

HEALTHY BODY, HEALTHY MIND'

SEROTONIN SAYS MONTHLY:
APRIL EDITION

APRIL BIOGRAPHY: KATIE LEDECKY

WRITTEN
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Olympic swimmer, the “First Lady of Freestyle,” or simply Katie, Kathleen Genivieve Leddecky has been called by many names in her lifetime. It’s very difficult to not have heard of Leddecky, what with the 5 Olympic gold medals and 15 world championships medals to her name (the most of any female swimmer), numerous world records, and an incredible swimming form. Leddecky is at the top of her game, and she continues to make waves today.

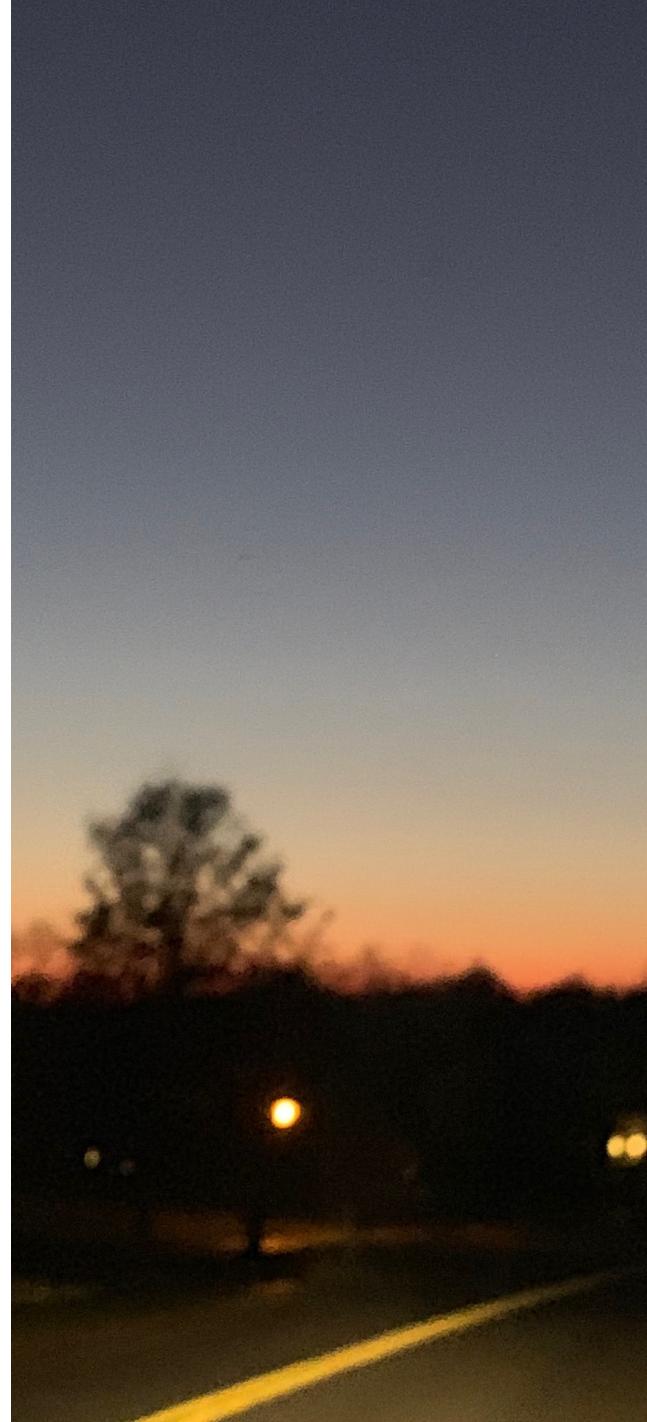
Early Life

Ledecky was born in Washington, D.C. on March 17, 1997, and raised in Bethesda, Maryland, where she attended Little Flower School until 8th grade, and then graduated from Stone Ridge School for the Sacred Heart in 2015. At the age of six she began swimming, wanting to follow in the footsteps of her older brother Michael and her mother Mary Gen. During high school she not only held all the records of every swimming event except the 100 meter breaststroke but also held national high-school, American, and US Open records in various freestyle events. At the young age of 15, Katie shocked the world at the 2012 London Olympic games when she won a gold medal in the women’s 800 meter freestyle and kicked off her international swimming career.

Achievements

Besides swimming Leddecky has many accomplishments in other areas. She recently graduated from Stanford University in December of 2020 with a bachelor of arts in psychology, has spoken at schools and other institutions, and participated in charity work. Alongside gymnast Simone Biles, they received the honor of being chosen as one of the sponsors of the US Navy aircraft carrier USS Enterprise.

Despite having only 23 years to her name, Leddecky has already led an impressive life, clearly evident whether it’s from her swimming career or how she has given back to her community. Swimming freestyle laps, smiling on TV, visiting children’s hospitals and swim clubs, despite the current pandemic Leddecky has continued to be a hero in many people’s eyes, whether she’s in or out of the pool.



MINDFULNESS MEDITATION: HOW TO

WRITTEN BY D.I. SMITH
EDITED BY MADELINE GOLD

Before we start, think about what mindfulness meditation really is. When you hear those two words put together, what does your brain picture? Consider that for a few moments in a peaceful surrounding. Done? Well, congratulations! You have completed your first mindfulness meditation (well, sort of).

Mindfulness meditation is the practice of sitting quietly and focusing on a single thought, or your surroundings. Simply listening to your breathing can bring extreme peace. When you find your mind starting to wander while doing so, attempting to bring it back to one focus is key.

Let's try practicing together!:

1. Find a calm and quiet place to sit down in a relaxing position (if you can't find a quiet place, try putting headphones in with calming noises, such as nature playlists)
2. Take a few deep breaths (our brains find peace in simply breathing for long periods of time)
3. Continue breathing, but start focusing your mind. Perhaps you'd like to reflect on your week, or think about fun plans for the weekend.
4. And done! Feel free to do this for as long as you'd like.

Mindfulness meditation can be extremely helpful when you are stressed, which is why it is more key than ever to try it out! Remember that we are all human, and everyone is allowed to take a break. There are other types of meditation as well, and yoga can be included in this category as well, so go ahead and see what works for you.

APRIL ZENTANGLE

BY MAYA SIEGAL

Self-Care Tasks



MAKE SELF-CARE A PRIORITY!

HEALTH LANTURNE

BY WAVERLY NAKASHIMA

Heath
Happy
Mind and soul
Freedom within-
Self

Quote of the Month

"Health is a vehicle, not a destination." -
Joshua Fields
Millburn

Song of the Month

LUCKY PEOPLE
BY WATERPARKS



PIC•COLLAGE

MY FAVORITE SMOOTHIE BOWL!

BY JACQUELINE GOLD

1. 1/4 cup of almond milk
2. 2 frozen bananas
3. 1 cup of frozen strawberries

Blend until smooth, or until desired

consistency is achieved. Enjoy this super simple recipe and have fun trying your own fruit combinations!

For more healthy recipes, follow

[@recipes_to_make_you_smile](https://www.instagram.com/recipes_to_make_you_smile) on Instagram and check it out!

CHECK IN NEXT MONTH

SEROTONIN SAYS MENTAL
HEALTH CHALLENGE OF
THE MONTH: TRY A NEW
HEALTHY RECIPE!
EXPERIMENT WITH
DIFFERENT FOODS YOU
ALREADY LIKE AND CREATE
SOMETHING NEW THAT
YOU WILL LOVE!

FOR MORE
MENTAL
HEALTH
CONTENT

