



Reducing Stress

*... and our ways to
achieve peace*

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Team Members



Sienna You, Senior Vice President of Writing and Composition, enjoys playing volleyball, hanging out with friends & family, and listening to BTS. As a part of The Haven Community, she hopes to express her feelings and provide support for other teenagers.



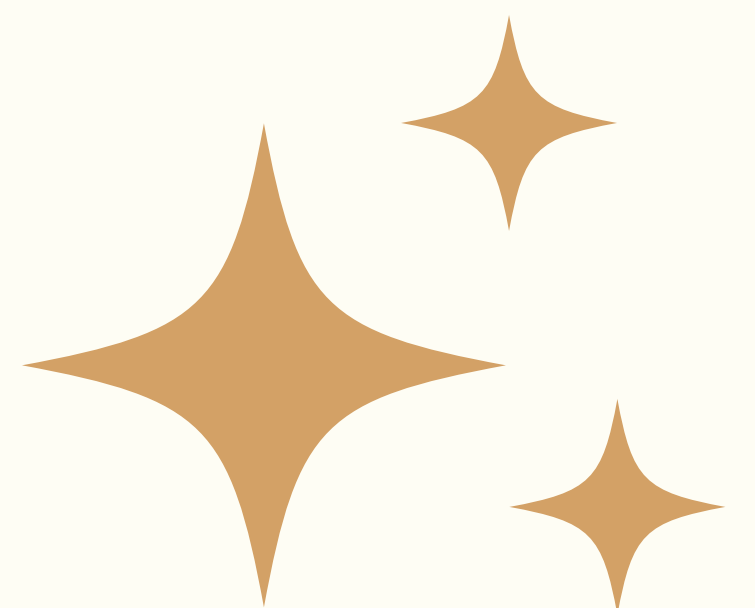
Sarah Michaels, artist at The Haven Community, believes that it's critical for teenagers to take care of their mental health and realize that there's someone out there willing to lend a hand during times of struggle. Although she has a great passion for science, she also finds interest in drawing and hopes that joining The Haven community will help her improve as an artist. If Sarah isn't doodling in her notebook, she is either reading manga or listening to music.



Celeste Cortez, writer at The Haven Community, enjoys writing because she believes that it is a great opportunity to express herself and is what she's truly passionate about. She admires how you can see a person's personality and character by their writing. She hopes readers can get a glimpse of who she is and what she loves. Other than writing, she enjoys learning about science, especially anatomy and biology.



Shourya Kulkarni, artist at The Haven Community, enjoys comic-style art, martial arts, and Indian classical dancing. She has an interest in the STEM field.



Passing Time with Volleyball

by Sienna You



Boredom

The thing I hate the most is being stuck at home. Having to be stuck at home for a whole year during quarantine is something I never want to experience again. So, because I had no plans at the beginning of summer I realized I needed something to pass the time. Luckily, my school was open for volleyball clinics during summer which was exactly what I needed. I was on the volleyball team last year and enjoyed it a lot because it helped me escape from the stress of school and other things that were bothering me. Also, since I haven't been working out due to a very busy school year, it was a perfect opportunity for me to exercise and make sure I keep in shape for the upcoming volleyball season.

Benefits

The first volleyball clinic I attended was really fun because I got to see my former teammates and classmates. I'm not the type of girl to hang out with friends constantly so having a chance to interact with others was really nice for me. The practice also made me realize the urgency of working out again. Ever since quarantine I stopped being active so

practicing volleyball will definitely help me break that habit. Volleyball is a sport I really enjoy and practicing it helps me break away from the stress in my everyday life. Doing something that's active, collaborative, and a thing that I truly want to do has helped tremendously and encourages me to participate in activities more often so I'm not drowning in work and worriedness. Overall, practicing a sport has proven to be super beneficial to me, and is something I would 100% like to continue to help with balance in my life.



by Sarah Michaels



Hobbies To Ease The Mind

by Celeste Cortez

Summer Has Begun

After both a hectic and slow school year has come to an end, I am sure we can agree that a calm summer is needed. Many of us may have a summer filled with AP summer assignments, internships, programs, college classes, work, and summer school. It is great to take advantage of summer opportunities and also have various activities to keep you busy. However, we all deserve to have a great summer filled with doing things we love, especially because we have been taking exams and completing countless assignments for the past few months. It may seem as if you have a lot on your plate, but it is important to find some hobbies that can keep you relaxed. Here are some hobbies you could try out during your summer break that can ease your mind.

The Benefits of Sewing

If you enjoy arts and crafts, you should try sewing. While sewing may appear as a difficult hobby to acquire, sewing has various health advantages that could relieve stress. Sewing can brighten your mood, improve your hand-eye coordination, and even help maintain proper

posture. By gaining sewing skills, you could make alterations to clothes and accessories that you currently own. You could also use sewing as an outlet for creativity because you can design whatever you want and at the end of the day, you can feel self-satisfaction and feel accomplished for creating a unique piece of work. In addition, many people who sew claim that sewing makes the perfect base for total mental relaxation and that sewing has helped many people work with their anxiety because they are able to construct art on their own with complete control.

Dancing Is Advantageous

At one point or another, we all have danced. We usually dance whenever we hear our favorite song on the radio or when we are at a party. Dancing is a great hobby you can obtain or just do for fun. There are different types of dances such as ballet, ballroom, hip hop, salsa, jazz, contemporary, and so much more. During the summer, you can find a dance style that best suits you and you can find a local dance studio to learn. If taking a dance class alongside other people is not something that intrigues you, you could also find step by step videos on YouTube or another social media site for free. Furthermore, there have been various studies conducted that state that there is a link between happiness and dance. It is also proven that dancing improves both people's physical health and mental health.

Sketching Relieves Stress

Another hobby that you can get to alleviate any stress that you may have is sketching. Sketching is a great way to get calmness, serenity,

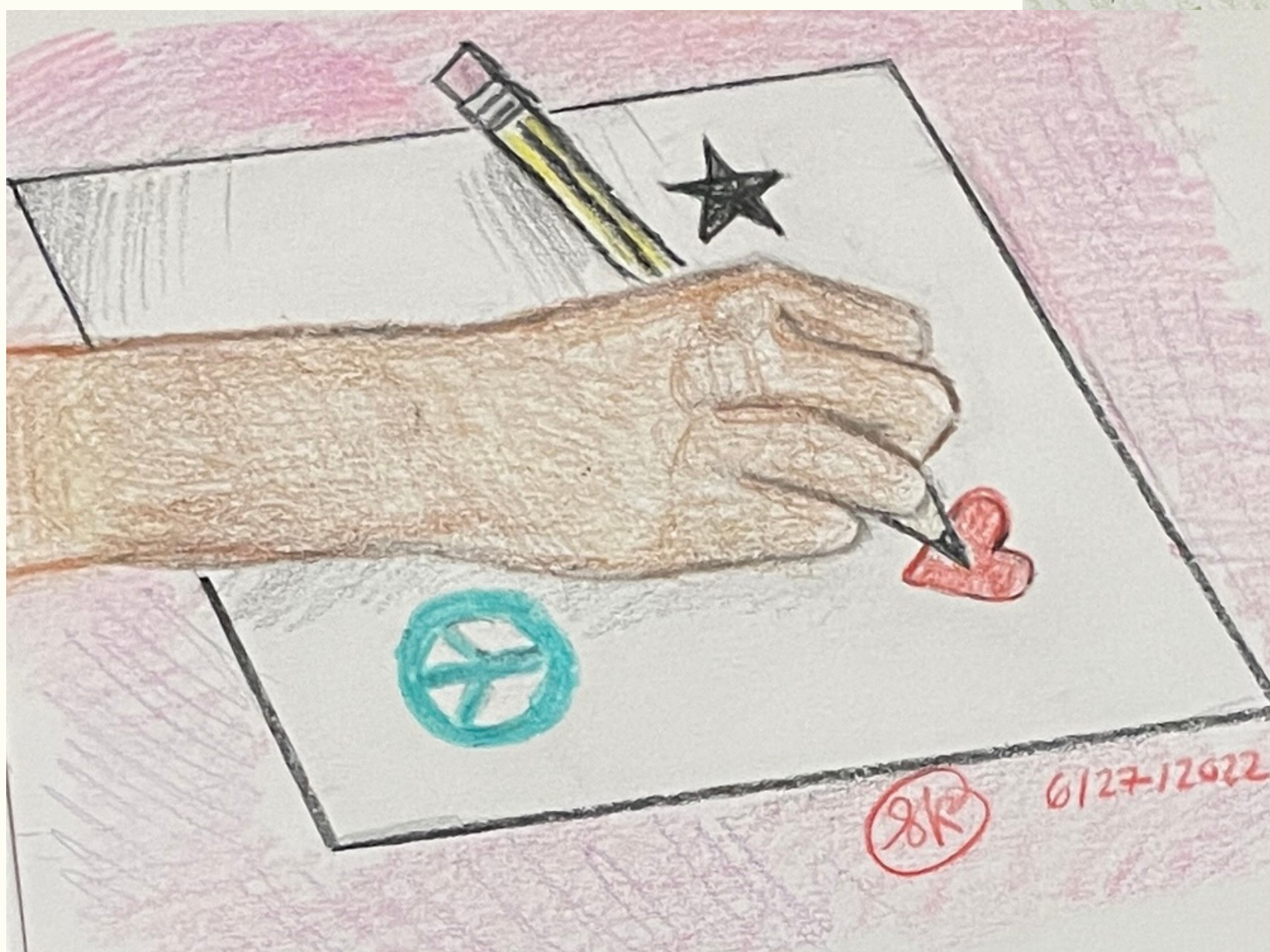
and peace during your summer break. Unlike painting or drawing, sketching is basically freehand drawing that is not necessarily finished work. Sketching is mainly intended for practicing or experimenting your art skills. You can sketch a person you see, a memory, a thought, your favorite animal, or simply something that sparks your interest. To sketch, all you need is sketching paper and a pencil. Sketching can take your mind off anything that is stressing you out, and is a great way to enjoy yourself and let your mind rest. By sketching, you develop an ability to focus and pay attention to your work and with that you gain confidence through your art and your sketches as you become better and better.

Taking Time for Yourself

This summer, it is important to not overwork yourself with more school work or other things in your day to day schedule. We all need to rest and do things that make us happy while we have lots of time to do so. Hobbies are a great way to ease your mind and keep you relaxed. Getting into sewing, dance, and sketching is a great way to do this. Many people who have hobbies strongly believe that their own hobbies have helped them with stress. However, the hobbies you do during the summer do not have to be sewing, dance, or sketching. There are so many other hobbies that you can enjoy such as writing, swimming, ceramics, watercolor painting, and much more. Therefore, you can take some time to explore different hobbies in order to find out what exactly is right for you and what you will love.



by Shourya Kulkarni



Creating Memories With Loved Ones

by Sienna You



Summer Resolution

One of the best things I've done for myself this year was spending more time with my friends and family. Looking back at one of the hardest, most stressful school years of my life, I came into summer break with a resolution that I would spend less time worrying and pressuring myself, and more time easing my mind and spending it with my loved ones. Back when I would spend countless nights studying, I had little to no time socializing, leading to a very unhealthy lifestyle. Now that school is over and I have months of free time (let's just forget about summer classes + assignments in this scenario), I've been using my break doing the things I couldn't when I was busy: making memories with the people I love~

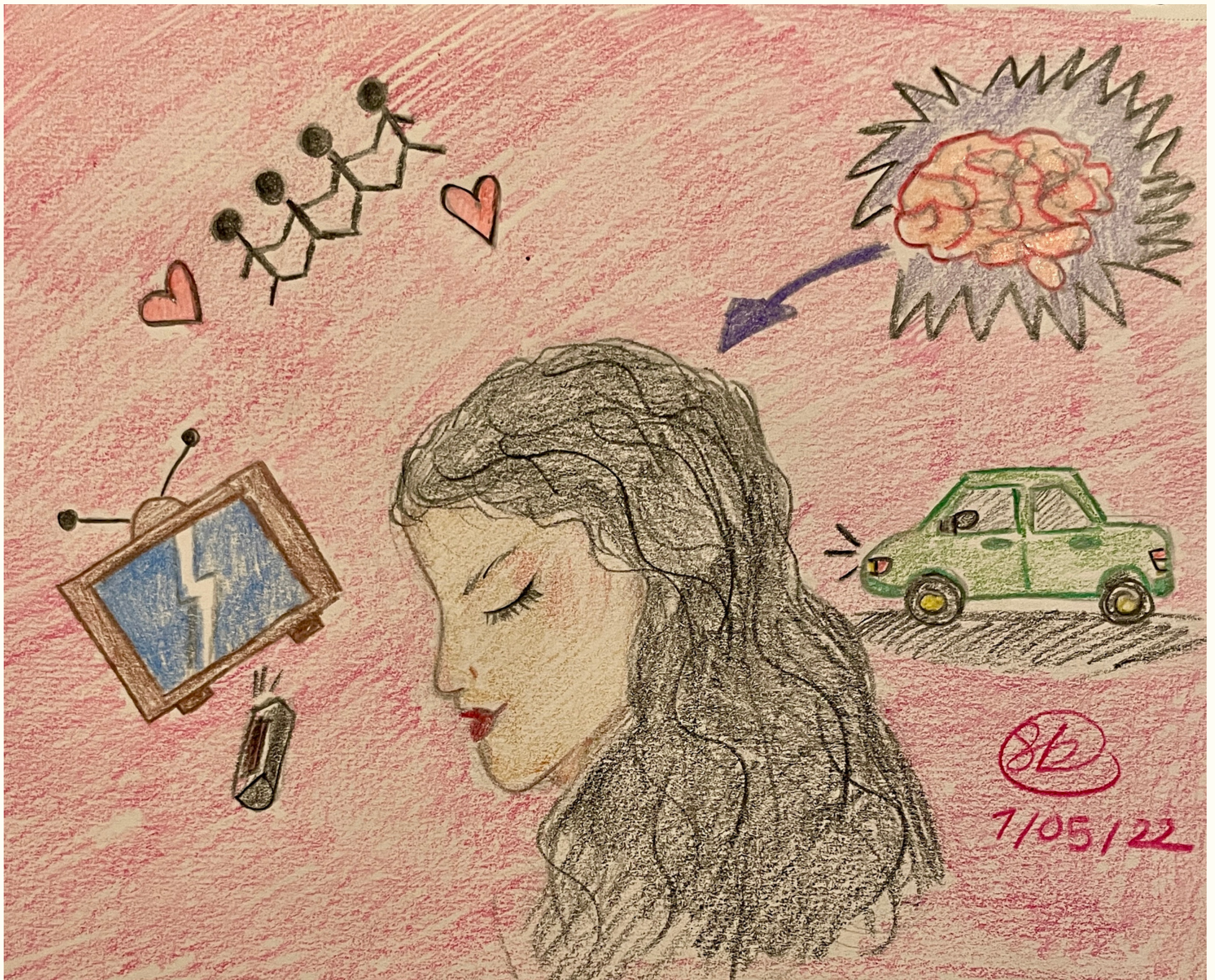
Meeting With Friends

The first month of summer break started off slow and relaxing, spending most of it by myself. After just moving in to my new house, I used the first few days practicing self-care I so badly needed ending the school year. I started reading, catching up on tv and movies, and regularly cleaned and organized my room. Now that I was starting to

feel like myself again, I craved time to spend with my friends. I hung out with my best friend at my house and had such a good time. It felt so nice to have designated time to spend with my bestie and laughing with her is always my favorite. I also went on some dates with my boyfriend so, of course, those were great days as well. The best part about hanging out with friends is that I can have a good time to just have fun and forget about all my responsibilities for the period of time I'm with them. My friends mean everything to me and hanging with them will always make me happy.

Family Vacation

Every summer, my family tries to plan a summer vacation for us whether it's an out of country trip or a drive to another city. This year we had planned to go to Korea, my first time, but unfortunately our trip was canceled due to COVID restrictions. Luckily, my mom planned a road trip for us through Arizona, Colorado, Utah, and Nevada for two weeks. I've never been on such a big road trip before and even though it's not Korea, I'm still happy we can have a trip all together as a family. The days leading up to our trip were really stressful as I had to juggle between volleyball practice, packing, and summer assignments (UGH!!!). I desperately needed a vacation where I could have time away from my thoughts and the road trip did just that! I felt so connected to my family and experiencing nature was so scenic and reviving. No matter how hard my life gets, I've learned that the love I receive from my friends and family will always make me feel better. I am so grateful and can always count on them for making life worth every second.



by Shourya Kulkarni

Limiting Screen Time Improves Health

by Celeste Cortez

Digital Media Use

Most of the things we do nowadays revolve around technology. We use our phones to communicate with family and friends. We regularly check social media such as Instagram and Facebook to interact with new people and share great memories. We use our computers or laptops to do homework and other important assignments. We even play video games and watch movies to entertain ourselves. It is great to have access to technology to do all of these things but sometimes, it is better to take a break and separate yourself from your devices for a bit.

The Benefits of Less Screen Time

It has been proven by various experts throughout the years that keeping yourself away from your technological devices relieves stress. When you are away from your phone, you can focus more on your mental health and do activities you enjoy that do not involve a screen. This means that less screen time may increase your productivity. Not only that but because you are on your device less, you can improve

your sleep schedule and have time to do things that can keep your body healthy.

How To Start

In order to begin staying away from your devices for a while, you can create a schedule that states from what times you will put your phone aside. This schedule should be written on paper to encourage you to not use a device for long periods of time. If you have an Apple device, you can go to Settings and scroll a little until you find Screen Time. Once you find Screen Time, you can control how long you stay on that device. This feature allows you to limit how much time you are on a certain app and how long you can communicate with a certain contact.

An Experience

When COVID-19 began to spread more rapidly in March of 2020, everyone had to go on lockdown. I had to be at a Zoom meeting for around 6 hours everyday to attend school and spend an extra 2-3 hours doing homework. On top of that, I FaceTimed my friends every weekend to catch up. During this time, I realized that I had been on my phone and on my computer for much more time than before. I began to limit my screen time. I set up reminders to myself to stop checking social media so often and to stop staring at a screen for long hours. This allowed me to get so much rest and focus on my own personal health. This was a great feeling.

Reduce Your Screen Time

If you feel as if you have lots of stress at the moment, managing your screen time could be a great way to relax and pay attention to yourself. Reducing your screen time does not mean to not be on your phone for an entire day. By reducing your screen time, you simply have to be on a device 1-3 hours less or the amount of hours that you believe will positively impact you and your overall health. When you are not on a technological device, you have time to go outside and do hobbies, run errands, and hang out with your loved ones.



by Sarah Michaels



Thank You!