



Relationship Between Internet Use and Mental Health

Our lives seem to be lived through the Internet these days, but does excessive Internet use or social media use affect our mental health? The answer is yes! Despite its benefits in education, work, social interaction, and entertainment, overuse can harm your health.

In essence, social media is a powerful communication tool that has changed how individuals connect with one another. Through virtual networks, people can exchange and share information, thoughts, and ideas more quickly. However, there are some downsides to social media.

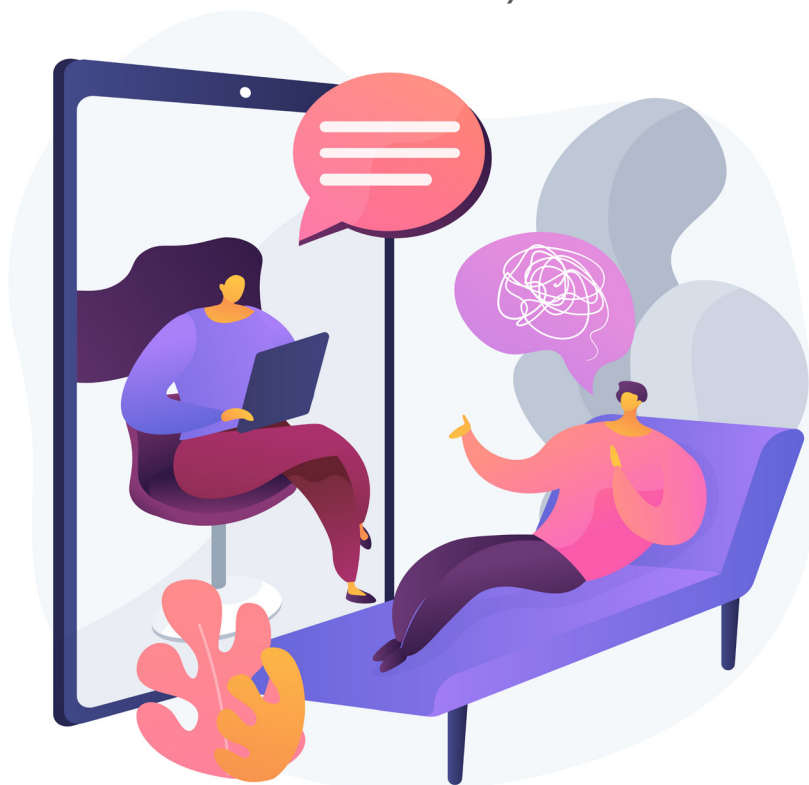
Low-quality sleep and mental health problems can be caused by excessive social media usage. In fact, excessive Social media usage is associated with depression, anxiety, and low self-esteem.

It is good to use social media to keep up with family and friends, but it is important to pay attention to how its effects affect our mental health. According to studies, excessive social media use can lead to feelings of depression and dependency in some people. Whenever we visit social media, we are looking for affirmation, and whether we are aware of it or not, we are comparing our lives to those of others. Feelings of inadequacy may be triggered by social media. Some people may feel that their lives or appearances do not compare well with those of others on social media, leading to feelings of envy and dissatisfaction.

Taking the time to write down five things you are grateful for every day is recommended by professionals. You can overcome feelings of low self-esteem and envy by focusing on the positive aspects of your life.

The prevalence of cyberbullying has continuously increased with the advent of social media platforms like Snapchat, Kik, Instagram, Twitter, and Facebook. When not addressed and stopped, cyberbullying is continuous, anonymous, and extremely damaging to mental and emotional health.

Written by: Rima Terro - G12





Addressing Burnout: *Strategies to Help you Reset*

It occurs to everyone at some point or another to get frantic while moving from a place to a place, working, assisting others, or just caring for family; we sometimes get far too busy and overlook taking time to relax enabling the occurrence of burnout.

Burnout is a state of psychological, physiological, and mental depletion brought on by prolonged and undue strain. As the stress accumulates, one gradually loses interest and motivation for embarking on a certain task in the first place leaving one feeling increasingly helpless, hopeless, cynical, and resentful.

Physical signs and symptoms of burnout

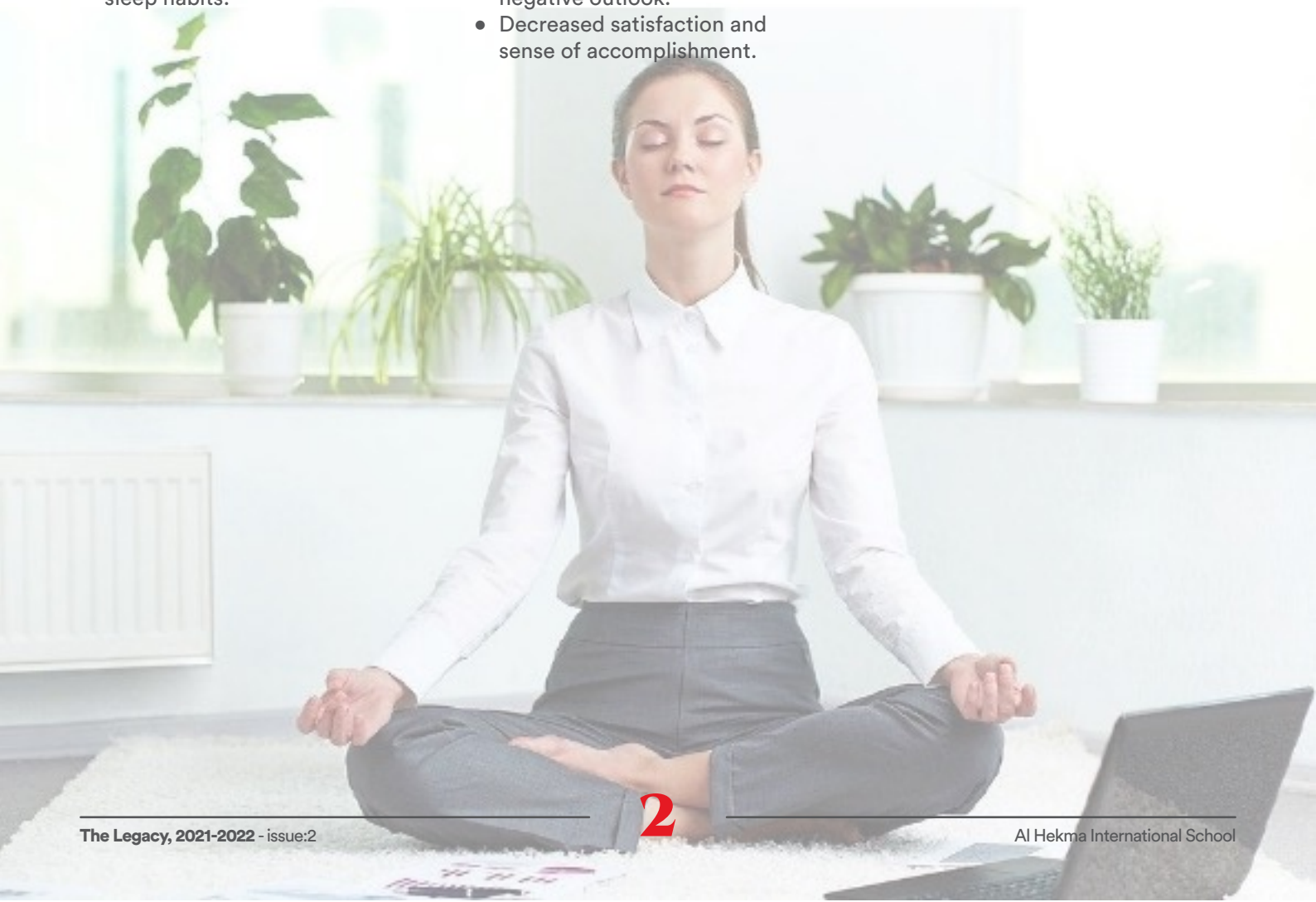
- Feeling tired and drained most of the time.
- Lowered immunity, frequent illnesses.
- Frequent headaches or muscle pain.
- Change in appetite or sleep habits.

Emotional signs and symptoms of burnout

- Sense of failure and self-doubt.
- Feeling helpless, trapped, and defeated.
- Detachment, feeling alone in the world.
- Loss of motivation.
- Increasingly cynical and negative outlook.
- Decreased satisfaction and sense of accomplishment.

Behavioral signs and symptoms of burnout

- Withdrawing from responsibilities.
- Isolating yourself from others.
- Procrastinating, taking longer to get things done.
- Taking out your frustrations on others.



Dealing with burnout requires the “Three R” approach:

Recognize. Watch for the warning signs of burnout.

Reverse. Undo the damage by seeking support and managing stress.

Resilience. Build your resilience to stress by taking care of your physical and emotional health.

Tip 1: Turn to other people

Nature’s cure to stress is social interaction, and chatting face to face with a good listener is one of the simplest methods to relax your nervous system and to reduce tension. The person with whom you speak doesn’t need to “fix” your problems directly; they simply need to be a good listener, someone who will listen intently without conveying judgments.

Tip 2: Reevaluate your priorities

Burnout is an indisputable indicator that something vital in your life is not operating correctly. Take some time to reflect upon your hopes, ambitions, and dreams. Are you ignoring something really vital to you? This may be a chance to rediscover what truly makes you happy, as well as to slow down and give yourself time to relax, think, and recover.

Set boundaries. Don’t strain yourself far too much. Remember to say “no” to time-consuming demands. If this is tough for you, remember that saying “no” permits you to say “yes” to the commitments you want to make.

Take a daily break from technology. Set a time each day when you completely disconnect. Put away your laptop, turn off your phone, and stop checking social media.

Nourish your creative side. Burnout may very well be effectively treated with creativity. Come up with something new, undertake an enjoyable project, or pick up an old interest.

Set aside relaxation time. Yoga, meditation, and deep breathing are relaxation practices that trigger the body’s relaxation response, a state of restfulness that is the counterpart of the stressor.

Tip 3: Make exercise a priority

Even though it’s the last thing you may want to do when you’re exhausted, exercise is a strong remedy to stress and burnout.

Aim to exercise for 30 minutes or more every day, or divide it up into 10-minute intervals. A 10-minute walk may boost your mood for two hours. Instead of dwelling on your emotions, focus your attention on your body and how it feels as you move: the sensation of your feet striking the ground, for example, or the breeze on your skin.

Tip 4: Support your mood and energy levels with a healthy diet

You are what you eat, as the proverb goes, for what you consume may have a significant influence on your mood and energy levels throughout the day.

Minimize sugar and refined carbs. You may crave sugary snacks or comfort foods such as pasta or French fries, but these high-carbohydrate foods quickly lead to a crash in mood and energy.

Reduce your high intake of foods that can adversely affect your moods, such as caffeine, unhealthy fats, and foods with chemical preservatives or hormones.

Eat more Omega-3 fatty acids to give your mood a boost. The best sources are fatty fish (salmon, herring, mackerel, anchovies, sardines), seaweed, flaxseed, and walnuts.

Written by: Fatima Ahmed - G12





Design Your Imagination: Virtual Reality Designer

A virtual reality designer is someone who creates virtual worlds for VR users. VR Designers have the freedom to be creative, a lot of people would use this freedom to be innovative. Whether it is a world made of chocolate or a maze that never ends, your imagination can create worlds beyond your wildest dreams. Today, many young people play video games, immersing themselves into worlds of battles and adventure.

Having the chance to design their own worlds and get paid for it is a fantasy fulfilled. In the future, many people would love to work as a VR designer because of the opportunities to innovate and to be creative that come with such a job is worth taking. Creating and customizing spaces for others to enjoy is a wish granted for many.

It's not just that VR designing is a job that many would enjoy, but it's also becoming increasingly in demand. Virtual reality has been on everyone's mind since Facebook rebranded to the Metaverse and started focusing on it. As part of the VR trend, Apple has revealed that it is developing a headset that has futuristic features. All these commotions tell us a lot about VR's future.

As a VR designer, you can also work from home. As most of the work is done while wearing a headset, you can design from any location. Since more companies are developing their own VR worlds, this is the job of the future. Most young people nowadays would love a job as a VR designer because of the flexibility and creative freedom that the job brings.

Written by: Yasmeen Masalmeh - GR.9



We live in a capitalistic world

Our education, healthcare, transportation, communication, and banking system involve capitalism.

Everything is privately owned, even public spaces. Many entities around us are for-profit and privately owned and maintained, which means the owner of those places, or the service providers is not the government rather an individual or private business which seeks profit.

Yet, there are many positive points in this system as it creates competition which speeds up rapid development in the space. For example, if a Bus company transports a person from point A to point B for 1 BHD another company could do the same service for a lower more competitive price to attract customers which may force the first company to also lower its prices, so that they don't lose their customers. In fact, this benefits customers as they get a better service for a lower cost.

This system also has disadvantages. A real-life example of that is pharmaceutical companies which have created a monopoly on many medical products. The manufacturers of a certain products band together to push up the price of the product they sell. Most of the markets where this event appears are highly monopolized which makes it nearly impossible to fix this issue without government regulatory intervention. This has had big damages on consumers as they are being forced to pay more with no alternatives to switch to. And that is very dangerous when it comes to the products that are needed in many people's daily lives.

In the end, everything has its positive and negative aspects and that applies to the capitalistic system which has proven itself to be the perfect fit for today's world against the socialist system which has shown major weaknesses and has been too utopic to function as intended.

Written by: Hashim AlHashimi - GR.9

Use it Safely!

Technology is improving and changing at a rapid pace, so there is nothing uncommon about parents being anxious about what their children are experiencing due to their constant exposure to screens. Technology is everywhere. Despite its significance for our environment and its ability to assist us in relating to one another, it can also have negative effects on people, especially young people. Children developing social skills, friendships, and overall ability to focus can all be impacted by technology. Trying to improve their social abilities, more adolescents may become socially awkward, detached, shy, or overwhelmed in social situations because of overusing technology. Technology is fun to use and allows you to easily communicate with your friends. It also has negative consequences, such as the damage to your eyesight and the development of social anxiety over time, as well as cyberbullying online which can harm your self-esteem and impact your mental health. Some people have been victims of cyberbullying and have never spoken about it. Some people may be embarrassed or even afraid, but we need to be confident and talk about it more. It's a problem that many teenagers face, and it may be emotionally damaging.

We might refer to an adult's destructive use of technology as a "choice," as opposed to "unconsciousness." Children, on the other hand, are often unaware of the potential negative consequences of inappropriate internet usage. Many of us disregard the danger that can come with technology like the blue light that can be extremely harmful to our eyes and cause Blurry vision, eyestrain, dry eye, macular degeneration,

and cataracts, all of these have been related to the blue light that emerges from screens. Some people's sleep problems might be harmful to their eyes, and some end up losing their vision in extreme scenarios. You can avoid all these issues by using glasses that block the blue light rays. Blue light glasses shield your eyes from the damaging effects of this type of light that is emitted from electronic devices, like tablets, smartphones, and laptops. You can also use the night mode feature in your device to decrease the emitting of blue light. Luckily, even if you were diagnosed with blue light syndrome which is also known as Computer vision syndrome, you can treat it by using eye drops and resting your eyes from all the blue light that is continuously emitted everywhere.

I've had firsthand experience with technology causing me trouble, as I used to spend days in my room, glued to my phone and playing video games, oblivious to the fact that I was separated from the world. Things that helped me get out of that state are: Going out with my friends or spending time with my family which are both good ways to avoid this, baking and reading are two things that have helped me avoid becoming addicted to technology as baking takes time and allows me to concentrate on my work, reading can also be interesting if you choose the correct genre, so you can take your books and go to a coffee shop or the beach to read. Reading is certainly helpful. It has been shown in studies to be an effective kind of therapy in the treatment of depression, anxiety, eating disorders, and communication problems. I hope this was helpful and remember to always use technology safely.

Written by: Shouq AlNashaba - GR.10



The world's most endangered Mammal:

Is there hope?

The world's rarest sea mammal still has a chance of survival, despite numbering only about 10 in the wild, according to a genetic study. The vaquita porpoise is teetering on the brink of extinction, but scientists say DNA tests show that the population is still genetically viable. The tiny silvery porpoise lives only in Mexico's Gulf in California.

However, it faces an existential threat of being caught in large weighted nets, known as gillnets.

Some had given up on saving the vaquita, thinking that even if the species could be protected from fishing pressures, the health effects of in-breeding would wipe it out.

But the study shows that the vaquita is not "genetically compromised" and that it could bounce back from near extinction, if its habitat is fully protected.

The researchers analyzed DNA from vaquitas caught between 1985 and 2017 and which are closely related to the ones alive today. They developed a computer model to predict how the population might change over the next 50 years,

based on their genetic findings.

Because the species has been rare for a long time, with naturally low levels of genetic variation, the risks from in-breeding are reduced, the researchers say. They believe there are lessons for other endangered species, such as those living on islands or within a limited range.

But saving the vaquita will not be easy, given past tensions between conservationists and locals, and diplomatic friction over the enforcement of fishing bans by the Mexican government.

Attempts to ban gillnets have met opposition from fishing communities. An illegal trade in a fish called the totoaba has contributed to the demise of the vaquita and other marine species, which get entangled in the nets.

Totoaba was a food source before it was placed on Mexico's endangered list.

The swim bladder, an organ that helps the fish stay afloat, is highly prized in China for its perceived - though unproven - medicinal properties.

Written by: Shouq Salman - G12



Cultural Food Trends



The Cultural Food Trend Article looks at food products that incorporate cultural combinations and traditions. Exotic foods are becoming more popular and are exciting consumers' eating experiences. Modernized versions of traditional foods, such as instant noodle burritos and poutine sushi, are also popular. The report also includes one-of-a-kind sauces, spices, and condiments with Asian and Italian flavors.

Sample cultural food

Examples of cultural food trends: exotic comforts, where cultural ingredients are blended into comfort foods to familiarize exotic cuisine, cultured breakfast where consumers add exotic elements to morning meals for flavor diversity, diversified flavor where there is a target on Hispanic brands market ingredients that speak to cultural heritage, cultured caffeine where coffee flavors turn to exotic cultural ingredients for diversity, cultural comfort

This report focuses on restaurant innovators, chefs, and the recipe curators who assist them in exploring new flavors, and it discusses cultured palates and flavor combinations that appeal to the adventurous eater. It can also serve as a source of inspiration for food product developers and flavor innovators looking to put a new spin on traditional products in order to capture the attention of consumers.

where popular comfort dishes borrow from cultural flavors and recipes, display exoticism where consumers respond to exoticism in retail efforts, tropical indulgence where the beverage industry references fruity and floral notes from around the globe, and cultural condiment where Southeast Asian dishes are referenced with tradition-inspired additives.

A Recipe: American-style BBQ brisket sub (brisket is a dish that is done in an American style).

Ingredients: 800g pkt Coles Made Easy Cooked Beef Brisket with American style BBQ Sauce, 1 Coles Bakery Stone Baked Bread, split horizontally, 1 tbsp Flavored Dijon Mustard, 400g pkt Coles American BBQ Slaw Kit, 3 Coles Monterey Jack Cheese Slices.

Method:

Step 1: Preheat oven to 180°C. Place the meat from the beef packet in an ovenproof casserole dish. Cover with foil. Bake for 15 mins. Remove the foil and bake for a further 10 mins or until heated through. Set aside to cool.

Step 2: Meanwhile, heat a barbecue grill or chargrill on high. Cook the bread, cut-side down, for 1-2 mins or until toasted. Spread with the mustard. Prepare the salad kit in a large bowl following packet directions.

Step 3: Use 2 forks to shred the beef. Add the sauce from the beef packet and stir to combine. Top the bread base with the slaw, beef mixture and cheese. Season. Top with the bread top. Cut the sub into 4 even pieces to serve.

Written by: Basmala Nasrudin - G12



TRENDS

Esports

APEX
— LEGENDS —

FREE FIRE
FORTNITE



LEAGUE OF LEGENDS



FIFA



When we think of competitive sports, we think of football, basketball, and volleyball. The 21st century, introduced many different games as competitive sports. Video gaming, also known as electronic sports, or Esports, is the competitive side of video games.

Esports are usually organized multiplayer video game events that take place between professional players, either individually or in teams. The rise of this new highly competitive sport attracts people from all over the world. At first, the players play video games for fun, but when they reach a certain level, the player will certainly have the option to play competitively and join an Esports gaming organization.

The organization is a team of highly talented players of a certain game, all competing in tournaments for money. Organizations like Faze, TSM, and NRG are some of the most famous organizations or what some people call "Clans". The clans mentioned have titles from numerous games, Fortnite, call of duty, and rocket league for example. Players

playing in these tournaments, earn money from placements, but mostly earn from endorsements deals with huge companies such as Nissan and Verizon.

Esports are watched by billions of people around the world. Esports tournaments sellout massive stadiums seats for their LAN tournaments. In 2019 the Fortnite world cup was held at the Arthur Ashe Stadium in New York City, United States. A total US \$30 million prize pool was available across the various competitions. 16-year-old Kyle Geirsdorf bagged 3 million dollars for winning 1st. His win inspired many teens to start their own gaming careers with streaming and gaming content creation. The future is here, and gaming is here to prove it.

From teens making money while sitting in the comfort of their homes to worldwide attention watching people play with animated characters, this trend/sport will Definitely be engraved in history.

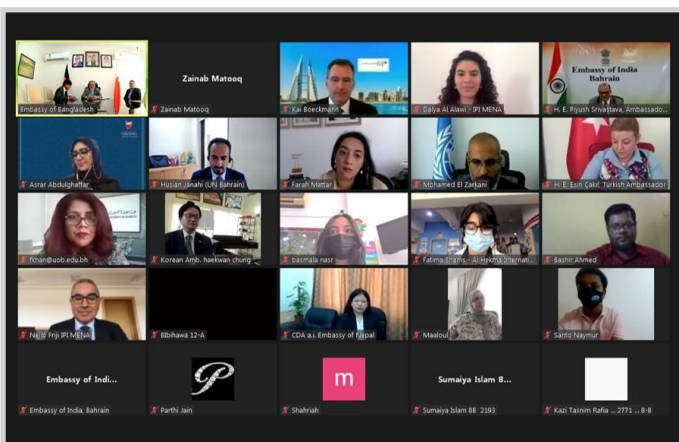
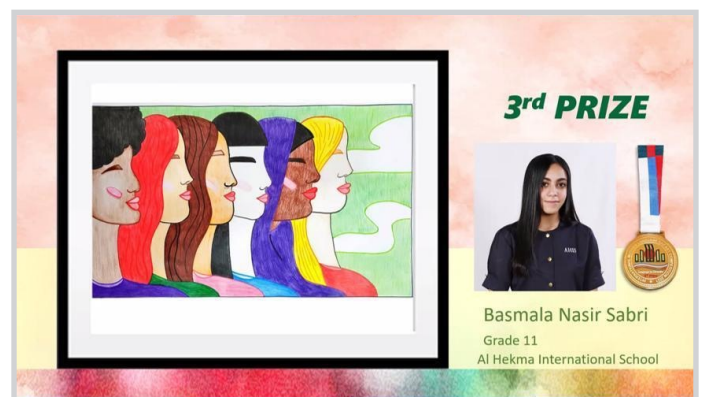
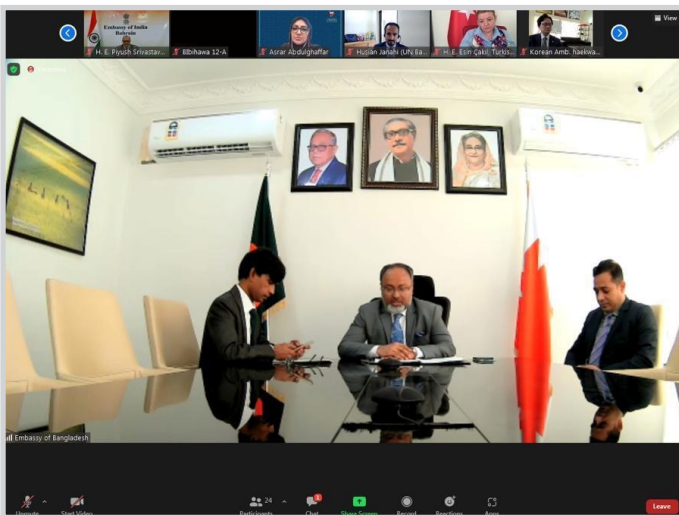
Written by: Hasan Janahi - GR.9

Welcome to The International Mother Language Day Children's Art Exhibition

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Nature: A Piece of Art



Publishers: Rima Terro, Fatima Ahmed, Hashim AlHashimi,
Yasmeen Masalmeh, Shouq Salman, Shouq
AlNashaba, Basmala Nasrudin, Hasan Janahi

Coordinator: Adreen Haddad

Editors: Sowmya Radhakrishnan, Bacem Belhadj

Designed by





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