HOW ARE YOU MANAGING?

I'm deep in my feelings, but I will not allow what I'm feeling to consume me.

I'm keeping busy, learning to process my emotions and discovering new things about myself.

I really want to talk my feelings out, but it's hard to find someone I can trust. I don't like feeling weak.
WELCOME TO THE NIA UNIVERSE!

You do not have to know someone who has coronavirus personally to believe that it is real.

Right now, coronavirus has no cure. However, vaccines have been developed to prevent people from contracting and spreading this illness. Global public health officials are working on distributing the vaccine widely.

Until then, it is important to keep doing "The Five":

1. Wash our hands often with soap and running water for 20 seconds.
2. Stay at home as much as possible.
3. Wear a mask properly in public spaces.
4. Maintain social distance (1.5m – 2m).
5. Sanitize as often as possible.
Hi OJ!  
Hi Nia!  
EISH!  
It's been long. I heard about your dad. Are you guys ok?

I don't know... It's hard seeing him like this since he got fired last month. He just sits there, staring out the window.

I wish there was something I could do.

I'm so sorry, OJ. I've been going crazy too. I'm so used to doing drills, playing matches, seeing people...

Especially since I can't get out of the house to play baile and chill.
Imagine, I even called Eliza! Apparently, her dad has coronavirus… Eliza’s neighbours have been gossiping about her family even though her dad is at an isolation center.

The rest of the family tested negative, but people are being hostile and refusing to sell things to them.

Eliza has to go all the way to Town to buy supplies!

Wa! We have to admit, until it happened to Eliza’s family, coronavirus still didn’t feel real because it hadn’t happened to anyone we knew. We have to continue keeping ourselves safe!

LET’S BUST SOME CORONA MYTHS! Follow us on Instagram! @niayanguke
How are you and Nana doing?

Nana keeps telling me that I look sad all the time.

I've been talking back to her. I don't mean to.

It's just that everything irritates me lately...

Hmm, remember when Mrs. Mbatia gave us the Mental Health talk last term?

Sometimes I wish I knew why I felt this way.

Yeah! Exam stress was killing me. I really needed it.
Everyone knows that taking care of your body matters... Everyone should take care of their mental health, just as much as their physical health. But it's easy to forget just how important your mind is.

What is mental health?
Mental health focuses on your psychological well-being and state of mind. It includes your happiness, satisfaction in life and how you feel about yourself.

What is mental illness?
Mental illness refers to a wide range of conditions/disorders that affect your mood, thinking and behaviour.

There are many different types of mental illness, just like there are many different types of physical illness. Examples of mental illness include: Depression, Anxiety Disorders, Schizophrenia, Eating Disorders and Addictive Behaviours. Many people have mental health concerns from time to time.
Great questions! Everyone can go through a period of stress or anguish. For example, the loss of a loved one, or living through a pandemic like COVID-19 etc. that alters your mental state.

Stress is a normal reaction to traumatic events, It shouldn't be for a long period, and may not be a mental illness. If the feelings such as depression extend over long periods or become too intense to handle, then speak to a mental health professional to understand if it may be a mental illness.

Words like ‘Crazy’ or ‘Mad’ can be dangerous as they distract from the truth that mental illness is common and treatable!
Hi Nana!
how was your day?

Zawadi,
something is off
with this your sister,
Nia.

Meanwhile...

Anyone can struggle with mental illness!
It is very common and **nothing to be ashamed of**.
You have to remember, your mind is a part of your body.
If your body gets sick, you get treatment.
Same with your mind!

Hi Nana!
how was your day?

Zawadi,
something is off with this your sister, Nia.
What's going on with Nia?

The other day, I made Nia's favorite, chapati and she didn't even taste! Isn't that strange?

I tried talking to her, but she just brushed me off.

I tried to involve her and she wasn't even interested.

She hasn't been in school for so long. I'm sure she misses it and her friends.

She's probably bored and lonely.

I've never seen her like this! She's even been talking back!

I'm very worried.
Coronavirus is exhausting! From the time you wake up... on the radio, on the TV, it's always about the pandemic. Cases rising daily, some people are dying, others have lost their jobs or taken pay cuts and we can't even see each other! I can understand how she feels...

I hadn't considered the toll it might have taken on her. I haven't left the house either! I miss going to Chamaa and seeing my friends!

It's important that we all allow ourselves to feel what we're feeling and talk about it with someone who cares about us.

Thank you Zawadi. When you talk to Nia, please assure her that what she's feeling is okay.

I'll keep supporting and listening to her here at home. Keep safe!

Thanks, Nana! I will.

What is a Support System? Who can you reach out to when you need help?

Thank you Zawadi. When you talk to Nia, please assure her that what she's feeling is okay.

I'll keep supporting and listening to her here at home. Keep safe!

Thanks, Nana! I will.
As you're going through puberty, meeting and interacting with people and living through different situations like a pandemic, your body manifests different emotions and feelings.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>A strong feeling of being upset or annoyed, often because of something you think/feel is hurtful or unfair.</td>
<td>e.g. “I feel angry because someone stole my pencil”</td>
</tr>
<tr>
<td>Joy</td>
<td>A strong feeling of pleasure or contentment</td>
<td>e.g. “I am happy that I won the competition!”</td>
</tr>
<tr>
<td>Boredom</td>
<td>Feeling weary because one is unoccupied or lacks interest in one’s current activity.</td>
<td>e.g. “I am bored waiting for the day to start.”</td>
</tr>
<tr>
<td>Sadness</td>
<td>Feeling sorrow or unhappiness.</td>
<td>e.g. “I am sad when I see my friend cry”</td>
</tr>
<tr>
<td>Anxiety</td>
<td>A feeling of worry, nervousness, or unease typically about an imminent event or an uncertain outcome.</td>
<td>e.g. “I feel anxious about my marks; I hope they are good!”</td>
</tr>
<tr>
<td>Excitement</td>
<td>Feeling very enthusiastic and eager for something that will soon happen.</td>
<td>e.g. “I am excited to go back to school”</td>
</tr>
<tr>
<td>Fear</td>
<td>Feeling worried that something undesirable will happen.</td>
<td>e.g. “I am afraid of the dark”</td>
</tr>
<tr>
<td>Embarrassment</td>
<td>Feeling foolish in front of others because of something that you said or did, or was said or done to you.</td>
<td>e.g. “I am embarrassed that I fell in front of the whole school”</td>
</tr>
</tbody>
</table>
1. No emotion is wrong! Emotions take on many forms - we name them to help us understand them.

2. It is very likely that you are feeling more than one emotion at any point in time. That’s okay!

3. During your teenage years, it is very common to feel very strong emotions, and for your emotions to change often. This is normal!

4. If you are overwhelmed with emotion, take your time to try & name them all. Just take a deep breath and allow yourself to feel them.
NO PADS!

There are some things we missed out on during puberty, such as how to take care of ourselves as girls. We used pieces of cloth or blankets to help when we were having our periods. It was really embarrassing to me.

Nana

LISTEN UP!

I was one of those late bloomers... so my voice never fully broke. I hit 19 and 20, my voice remained basically the same. I think at some point I just realized this is who I am, this is my voice; own it! And when I accepted myself, I found that there was a lot of freedom and joy and strength in knowing who you are and accepting your uniqueness.

Coach Songe
MY FIRST PERIOD!

So last term, I had messed my dress. When I reached the blackboard, the teacher grabbed me hurriedly and she said, **“you need to use the toilet,”** and then gave me a pad!

I just couldn’t fathom going back and facing my classmates. Looking back now, I see how ridiculous it was at the time, but it was still a big deal to me!

TOMA

BEARD GANG!

I remember when girls started looking at me differently. We used to play ‘Hide and Seek’, then they started asking to play ‘Spin the Bottle’!

First, I was confused, but then I kind of began to enjoy it! It must be because I grew my moustache early.

My friends used to call me **“Baba”,** but I knew they were just jealous!

MIKI
Hi Coach Songe!

I need to talk to you about something...

Does being depressed mean you're mentally ill?

Why do you ask, OJ?

LATER

Hi Coach Songe! I need to talk to you about something...

Does being depressed mean you're mentally ill?

Why do you ask, OJ?
Depression is caused by a combination of biological, psychological and social factors. Some of the risk factors that can trigger depression are:

- Serious illness or physical disability
- If you have other mental health conditions
- Alcohol or drug abuse
- Academic or family problems
- Bullying
- Trauma from violence or abuse

So does it mean if I'm sad, I have depression?

Not always. Puberty can be difficult, so it is normal and healthy to feel sad and irritable every now and then. But if such feelings don't go away for at least two weeks and or become so strong that you cannot handle them, you may be suffering from depression.

What are the signs that I should look out for?

A: 'Friend' of mine needs help... What causes it?
When someone is depressed, they may:

- Get feelings of hopelessness and helplessness, and it may seem like no one cares or understand so constantly feel irritable, sad or angry.
- Feel that nothing is fun anymore and see no point in trying.
- Feel bad about themselves, worthless, guilty or wrong in some way.
- Sleep too much or not enough.
- Have frequent, unexplained headaches and other physical problems.
- Think about death and suicide.

Seek advice from a mental health professional: in some cases of depression, you may be prescribed medication to assist in your recovery. (NB: See some helpful resources on Page 24!)

Accept and share your feelings with someone you trust. Try not to isolate yourself, it makes depression worse. Get involved in activities you enjoy or used to enjoy. Keep your body healthy. Exercise. Eat well. Avoid alcohol and drugs.

So how should one handle it?

Thanks, for listening, Coach Songe!

Of course!

Anytime!

So how should one handle it?
**YOUR MIND**

Your brain is also growing, and so is your capacity to learn! Treat your mind right and you can use it to make great choices.

You can make impulse choices based on your emotions, even choices you regret. Using your mind will help you choose your actions better. Ask, ‘Even if I feel a certain way, what is the healthiest thing to do?’ For example, ‘Even though I am angry at my friend, should I shout at her?’

**TIP:** Resting your brain is an important part of its development. It is natural to want to sleep late but you should aim to sleep between 7-11 hours a night.

**YOUR BODY**

As you grow older, you sweat more as a natural part of growth; you are using more energy every day to grow.

To manage sweat, **bath at least once a day** and ensure you pay special attention to your armpits and genitals.

**TIP:** If you do not have deodorant, you can use items like baking powder or lemon to help with sweat. Just rub baking powder or lemon juice into your armpits (NOT your genitals).

**YOUR SPIRIT**

Both boys and girls go through many emotional changes in their teens. You can be happy one minute, sad the next! What should you do then?

**Compose yourself:** When upset, take a few minutes to calm down before acting. Be kind! No one is perfect. We all act out sometimes. If you accept that, then you can go to the next step.

**Learn from it:** If you make a mistake, admit it. Then can ask yourself, ‘What can I do to correct my mistake’.

**Forgive yourself:** It does not mean you forget, it means letting go of your anger so you can live a healthy life. You can still keep the lesson of the mistake and move on, becoming your best self.

**YOUR WORLD**

During your teens, people pressure you to behave and act a certain way. So, how do you decide what to do? Ask yourself why someone wants you to behave or act in a certain way.

Is it because it will help you reach your goals, for example a teacher insisting you do homework because they see your potential?

Or for other reasons, for example saying you must date because he likes you, whether or not you like him? You should only do things that help you reach your goals or are beneficial to you!

**TIP:** Aim to surround yourself with people who only want the best for you!
HOW TO UNLEASH YOUR CREATIVITY

In times of stress such as during covid or exams, it is important to rest and de-stress. Try any (or all) of these methods to release tension in healthy, creative ways!

**THE ARTIST** ABSTRACT ART

You are a visual person who loves beautiful things. Drawing freely will build your creativity and release stress.

**HOW?**

a) Take a piece of paper and pencil (or pen, colours, anything).
b) Place the pen/pencil on the paper.
c) Start drawing! Do not worry about what comes out. Just feel your emotions and let your pencil do the work.
d) Colour it. You can cross over it or colour it until it is unrecognizable. Take out all your anger, worry or stress onto that paper!

**TIP:** If you want to keep your drawing private, colour over it with a pencil or pen.

**THE DANCER** - MOVING MAGIC

Movement and exercise are the best ways to calm you down. Moving your body is fantastic way of releasing tension.

**HOW?**

a. Find a safe space where you feel free to move.
b. Either play music or imagine some music in your head.
c. Start moving! Don’t worry about doing it well or dancing nicely. You can jump, you can twist, do anything that feels good.
d. If you can, sing along the music out loud!

**TIP:** If you want, you can do this activity as a game with your friends.

**THE WRITER** WILD WORDS

You think best when you write things down. Free-writing is a great way to understand your own emotions.

**HOW?**

a) Take a piece of paper and pencil (or pen, colours, anything).
b) Place the pen/pencil on the paper.
c) Write down the first word that comes to you. Do so in the language you are most comfortable in.
d) Keep going. Just let the words flow until you’re done!

**TIP:** Once done, you can keep the paper safe or throw it away! It’s your words, so you decide!
Remember the 5!

1. Stay at home, as much as possible
2. When you go outside, wear a mask correctly
3. Wash your hands, often with running water and soap for at least 20 seconds
4. When you go outside, maintain a social distance of 1.5 – 2 meters
5. Use a sanitizer, often and sanitize around the house

Coronavirus can live longer on:

- Door / gate handles
- Cash
- Keys and locks
- Boda boda and tuktuk surfaces

If you feel unwell, have a cold or a cough or fever, please call 719 or text *719# to reach The FREE National Ministry of Health hotline
Try our FREE resources!

Missed your period and WORRIED?
Call Aunty Jane!
CALL FOR FREE
0800721530

Got questions about Contraceptives?
...ask Nivi
SMS 'FACTS' to 22684
Private - Confidential Free

Mums Village
To join a mums support group on WhatsApp,
send 'NIA' to
0736 275978

DIAL *291#
Get unlimited lessons, revision notes & past papers for only 3 bob a day!

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