A lot of teenagers struggle with anxiety. Our group studied ways humor can benefit the brain and perhaps help with anxiety and stress. We also included some coping strategies that could help in panic situations. We hope you enjoy!!

What do you call a can opener that doesn’t work?
About Anxiety

Anxiety is a common mental illness in the US. It affects around 25.1% people 13-18. Anxiety disorders are at risk with the factor of school, missing out on social events, and substance abuse (ADAA Facts & Statistics, n.d.).

There are many different types of anxiety such as:
- Generalized anxiety disorder
- Social anxiety disorder
- Panic disorder
- Separation anxiety disorder
- Agoraphobia and other phobias

PC: stylist.co.uk/

Anxiety can affect people's hormones off the level of stress build up. It can cause high response to danger places or stressful situations, and can affect one's memory and new memory formation. There are many studies that link anxiety and substance abuse because it may help them "cope with the adverse symptoms of their conditions." (Valentin, 2021)

A “Can’t opener!

*Badum-tss*

Art by: Jacob Ramirez
What Happens Behind The Scenes: Panic Attacks

When a panic attack occurs, the fear part of your brain (amygdala) signals the fight or flight (Sympathetic Division) response. The response floods your bloodstream with adrenaline. Your heartbeat quickens, which then moves your body into high alert. Your muscles tense. Breathing becomes fast and shallow. Your blood sugar spikes up and your senses get sharper. (Richmond, 2017)

Panic attacks can also be caused by an imbalance of serotonin which is a chemical in the brain that acts as a mood stabilizer. Your adrenaline levels could be spiked 2 ½ times or more. (Cherry, 2019)
“I am doing my best”
“I am in love with myself and my body”
“My possibilities are endless”
“I am brave, bold and beautiful”
“I am talented and intelligent”
“I am proud of myself”
“I am free of worry and regret”

I love myself!!
Unfortunately these **breathing techniques** won't work for everyone, but they're worth a shot.

1. Take as deep a breath as you can, and hold it. This can be difficult, but slowly exhale what you held in, instead of gasping to reset your breathing.

2. Control your breathing by inhaling and then holding your breath for 2 seconds. Exhaling and then holding your breath for 2 seconds again. Repeat as many times as needed.

What do you call an alligator who is also a detective?

An Investi-gator!
Or give this a try...

When you're upset and anxious try sucking on your water bottle and slowly, but surely, sip water :) It’s important not to put something dirty in your mouth, but water bottles are meant to be there.

“Babies and children begin sucking their thumbs as a reflex, making them feel secure and safe. The behavior may extend into adulthood for similar reasons. Adults may suck their thumbs as a response to stress or anxiety” (Kandala, 2020).

“Thumb sucking could also be a response to trauma. Psychological trauma is a mental and physical response to events a person finds extremely stressful. Common examples can include bullying, abuse, or a car accident.” (Kandala, 2020).
Hello! My name is Pudgy.

Here's 6 ways to self-care:

1) Read a book
   kick back and READ!

2) Tea Time!
   Chillax... Sip tea

3) Dance Break!
   Dance your heart out

4) Try something new
   New skills are fun to learn

5) Journal!
   Let everything out

6) Use your artsy fartsy mind

You Got This

Art by: Matilda Carrillo

Pudgy's Playlist ->
How does humor affect the brain?

When someone tells you a joke your frontal lobe and temporal lobe spring into action.

The frontal lobe is responsible for decision-making and reasoning, and the temporal lobe is responsible for language, memory, and emotions (Figure A).

(Johns Hopkins Medicine, 2022).

The punchline of the joke sets off a chain reaction of electrical impulses. This chain reaction activates the VTA, a part of your brain that releases chemicals that elevate your mood and make you feel good, neurotransmitters such as dopamine and serotonin (Figure B).

(Edwards, 2010).

Why are sponges and brains alike?

They both like to soak up material!
I sold my vacuum the other day...

All it was doing was collecting dust...
<table>
<thead>
<tr>
<th>Zodiac</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leo</td>
<td>To exert any negative (or positive?) energy you may have get up and move! Or even sit down and do a low-effort dance. Working out is very good for your mental health.</td>
</tr>
<tr>
<td>Aries</td>
<td>If you are feeling angry start yelling about conspiracies you feel aren't true to really get yourself to go, &quot;Why am I angry?&quot; (The birds work for the bourgeoisie) Maybe even yell &quot;BUBBLES.&quot;</td>
</tr>
<tr>
<td>Sagittarius</td>
<td>This isn't about repressing your emotions but force yourself to smile, try making yourself laugh. Supposedly if you smile long enough you trick your brain into sending the happy stuff.</td>
</tr>
<tr>
<td>Pisces</td>
<td>If smiling ain't your thing try drawing your emotion or issue on a whiteboard and then erasing it as to show that it'll eventually pass. Or even draw a smiley face with all your might!</td>
</tr>
<tr>
<td>Taurus</td>
<td>For something a little deeper and longer try learning something new and indulging in a hobby. It’s a good way to stimulate the brain and feel accomplished.</td>
</tr>
<tr>
<td>Libra</td>
<td>If you are feeling upset, start saying silly words such as, but not specifically, BADONKAROONIES, WIENERSCHNITZEL and AWOOGA.</td>
</tr>
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Resources

National Suicide Prevention Lifeline
Hours: Available 24 hours.
Languages: English, Spanish.
800-273-8255

The Trevor Project
Available 24 hours
866-488-7386

National Alliance on Mental Illness (NAMI)
Hours: Mon-Fri 10am-6pm
800-950-6264
About The Authors

This is Katelyn Olsen. She enjoys art, cosplay, and many other creative things.

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This is Valeria Parga. She enjoys drawing and she loves cats.


