

ENGLISH MONTHLY

October, 2019

This month's edition is dedicated to our mental health, how important it is and what we can do to help each other.

How the brain works

Our brain is a magical place. Really it is. The only problem is that most of our brain isn't explored. Parts like cerebral cortex (the part of the brain determining your intelligence and personality) and basal ganglia (the part of the brain controlling your motor movements and emotions) are mostly mapped out. But still the function of the brain is very unclear to us. There is a myth that we only use 10% of the brain but that is actually not true. In order to find out how much of the brain we use a person has to do an fMRI (functional magnetic resonance imaging). It truly is an unknown territory for us and we are probably light years away from fully discovering it. But our brain is usually the one responsible for mental disorders which is also our subject this month.

So how does the brain “go wrong”? What really causes these mental illnesses? While there are many reasons and factors the most common ones are genetics, substance abuse and brain damage caused by many different factors. Genetically, mental illnesses can run in families for quite some time. They are carried over by different genes and the person doesn't even have to develop these genes. The illness develops when several genes react to something like a traumatic event. Long-term substance abuse is known to cause anxiety, severe depression and even paranoia. And damage to your brain can be caused even when you are just a tiny baby resting in your mommy's stomach. And unfortunately you can just be born with such predispositions.



How do we recognize a person that is mentally ill? Well it is usually not that hard to notice. Mentally ill people will usually understand very poorly with others, they will visibly be detached from reality. Autistic people will most likely not even notice others as their brain works completely differently from yours. People with Down syndrome will have physical features. And in some cases, mentally ill people can be very hostile or aggressive. But you might be interested whether or not you have any symptoms. If you are feeling sad or down, if you feel extreme fear of guilt, if you have extreme mood swings or if you can't concentrate at all, if your eating habits are changing drastically or if you are severely losing appetite, if

you are experiencing illusions or hallucinations we recommend you see a doctor that specializes in that area. First and foremost you should talk to your parents and let them know you are feeling “weird”. You can even ask for advice from your friends but talking to your parents about it is very important.

Even if you are mentally ill, do not think you are “broken” or different. We are all people and while mentally ill people struggle with some things, we should not decrease their value. Humanity is something we need more of, especially now. So if anyone you know, or even you are struggling with a mental disorder do not give up!!! You are different but on the inside you are a human being just like all of us.

By Stefan Krstić, III-4

What's your problem's name?

Mental disorders can sometimes be a serious problem when it comes to our health. It can interact between a person's genes and their environment. Having a mental illness (disorder) is not a choice or moral failing. A mental illness makes the things you do in life hard like; work, school and socializing with other people. If you think you (or someone you know) might have a mental disorder, it's best to consult a professional as soon as possible.

Anxiety disorders: disturbances in brain mechanisms designed to protect you from harm; specific phobias, general anxiety disorder, social anxiety disorder, panic disorder and agoraphobia.

Eating disorders: disturbances of weight and feeding behaviour; anorexia nervosa, bulimia nervosa, binge eating disorder.

Trauma and stress related disorder: Post traumatic stress disorder or as some may call it PTSD.

The question: „Will we ever understand teens?“ is as puzzling as the question of which came first, chicken or the egg? As a teenager, I might be wondering if I'm going through a tough time. Am I just going through those „teenage years“? Or is there truly something wrong?

By Ena Ajkić, III-8



SONG OF THE MONTH – LONELY BY NOAH CYRUS

[Verse 1]

I'm slowly killing myself
I'm trying so hard at the back of the shelf
It's just the same every day
I'm writing these songs that will never get played
I get told what's wrong and what's right
I don't have a romantic life
And everyone's dying, so I keep on trying
To make 'em proud before they are gone

[Chorus]

But can't someone help me?
Oh, please, someone help me
I don't care, anyone, anything
'Cause I'm so sick of being so lonely
Miss all my family
I don't care, anyone, anything
'Cause I'm so sick of being so lonely

[Verse 2]

I'm spending more than I earn
Drink all the time to forget I'm not her
'Cause I go to parties sometimes
And I'll kiss a boy and pretend for the night
'Cause I don't know much about me
I'm still ashamed of who I used to be
So I try way too hard, but I still miss the mark to fit in
Fit in, woah

Polako odustajem
???

Svakog je dana isto
Pišem pjesme koje neće se čuti
Slušam šta valja, šta ne
Život bez romantike
Svi umiru, pa se trudim
Da ih učinim ponosnima dok ne odu
Može li pomoć?
Oh, molim vas, pomozite
Ne mislim ni o kom, ni o čemu
Jer je teško biti toliko sam
Nedostaje mi porodica
Ne mislim ni o kom, ni o čemu
Jer je teško biti toliko sam
Trošim više nego zaradim
Pijem da zaboravim da nisam ona
Jer nekad odem na žurke
I poljubim ga da svi vide za noć
Jer ne znam mnogo o sebi
Još me sramota osobe koja sam bila
Pa se trudim previse al' opet ne ide
Da se uklopim



English Monthly is created by Ena Ajkić and Stefan Krstić with a little help from their teacher Jelena Sekulić.

Here are some of the symptoms for the mentioned disorders:

- Anxiety: excessive worrying, racing pulse, sweaty palms, shaky hands and dry mouth, insomnia, muscle tension, difficulty concentrating.
- Panic attack: racing pulse, feeling weak, faint, or dizzy, tingling or numbness in the hands and fingers, sense of terror, or impending doom or death, feeling sweaty or having chills, chest pains, breathing difficulties, feeling a loss of control
- Eating disorder symptoms: preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting; withdrawal from usual friends and activities, frequent dieting, extreme concern with body size and shape

If you experience any of the above, it doesn't mean that you necessarily have any of the mentioned disorders. We are just trying to emphasize that there are some physical symptoms that you can pay attention to. Listen to your body and soul, watch over your thoughts and if you notice that something is wrong, ask for HELP!

There is always someone to talk to, your parents, teachers, friends... And what is more important, all of them can help you based on their own experience because we all, at some point in our lives, experience these symptoms.

None of us is an expert on life and we all struggle with some issues and we all sometimes need some help.

It is also important to know that these problems can be solved. There are a lot of people who successfully beat depression, anxiety... A lot of famous people talk about their struggles with these conditions and it is great when you can read or listen about the things you are afraid to talk yourself.

GRAMMAR OF THE MONTH:

This month, we are not going to talk about grammar.

It is our way of saving our mental health!