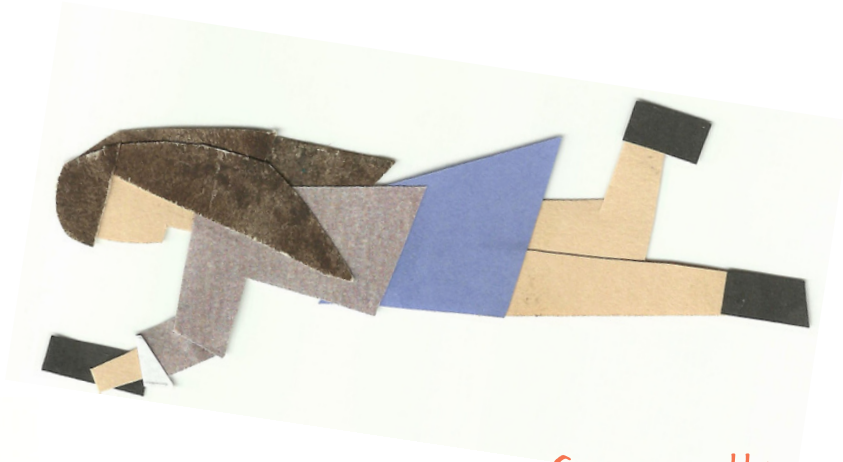
15 Minuets to Happiness by Richard Nicholls - a collection of short and simple exercises that take no longer than 15 mins. These exercises are proven to help with happiness and wellbeing. Also featured: the science behind our emotions and the myths/misconceptions we receive everyday. Perfect in case you're feeling down during this quarantine.

Catching Up

Bright Minds - we're on Borrow Box too! You can catch up on all of our issues and read all of our articles... or you could even produce your own content and we could feature you for our next edition!!

Ways to stay connected

Talking to others regularly is good for mental health and we realise that during this time it is important to stay in touch with friends and family who live apart from you. Here are a few ideas for long distance "meet ups":



Group calls

Many social media platforms such as WhatsApp, Discord, Zoom (insert more here) allow users to call several other people at a time, (some platforms also have videocalling as a feature) making virtual hangouts or family get togethers easier.



Movie Nights

Netflix party is an add on which synchs films and programs for groups of users, allowing you to watch them at the same time as your friends with a comment bar down the side.

Alternatively if you don't have Netflix you can always call while watching films on TV, or start a series together with friends.

Other ideas for group calls (when talking gets boring):

- Start your own book club
- Do a dramatic reading of a play
- Have a drawing contest
- Have a virtual picnic
- Online games



who to talk to for help

Being in one place for a long time can have a negative impact on people's mental health, so it is important to recognise how you are feeling and to talk to others about your feelings. Here are some people to talk to if you are experiencing persistent lows or don't feel comfortable talking to friends or family.

Mind charity

Mental health support for children and young people:

<https://www.mindcharity.co.uk/advice-information/local-services/services-for-young-people/>

Mental health and wellbeing support for Adults:

<https://www.mindcharity.co.uk/advice-information/local-services/adults/>

Samaritans

if you are experiencing low thoughts and need someone to speak to then you should contact The Samaritans on:

Free phone: 116 123

Local phone number: 0330 094 57 17

Wellbeing Service

Self-referral to the Wellbeing Service:

<https://www.brightonandhove.wellbeing.org/children-and-young-people17>

5 things to binge on netflix

As nice as it is to go to the cinema, sometimes its better to watch at home where you can pause the tv whenever you want and eat whatever you like and with so many shows and films available on Netflix, why wouldn't you?

1. THE UMBRELLA ACADEMY (15)

Based on the comics written by Gerard Way the show features a supernatural family who must put their differences aside to help save the world. Complete with time-travel, mystery, fight scenes, a killer soundtrack and characters so well written you won't be able to choose a favourite, this show is perfect for anyone looking for a plot to get stuck into.



2. BROOKLYN 99 (12)

Ever wondered what it would be like to be a cop in New York? Well it probably wouldn't be anything like this. Brooklyn 99 follows Jake Peralta, along with the rest of the 99th precinct as they solve crime and get into various hilarious predicaments.



3. STRANGER THINGS (15)

Set in the 1980's, Stranger Things is about a small town called Hawkins which suddenly begins to experience strange and supernatural happenings when a boy goes missing. Created by the Duffer Brothers, the show features an iconic opening, a group of D&D obsessed kids, a suspicious government lab and two more seasons once you finish watching the first...

4. THE CHILLING ADVENTURES OF SABRINA (15)

Everyone's favourite teenage witch is back, and this time she's more rebellious than ever. Based on the Archie Comics, The Chilling Adventures of Sabrina is exactly that. Funny and dark with a touch of gore and plenty of magic.



5. TRINKETS (15)

This show follows 3 girls who go to the same high school but live in different worlds... until they all end up in the same support group for shop lifting.



keeping active

you could...

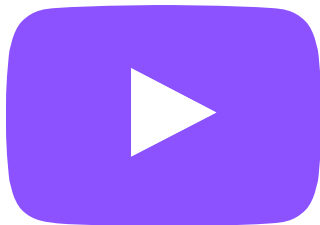
use apps on your phone to encourage exercise; its recommended to include a combo of yoga and working out! Here are our favourites (they're available on both ios and android) :)



**Yoga for Beginners
| Mind+Body**



**Seven - Quick At
Home Workouts**



orrr...

there is always YouTube videos to watch instead. For yoga there is :

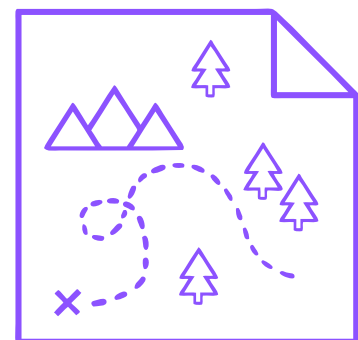
<https://www.youtube.com/watch?v=v7AYKMP6rOE&t=2s>

and for working out there is:

<https://www.youtube.com/watch?v=v7AYKMP6rOE&t=2s>

orrr...

you could go on walks and explore parts of where you live that yiu didn't know were there before, we're really lucky to live in an area with so many amazing things to see :)



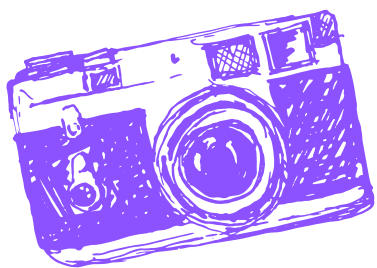


orrr...

you can try alternative ways to exercise such as hula hooping or dancing, these activities can often feel less like work and more like fun - if the idea of doing an at home PE lesson is an ew, this is definitely a cool idea to consider :)

orrr...

you could make up games with your household such as board games with paper or hopscotch with chalk outside or you could come up with your very own idea...



other ideas ...

couch to 5k,
photography challenges whilst walking,
video calling your friends and working out
together and much more !!

omg I'm on the cover of a magazine!

Fancy having your art featured on the cover of our 'Bright Minds' magazine? Simply colour in our logo using anything you like and share it with us! We loved seeing your designs at 'B Fest' and can't wait to see more :)



Step one)

carefully tear out the next page with our 'Bright Minds' logo and gather all your arty equipment!

This could be :

- colourful pens/pencils
- your favourite paints
- STICKERS !!
- any photos you want to collage together
- glue (for sticking cutesy bits & bobs together)
- or.... anything you like!

Step two)

Using your amazing imagination, put together your art piece and snap a picture.

Make sure:

- the background is white
- to include your name and age
- the image is clear

Step three)

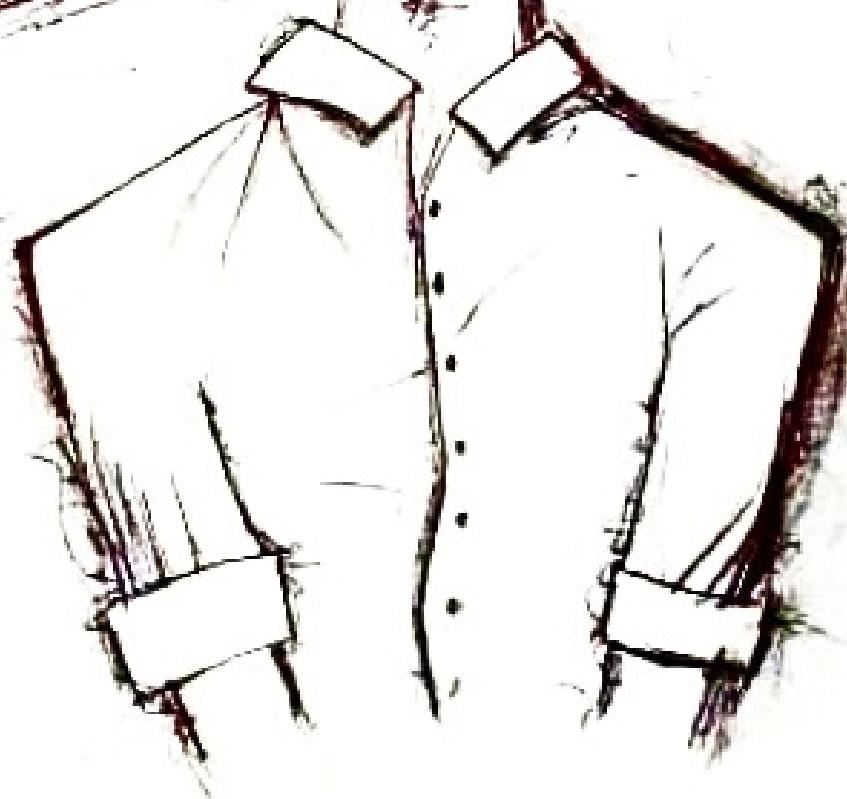
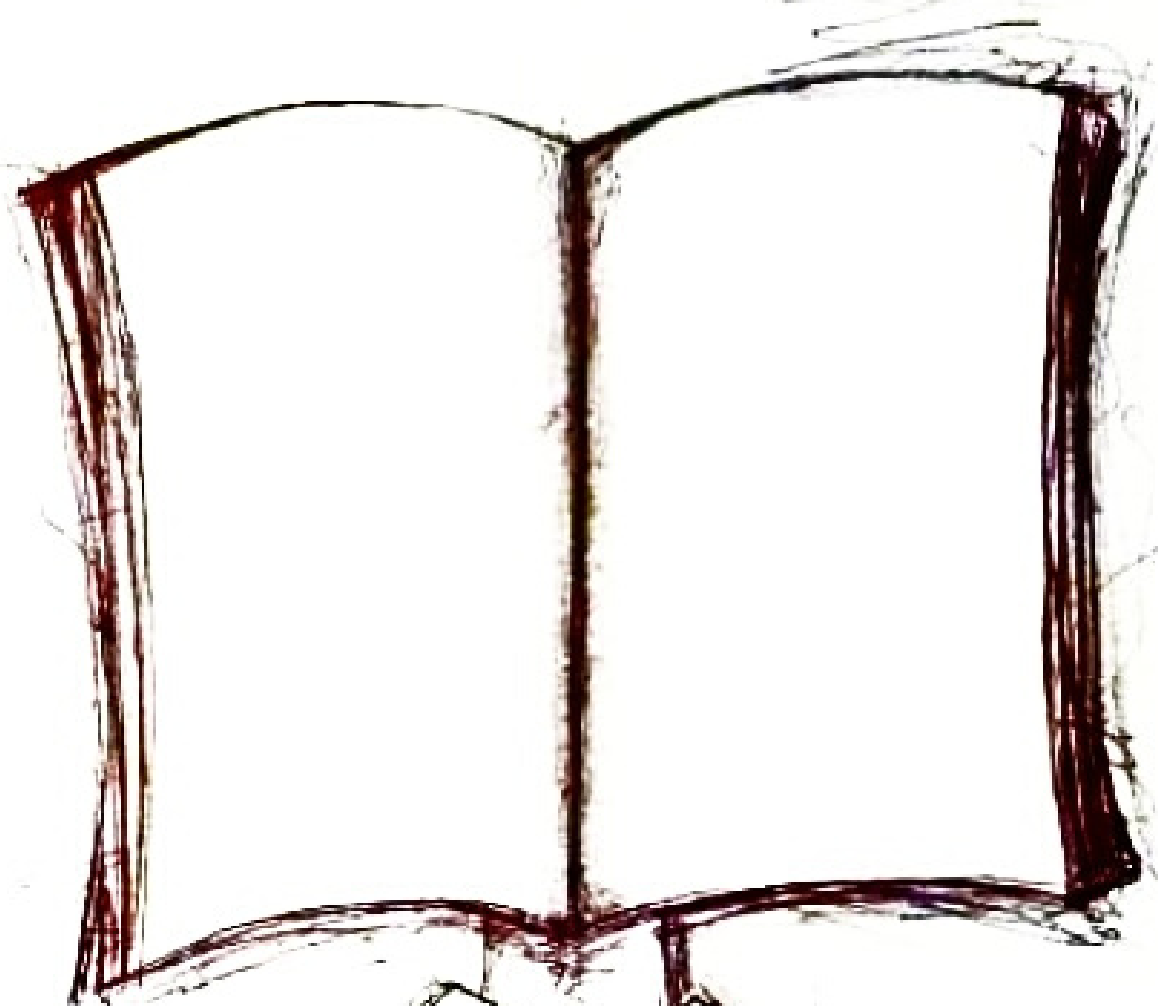
Email to bright.minds.magazine@gmail.com

or...

Send a physical copy to Jubilee library via post / hand it at the children's section

or...

tag us in an Instagram post



BRIGHT minds

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