

I A M M E

MINI MAG



THINKING AHEAD

It's never too early to start thinking about your career and following your passion can lead you in interesting and unexpected directions.

But for some people, figuring out your passion is difficult and discouraging. These tips might simplify the process for you:

- Dabble - Trying lots of different things will help you determine what you enjoy doing
- Follow your curiosity - it may lead you to a passion and helps in deciding where to dabble!
- Be willing to let go - other people colour your expectations of yourself, determining what **you** want is a key first step
- Practice self-reflection - only by knowing yourself can you know what you want

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"OK, but if sentient robots *don't* rise up and enslave humanity, what sort of careers might you be interested in?"

HAVING A HEALTHY ONLINE PRESENCE

YOUR DIGITAL FOOTPRINT*

Snapchat, Instagram, What's App, Twitter, Facebook - these are great ways to keep in touch. Being online allows us to stay connected anytime, anywhere, and with anyone we choose.

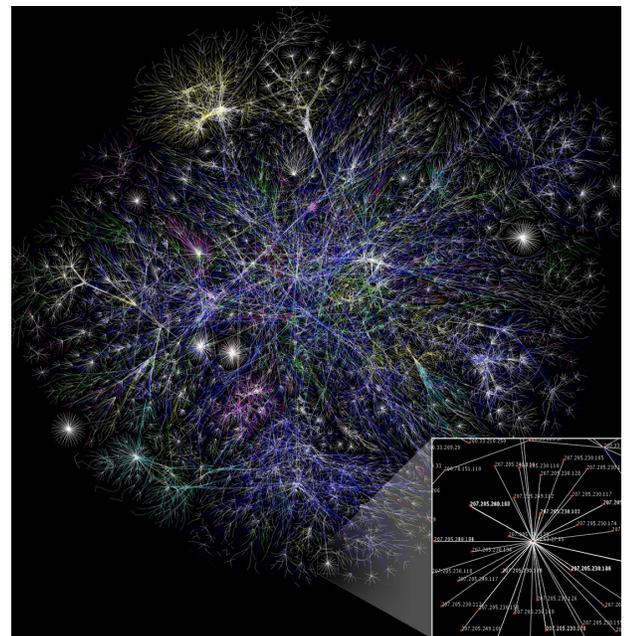
You've probably been told that anything you post on the Internet stays there forever. But you may not know what this really means. Before hiring you, a potential employer may check up on you before making a decision, and so will some universities or colleges (particularly if you apply for specialized programs). And e-mails, posts, photos, and comments on social media outlets are admissible as evidence in court proceedings. They are, in fact, widely used as time, dates, and (often) location are included.

What does this mean for you? Well, it's a good idea to understand what your digital footprint says about you.

What is a digital footprint? At the most basic level, it's the traces you leave behind when you navigate the Web. This includes the sites you browse, posts and comments on social media, Skype use, e-mails, and so on. Most importantly, your digital footprint is the information you present to the world about yourself, which can be positive or negative. It's a good idea to spend some time deliberately creating a particular persona online. Learn to market yourself!



YOUR DIGITAL FOOTPRINT: THE TRACES YOU LEAVE BEHIND WHEN YOU NAVIGATE THE WEB



*This is the first part of an ongoing series that will feature ways to assess and clean up your digital footprint



SHOPPING

HOW CAN IT AFFECT YOUR SELF-ESTEEM?



What you wear affects the way you see yourself, as well as the way that other people see you. Finding and owning your personal style can increase your self-esteem, your confidence, and your self-image.

BUT shopping for clothes can be a discouraging experience, even damaging. You may not realize it, but trying on clothes can hurt your self-esteem, especially if you aren't aware of these facts:

1. All Sizes are not Created Equal

You may wear a size small at one store and a size large at another store. Stores create clothes for specific markets, but that doesn't mean you shouldn't shop there. Concentrate on how the clothes look and not on what the tag says.

2. One Size Fits All? Not Really!

This is a marketing gimmick that streamlines the process of producing clothes.

The reality is that they rarely look good on anyone. Besides, these clothes are usually made of cheap, elastic based materials that won't look nice after you wash them a couple of times anyway.

3. Beware of Designer Labels

While it's nice to have a few expensive pieces of clothes in your closet, buying designer labels can quickly break the bank. They also encourage an ideal that most women and girls can't afford to live up to. Buying designer clothes doesn't make you instantly fashionable or in style - but dressing to suit yourself always does.

4. Be Reasonable

You don't need a jillion new shirts or three pairs of jeans exactly the same. Treating yourself to some new clothes is a great way to give yourself a boost but spending all your money in one shot is a sure-fire way to feel down about yourself.

MANAGING UNMANAGEABLE FEELINGS

TIPS FOR DEALING WITH THE STRONG FEELINGS AND EXPECTATIONS OF ADOLESCENCE

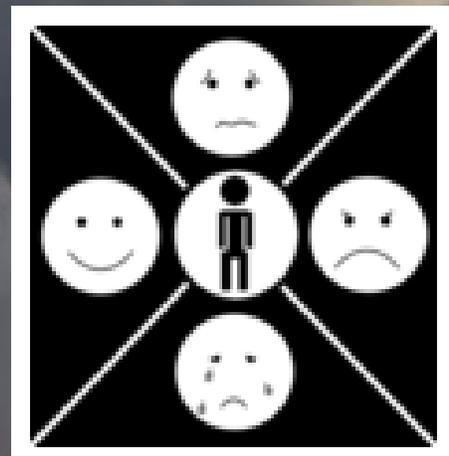
- Exit the situation - if you're in a confrontation that is provoking strong feelings, walk away. You won't help anything by losing control while you're being antagonized. If you can, find a safe space to regain control
- Exercise - physical activity helps you to channel your feelings into productive work and give you the space you may need to sort the problem through
- Meditation and deep breathing - taking a step away from your feelings by forcing yourself to slow down through meditation or deep breathing exercises can help you gain the perspective you need to rationally explore the source of your feelings

Being a teenager is hard, much harder than some adults remember. One of the hardest things is controlling your feelings or finding a healthy outlet for them.

All the stuff that's happening to you physically and socially is translating into your emotional health. This can cause huge outbursts of feelings, especially anger or sadness, that can be very difficult to control. And since you're a teenager, you're expected to express those feelings like an adult and not like a child.

To make matters worse, you may not have been taught the skills you need to deal with and express your feelings.

These tips may help you deal with your strong feelings in a safe and healthy way.



- Get it out - finding useful ways to express your feelings can help you learn to control them. Writing, drawing, singing, playing an instrument, or other artistic outlets can help you vent your feelings

Talk to someone - it seems very simple, but venting to someone you trust is an effective way of dealing with emotions. Just be sure that it is someone you can trust unconditionally or who is obligated to keep your conversation confidential or this can backfire.

PURSUING SOCIAL JUSTICE

*SMALL STEPS TO MAKE THE
WORLD A BETTER PLACE*

WHAT DOES IT MEAN TO PURSUE SOCIAL JUSTICE?

In a nutshell, social justice means treating all people and populations throughout the world by the same standards of equality, justice, and respect. For example, discrimination on the basis of skin colour, religion, sexual orientation, etc. is a social justice issue.



What Can You Do?



Stand Up

Defend yourself, especially if you belong to a persecuted group



Education

Educate yourself on the issues that affect your community. Change starts at home!



Speak Up

If you don't experience injustice, speak up when you witness it. Silence is the greatest weapon of injustice.



Language

Pay attention to how you talk about others. Often, our words undermine groups and individuals without meaning to.



Partner

Follow your passion, build partnerships, and take action.

SURPRISE YOURSELF WITH WHAT
YOU CAN ACCOMPLISH

”

*DON'T BE A
VICTIM OF
NEGATIVE
SELF TALK*

*REMEMBER,
YOU ARE
LISTENING*

“

Broaden Your Horizons

Popcorn makes an amazing snack!

Light, high in fiber, and easy to make, popcorn has it all. Make it by placing two tablespoons of kernels in a brown paper bag, fold down the top, and microwave for 2-3 minutes. Dress it in coconut oil and a sprinkle of salt, or use one of the topping combinations below and mix well!



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What problems weigh on your mind?

Do you feel you don't have anyone to talk to?

The I AM ME Mini Mag is offering you advice. Just send us your questions and we will have them answered by a professional. The answer will appear in the following issue of the Mini Mag. Your identity will remain confidential.

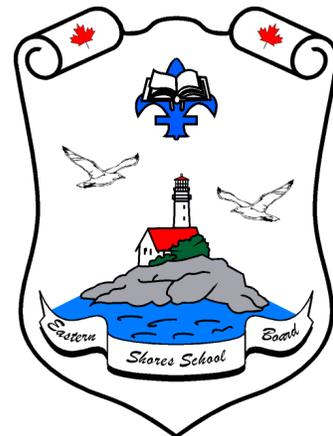
Contact us:
visiongaspeperce@gmail.com

- Sweet and Salty - a tablespoon of maple syrup and a sprinkle of salt
- Mexican Chocolate - a tablespoon of cocoa powder, 2 teaspoons of icing sugar, 1/4 teaspoon of cinnamon, and a sprinkle of salt
- Cheesy Garlic - a tablespoon of grated Parmesan, 1/4 teaspoon each of dried thyme and garlic powder, and a sprinkle of salt
- Spicy - a teaspoon of chili powder, 1/4 teaspoon of paprika, and 1/2 teaspoon of garlic powder

Everybody is a genius, but if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid
- Albert Einstein

OUR SPONSORS

This Mini Mag would not be possible without
the partnership of these groups:



SOURCES

This issue used the following sources of information

- "4 Practical Ways To Find Your Life's Passion And A Career You Love" by Deena Varshavskaya. Find it at Forbes.com
- "What's your digital footprint?" by Lisa Nielsen. Find it here: <http://www.smores.com/6pbw-what-s-your-digital-footprint>
- "Dealing with Anger" by Kid's Health. Find it here: <http://kidshealth.org/en/teens/deal-with-anger.html>
- "17 Ways You Can Work For Social Justice" by Nina Flores. Find it here: <http://www.yesmagazine.org/peace-justice/17-ways-you-can-work-for-social-justice>