

Health

& Young People

London

Youth Special

ELEVATED

Special Edition

HEALTH



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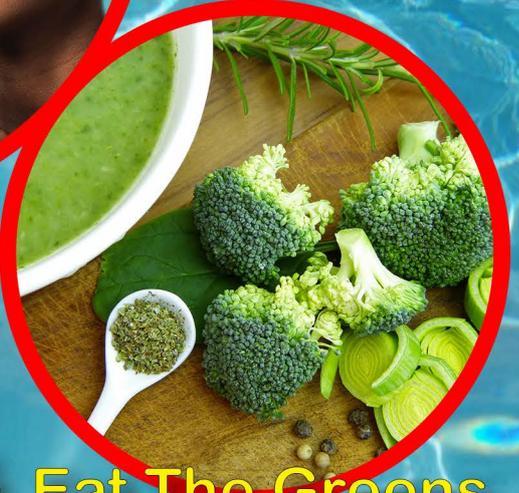
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Leave The Screens & Eat The Greens

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Drinking water is essential to a healthy lifestyle

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BENEFITS OF MUSIC

Listening to music has been known to have many benefits on one's health:

Improves mood

Studies show that listening to music can benefit overall well-being and help regulate emotions.

Reduces stress:

Listening to music has been shown to reduce stress in healthy people.

Lessens anxiety

In studies of people with cancer, listening to music, combined with standard care reduced anxiety.

Improves exercise

Studies suggest that music can enhance aerobic exercise, boost mental & physical stimulation, and increase overall performance.

Improves memory

Research has shown that the repetitive elements of rhythm and melody help our brains form patterns that enhance memory.

Eases pain

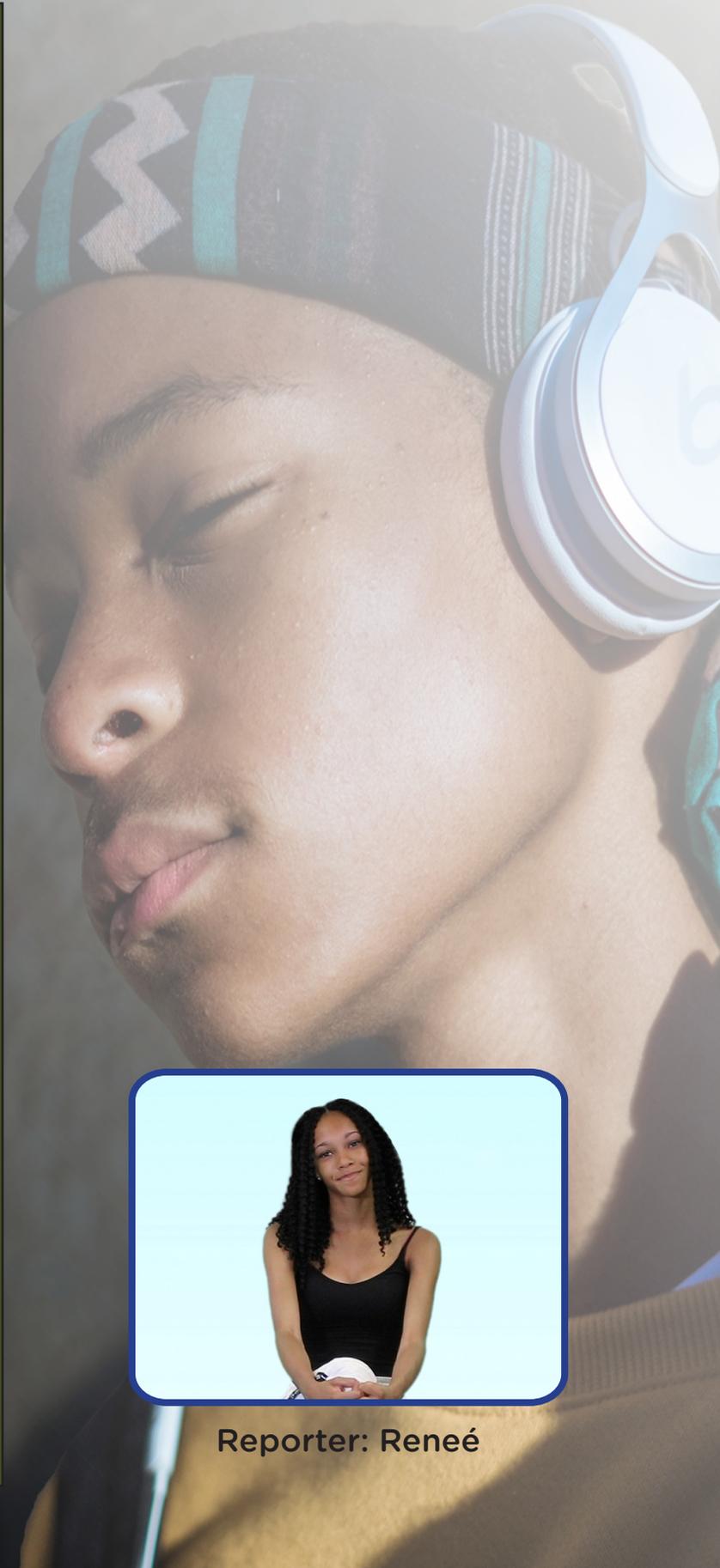
In studies of patients recovering from surgery, those who listened to music before, during and after surgery had less pain and more overall satisfaction.

Provides comfort

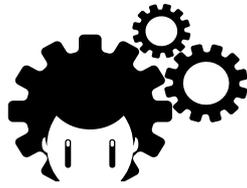
Music therapy has also been used to help enhance communication, coping with illness, and expression of feelings.

Improves cognition

Listening to music can also help people with Alzheimer's recall some lost memories due to the illness.



Reporter: Renéé



HEKTOR'S PERSPECTIVE

Hello and welcome to Hektor's Perspective.

Great Britain

Britain is the fattest country in Europe. Child obesity is soaring and the London Borough of Newham is no exception.

With a combination of poor diet, based on takeaway meals, lack of exercise and hours spent glued to digital devices our youth's general state of health is far from perfect.

Obesity increasing

We are getting fatter by the minute. Overweight and obesity rates are sky rocketing off the charts.

Emotional imbalance

This does not aide our self-esteem and mental balance, mirroring in a severe increase of psychological as well as physiological problems.

Assistance is needed

All is not well and we need to take measures in order to save our Newham youth.

I'm Hektor and I'll see you next time on Hektor's Perspective.



Reporter: Hektor



HEALTHY EATING



Tuna Pasta Salad

It is very important to keep healthy. Having a balanced diet is one of the ways that help you to stay healthy.

Cooking instructions can be found online here:
<https://www.bunsinmyoven.com/tuna-pasta-salad/>

Ingredients:

- Pasta (about 300g)
- Tuna (2 tins)
- 1 Whole cucumber
- Romaine lettuce (how much your heart desires)
- Balsamic dressing
- Boiling water (750ml)
- Sweetcorn (750g)
- About 15 plum tomatoes
- Mayonnaise
- Hot pepper sauce

Equipment:

- Chopping board
- A bowl (for salad)
- Wooden spatula
- A pot (for pasta)
- Another bowl (for tuna)
- Colander
- Dessert spoon

Reporters



Fatima



Dorinda



SPORTS & HEALTH



Reporters



Kareem



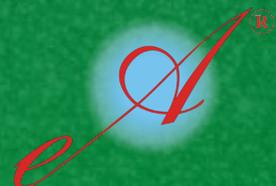
Tyrese

There is moderate evidence that suggests physical activity can reduce depression and anxiety in young people. However, it is more of a mood enhancer than a direct reducer of depression and anxiety (*theatlantic.com*).

As a physically active person, your mind is distracting itself from things that may cause melancholy and stress on your mind & body. Physical activity generates positive

activity in the brain.

If you regularly exercise by playing sport, or any other physical activity, it can boost your self-esteem, strengthen you and develop your skills and increase your stamina.





MENTAL HEALTH

BE IN YOUR MATE'S CORNER

1 in 10 young people will experience a mental health problem this year. If your mate's acting differently, step in.

- 1 Reach out. A text or call goes a long way.
- 2 Listen, don't judge.
- 3 Do something together.

time to change
MIND
@inyourcorner

EA News Special

MENTAL HEALTH AND YOUNG PEOPLE

MIND INFOLINE: TELEPHONE: 0300 123 3393 (9AM-6PM MON - FRI) → RETHINK MENTAL ILLNESS ADV @Elevated_today

EA NEWS
Elevated Aspirations

Recent figures on mental health show that 1 in 10 young people will experience a mental health problem.

These include; anxiety, depression, eating disorders, panic attacks, and Bipolar Disorder. These can cause some young people to self-harm.

Bipolar Disorder:
A disorder caused by traumatic events in a person's childhood. It can result in mood swings with episodes lasting 2 - 7 days or longer.

Self-harm:
Self-harm is caused by many things in a young person's life such as failed relationships and depression. Self-harm can be taken too far and might result in a fatality.

These all affect the quality of life for a young person. For more information and support please contact:

MIND on 0300 123 3393
or
Rethink Mental Illness on
0300 5000 927

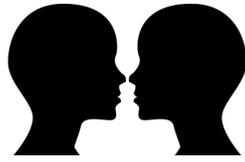
Reporters



Tianah



Kaylah



SELF-IMAGE



Self-image

Self-image is the idea one has about one's appearance, personality and abilities. Self-image must be positive because being negative about yourself will not give you any confidence to live your dreams.

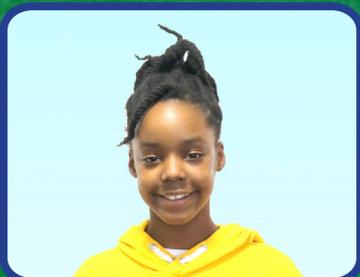
A negative self-image can come from hearing negative things about yourself and believing them. Here are 3 things to bear in mind about positive self-image:

1. Say positive things about yourself, your life - never say negative things
2. Be assertive - not aggressive
3. If other people are mean to you, it shows what they are like not what you are like!

Reporters



Khadijah



Tyler

I Am Proud Of Who I Am

Some people call me unhappy, dead, just because I don't smile or laugh all the time like they do.

That's not fair! Just because I am not like them, I get called names - but I don't care!

I am proud of who I am no matter what!

And that's That.

Tyler

For more information contact us at:
inspire@elevated-aspirations.co.uk



Reporters



Fatima
Youth Ambassador
Age 12

I recently started my second year of secondary school.

Secondary school has given me the opportunity to advance more in music.



Kareem
Youth Ambassador
Age 17

I go to sixth form and work part time in retail products.

However, in my free time I volunteer at Elevated Aspirations.



Reneé
Youth Ambassador
Age 17

I assist with modelling in the youth programme at Elevated Aspirations.

I am a full time student in sixth form. I study, Psychology and Art.



Kaylah
Reporter
Age 10

I am a young, lively girl who loves art.

I am in Valence Primary School and look after myself and others around me.



Tyler
Youth Ambassador
Age 11

My name is Tyler and I love my life.

I never think less of myself even if someone tries to put me down.



Tyrese
Reporter
Age 18

I am currently in college and am studying Game Design and Animation as an extended diploma.

I hope that I can find a career as an animator for Marvel or Disney and my own company.



Tianah
Youth Ambassador
Age 14

My name is Tianah. I am 14 years of age and attend Langdon Academy.

I have been dancing ballet for 5 years and I also play netball for my school.



Khadijah
School Counsellor
Age 9

I like running because I always win and I like singing because I sound like Beyoncé.

I like helping people and I am a School Counsellor.



Dorinda
Youth Ambassador
Age 12

I am the youngest out of all my siblings.

I am a Youth Ambassador and model, sing, & dance in Elevated Aspirations.



Hektor
Reporter
Age 13

I run a talk show in Elevated Aspirations called Hektor's Perspective.

In the show I tackle pressing issues in modern day society.

