



LOVE YOUR HEALTH

SEROTONIN SAYS MONTHLY:
JANUARY/FEBRUARY EDITION

BIO ON SKY BROWN: “BE BRAVE, BE STRONG, HAVE FUN”

Sky Brown (Sukai Buraun) is a 13 year old Japanese and British skateboarder who recently gained attention for her skating in the 2020 Tokyo Olympics. When Brown first started her YouTube channel, she mostly posted surfing videos, but she started gaining a lot of attention 6-7 years ago for her skateboarding videos. Brown was the youngest skater that competed in the Vans US Open Pro Series in 2016 at the age of 8. She and her little brother Ocean continued to experience media coverage from their appearances on Little Big Shots in 2017 when they were 8 and 5 respectively and many other talk shows since.

In 2017 Brown placed second in the Asian Continental Finals, followed by a top 10 finish in the 2018 Vans Park Series. In 2018 Sky Brown also became a household name with her moving quotes and positive attitude during her time on Dancing with the Stars: Juniors where she and her partner JT Church (age 12 at the time), led by Alan Bersten, won it's first-ever season. Brown always believed that girls could do anything boys could and she made it her mission to preach "to all the girls out there you can do anything just have fun, be brave, and do it 'cause you love it" throughout her full season on the show. Although she was 10, two years younger than her dance partner, she proved she could learn quickly and use her positive mindset to her advantage in the competition. It was at this age that Sky Brown also became the youngest professional skateboarder in the world.

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BIO ON SKY BROWN: “BE BRAVE, BE STRONG, HAVE FUN”

2019 was a huge year for Sky Brown! After winning a Simple Session event she announced she would be skateboarding for team Great Britain and wanted to qualify for the 2020 Olympics. In 2019 Brown placed third in the World Skateboarding Championships and fifth in the X-Games skateboarding event. Brown then came third in the 2020 World Skateboarding Championships right before she had a life threatening accident. On May 28, 2020 Sky was flown to the hospital after falling off of a vert ramp during training, fracturing her skull and breaking both her hand and wrist. “I don’t usually post my falls or talk about them because I want people to see the fun in what I do,” Sky expressed on her Instagram. “it’s ok to fall sometimes, I’m just gonna get back up and push even harder.” In June of 2021 Sky Brown was selected to represent team Great Britain for the 2020 Summer Olympics and she made it to the Women’s Park Skateboarding Final. Not only was Sky the youngest member of Great Britain’s team ever (not just in her sport but in the history of Team GB), but she also became Britain’s youngest medal winner by taking home the bronze. Additionally, Sky Brown won the X-Games women’s skateboarding park gold medal in 2021.

At just 13, Sky Brown is an inspiration to people around the world, both kids and adults. Her morals regarding self-love and her desire to empower women globally have made her the lovable sports star she is known to be today. Her passionate approach to life and her drive to succeed in everything she does has led to her success as an athlete.

Sky’s YouTube channel “Sky & Ocean” has a variety of videos ranging from skating/surfing videos to vlogs of her life and they never fail to be inspirational. From her X-Games debut at 11 to her Reaching the Sky series on Discovery+, Sky wants to remind “all the girls out there you can do anything.”



THE IMPORTANCE OF SELF-LOVE

WRITTEN BY ZAIDA BOWSHER

EDITED BY AVERY WANG AND ANNA SHESOL

Self-love feels like the kind of thing that should be obvious. Of course, we should all love ourselves. We should all be confident and happy with who we are, because how else are we supposed to be happy with the world around us? But unfortunately, in a world where models are everywhere and every possible “defect” seems to stand out more and more, it is becoming harder to see the beauty in ourselves.

The importance of self-love is undeniable—the positive effects of practicing self-love on personal mental health illustrate its crucialness. Self-love leads to healthier life choices, increased optimism, and an improved mindset in dealing with challenges. In an article from Up Journey that spotlighted the importance of self-love, psychotherapist Jenn Bovee stated that “operating from a place of self-love can give us the strength and courage to make it through times of adversity without having to engage in self-abuse or neglect.” This is an opinion that is shared by many who work in the mental health community, and is one of the leading reasons behind why one of the best steps to improve mental health is trying to recognize the things that make you happy about yourself.

Quote of the Month

“Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people.”

-Fred Rogers

Song of the Month

PROM QUEEN BY BEACH BUNNY

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THE IMPORTANCE OF SELF-LOVE

Another one of the most incredible outcomes of self-love is the effect it can have on a person's relationships. Self-love is crucial in order to identify and end unhealthy, toxic, or abusive relationships. Oftentimes, these relationships will make one person feel like they are not good enough or always doing something wrong.

When a person learns to love themselves, it can be easier to identify that the relationship is the root of the issue. From there, a person can set healthy boundaries and build a healthier relationship or end the unhealthy relationship entirely. External abuse and negative comments can exacerbate pre-existing internal dissatisfaction, and one of the best ways to counteract this is healthy self-love practice.

This is, however, much easier said than done. Many mental illnesses, such as anxiety, depression, and dissociative disorders, are heavily rooted in a place of self-loathing or inadequacy. It takes a lot of work to break down those thought patterns and learn how to love yourself again. Self-hatred is also not isolated to just those with mental disorders, especially due to social media's prevalence. Many professionals believe the impossible standards set by social media can have a negative impact on a person's self-image. Dr. Jill Emanuele, the Senior Director of the Mood Disorders Center at the Child Mind Institute, said in an article written by Rae Jacobson of Child Mind Institute that the things people see on social media can act like a fuel for negative feelings towards themselves. The constant comparing of oneself to others can cause a person to only see the things they do not like about themselves. This is why self-love is so important: in order to counteract the negative effects of mental disorders or social media on your sense of self-image, you need to take time to appreciate the beautiful things about yourself.

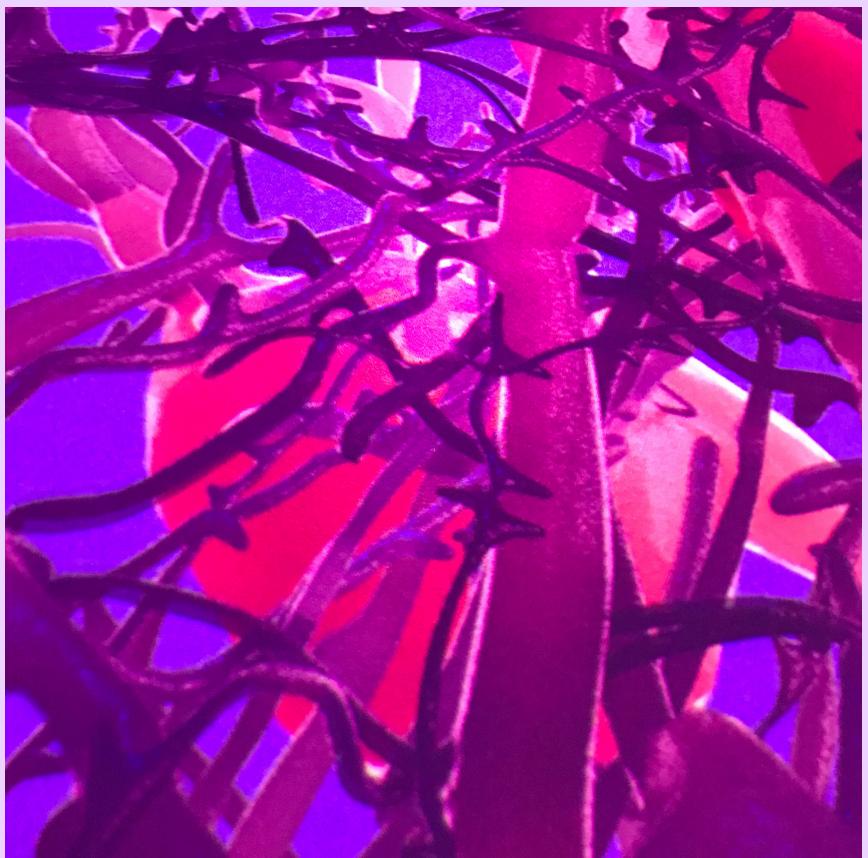
Many people find themselves embarrassed to practice healthy self-love or afraid they might come across as selfish. Things like taking mental health breaks and having honest discussions about boundaries often feel self-indulgent to some people, who feel that by doing so, they may negatively impact someone else. However, it is important to remember that mental health breaks are crucial in order to take a moment to breathe and recuperate to allow you to be the best you can be. Boundaries are essential to healthy relationships; although you might feel uncomfortable setting them at first, they will help the relationship become better in the long run. The confusion between self-love and selfishness is rooted in a place of negative self-image, and trying to take healthy steps is never a thing to be ashamed of.

Take time this year to think about the parts of yourself that you love. You do not have to start big. Just find one thing you are happy about. Focus on that; appreciate it. Tomorrow, think of a new thing. Grow your list until it outnumbers the things that make you unhappy. You are an incredible person and deserve love—especially your own.



JANUARY/FEBRUARY INSPIRATIONAL PHOTOGRAPHY

BY JACQUELINE GOLD



EAT WELL, PLAY WELL, LIVE WELL!

HEALTHY WINTER RECIPES

WRITTEN BY JACQUELINE GOLD

OVERNIGHT OATS

- 1/2 cup milk
- 1/2 cup rolled oats
- 1/3 cup yogurt (optional)
- 1 teaspoon chia seeds
- 1/2 banana, mashed
- Any desired add-ins (fruit, nuts, nut butter, spices, granola, etc)

1. Add milk, oats, yogurt, chia seeds, and banana to a jar and stir. Refrigerate for 5+ hours.
2. Add extra milk if desired for consistency.
3. Top with add-ins



CAULIFLOWER SOUP

- 2 large shallots, halved
- 6 cloves garlic, smashed
- 1/2 tsp ground cumin
- 3 tbsp EVOO
- 1/2 tsp salt, divided
- 4 cups low-sodium vegetable broth, warmed
- 2 tbsp butter, melted
- 1 tbsp lemon juice

1. Preheat oven to 425°F.
2. Combine cauliflower, shallots, garlic, cumin, 2 tbsp oil, 1/4 tsp salt on a baking sheet. Spread evenly. Roast until caramelized, stirring occasionally.
3. Keep 1/2 cup cauliflower for garnish. Combine the remaining cauliflower mixture, warm broth and butter in a blender. Process until smooth. Transfer mixture to a large saucepan. Bring the soup to a simmer, stirring occasionally. Remove from heat; stir in lemon juice and the remaining 1/4 tsp salt.
4. Divide evenly among 4 bowls. Drizzle with remaining olive oil.
5. Garnish with preferred spices and serve warm.

CHECK IN NEXT MONTH

SEROTONIN SAYS MENTAL
HEALTH CHALLENGE OF
THE MONTH: WRITE DOWN
A POSITIVE AFFIRMATION
ABOUT YOURSELF AND/OR
YOUR BODY EACH DAY ON A
POST-IT NOTE. PUT IT ON A
MIRROR AND REFLECT ON
THESE MESSAGES!

FOR MORE
MENTAL
HEALTH
CONTENT

