



October 10 is Mental Health Day

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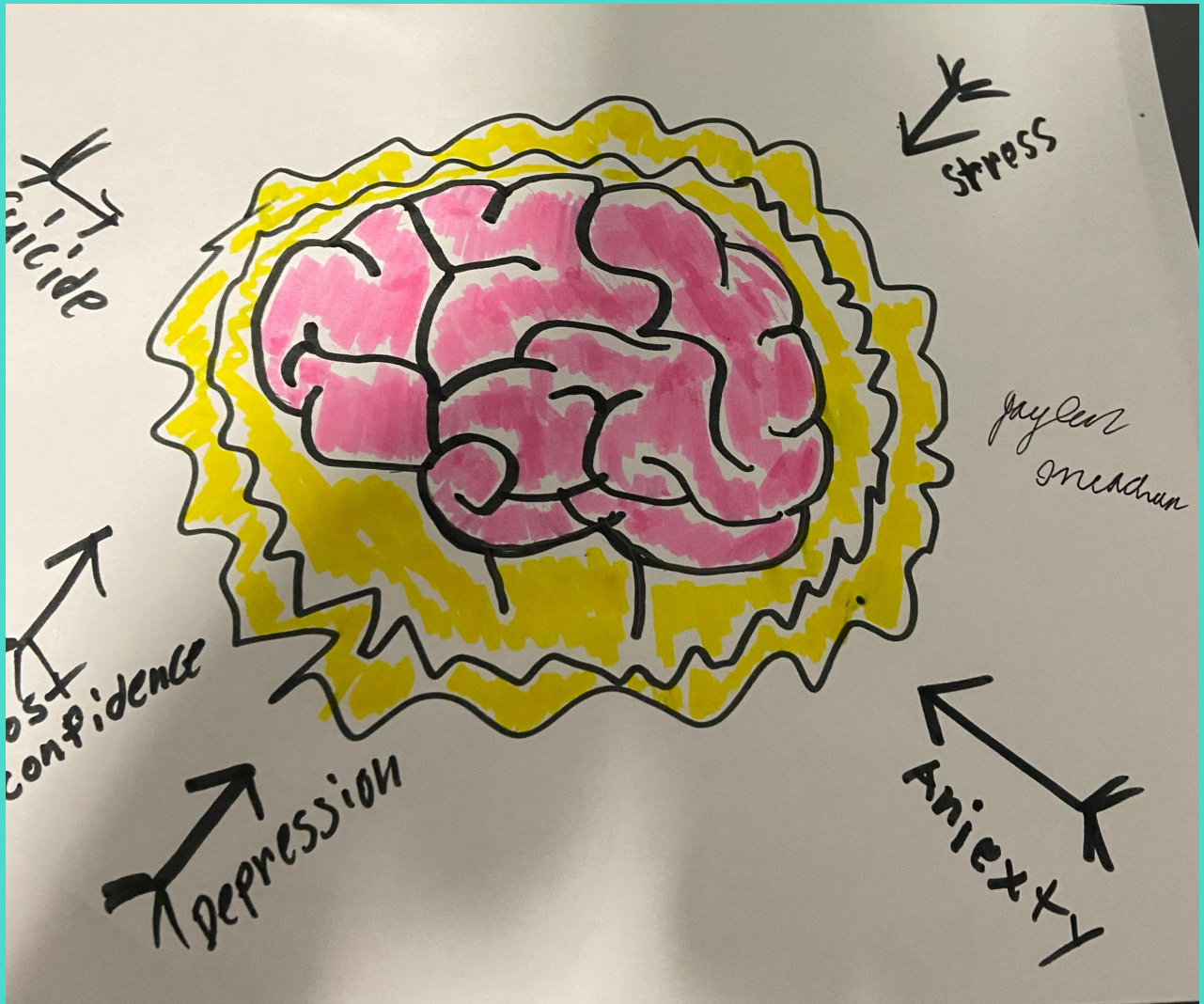
One of One Mind

**You might think your losing in life
With your depression and anxiety
You may think your in this alone
But it's very common in our society.**

**But don't you feel like you can overcome it?
Don't you feel like you break this barrier?
Trust me it's easier said than done
Once you face this obstacle you'll feel much more superior**

**Just like the sun
You are capable of turning darkness into light
If your battling with your mental, always remember
Fight back until everything is alright**





Research Based Learning

Mayo Clinic, Mental illness, Mayo Health Clinic, <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy. A lot of people can have mental health issues. It can either be visible, or sometimes it could even be the people you least expect. Having a mental illness can affect your thoughts, feelings, and emotions. Signs and symptoms are the following: Feeling sad or down, Extreme mood changes of highs and lows, Detachment from reality (delusions), paranoia or hallucinations, Significant tiredness, low energy or problems sleeping. Mental health issues can be inherited. It can also be have to do with Environmental exposures before birth and Brain chemistry
It's recommended to go see a doctor when you are dealing with mental health issues.**



Artist Statement / Contributors Page

My name is Jaylen Meacham and I wanted to focus on the topic of mental health. I feel as though mental is a very important topic and awareness should be spread more often about it.

I had to think outside the box as far as creativity because I had to really think about what I wanted to do for the creative submission. Even with the poem I had to be creative with that especially since I'm not the best at writing. So really had to use my mind to do this Zine.

I based my poem off of "And Still I Rise" from the late Maya Angelou. I used her rhyme schemes and her uplifting tone in the poem.

My creative mission was a drawing of a brain basically having this force around it from blocking arrows from hitting. Each arrow has something representing the bad impacts of mental health, such as things like depression and anxiety. I feel like that yellow force around the brain represents the good thoughts and trying to keep the brain as stable as possible.

