



**INSERT FUNNY
TITLE**

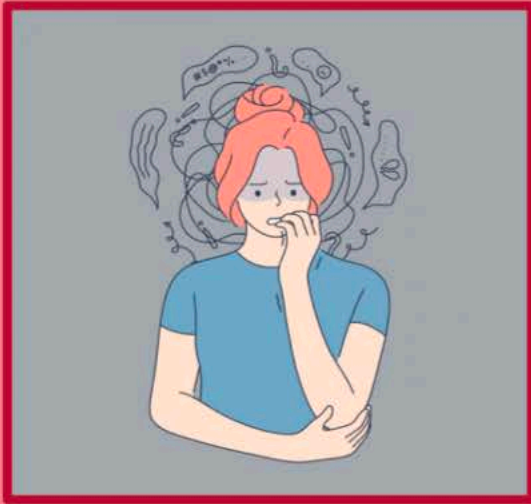
About the Zine:

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.).



PC: stylist.co.uk/

There are many different types of anxiety such as:

- Generalized anxiety disorder
- Social anxiety disorder
- Panic disorder
- Separation anxiety disorder Agoraphobia and other phobias

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!

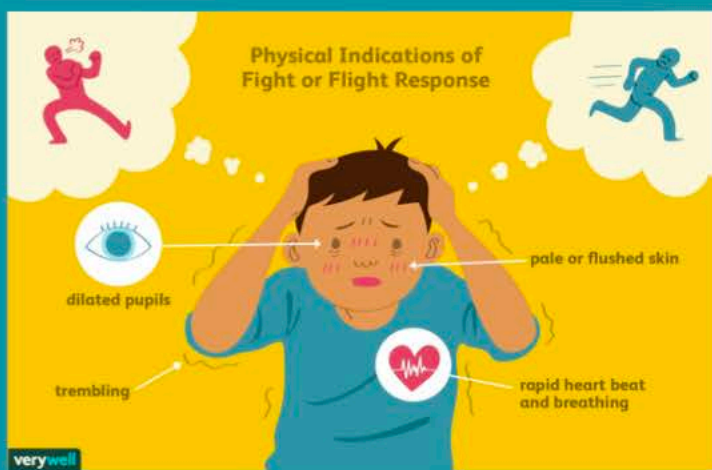
Badum-tss



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)

PC: Verywell / Joshua Seong

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)

Art By: **Valeria Parga**

"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"

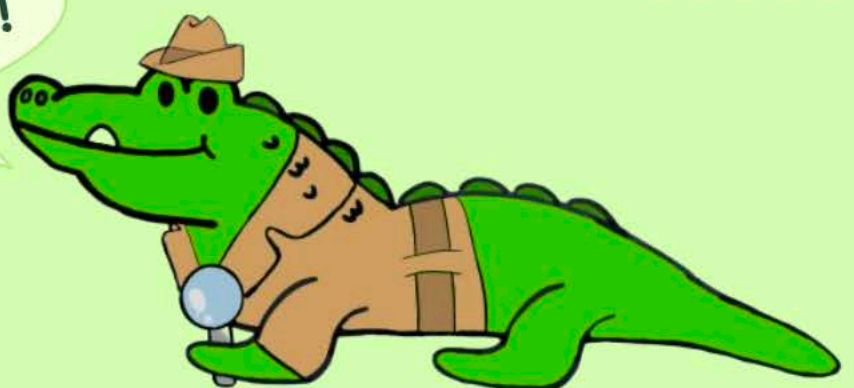


Unfortunately these
BREATHING TECHNIQUES
won't work for everyone,
but they're worth a shot.

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 is:

6 ways
to

Self Care

1) Read a book



kick back and READ!

2) Tea Time!



Chillax.. Sip tea

3) Dance Break!



Dance your ♥ 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 ->



These
photos
are trash

Garbage Photos

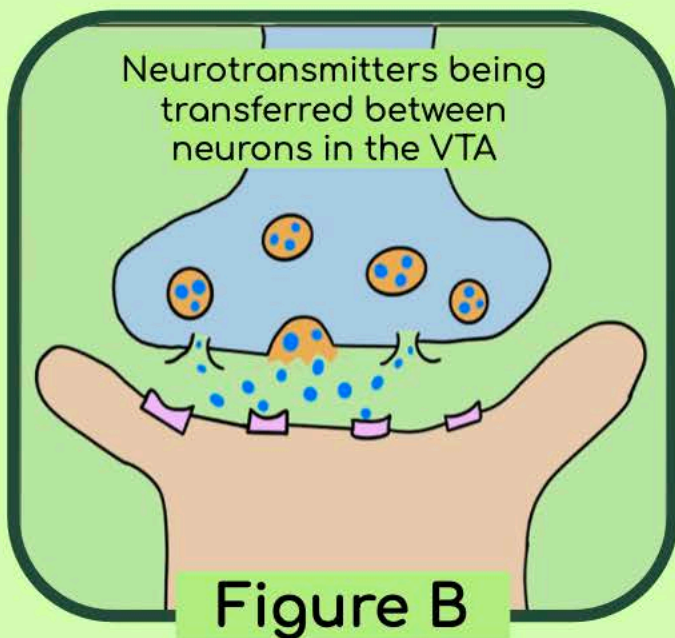
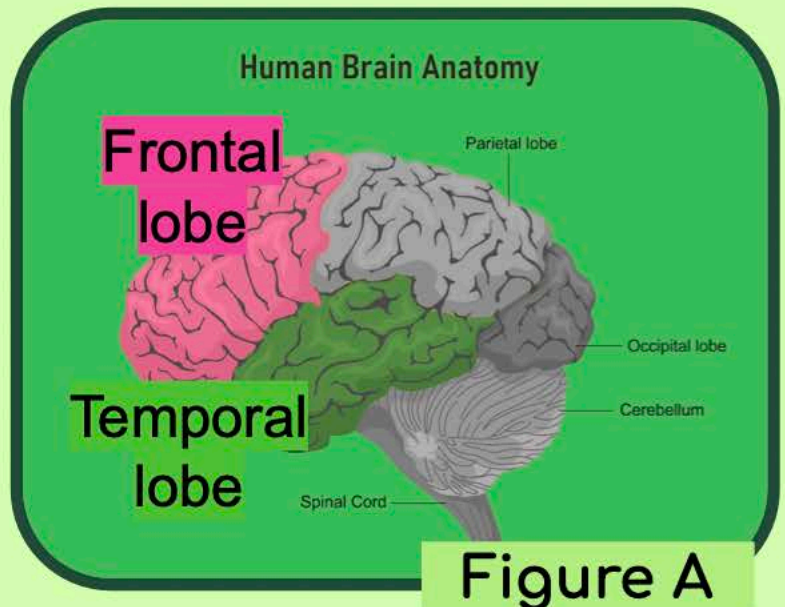


How does humor affect **the brain**?

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).

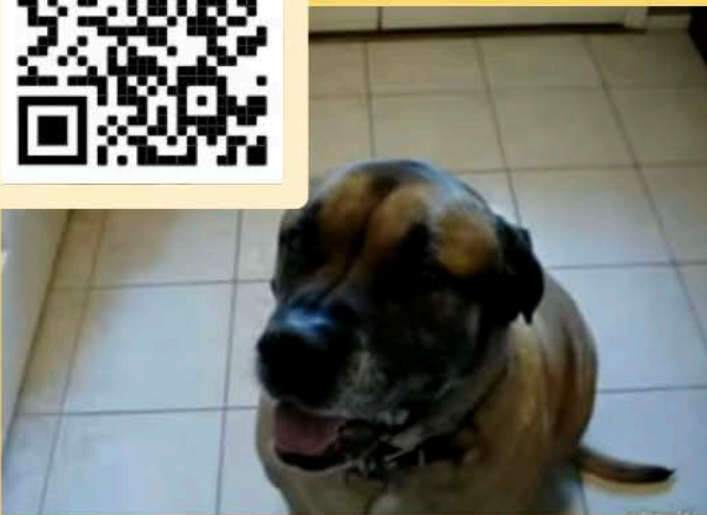
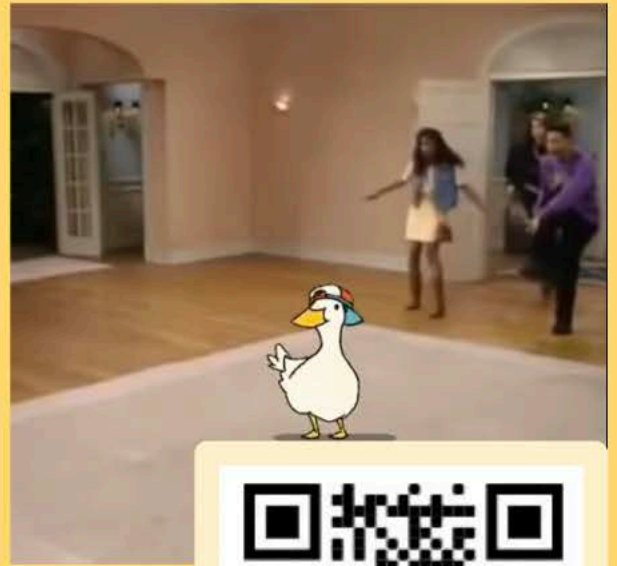
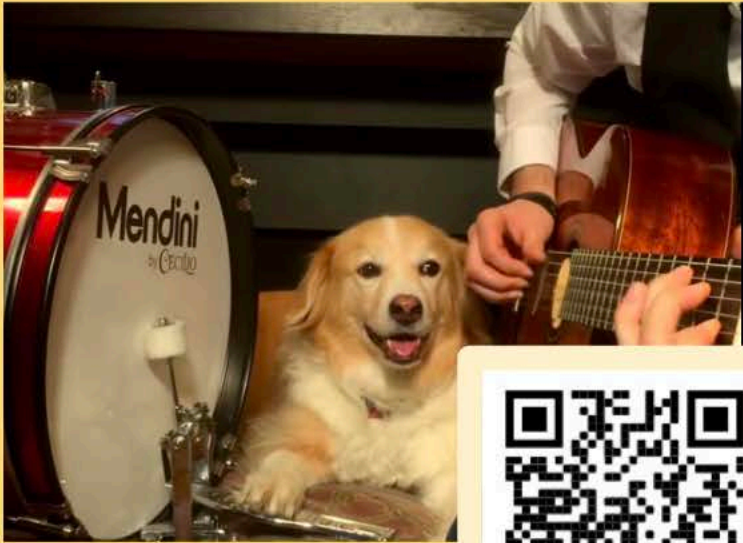
(Edwards, 2010).

Why are sponges and brains alike?

They both like to soak up material!



Watch these for a Good Laugh



I sold my
vacuum the
other day...



All it was doing
was collecting
dust...



Advice & Coping for (Some) Zodiacs

(Use any of the advice— This is just for fun!)



Leo

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.



Aries

If you are feeling angry start yelling about conspiracies you feel aren't true to really get yourself to go, "Why am I angry?" (The birds work for the bourgeoisie) Maybe even yell "BUBBLES."



Sagittarius

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.



Pisces

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!



Taurus

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.



Libra

If you are feeling upset, start saying silly words such as, but not specifically, BADONKAROONIES, WIENERSCHNITZEL and AWOOGA.

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)

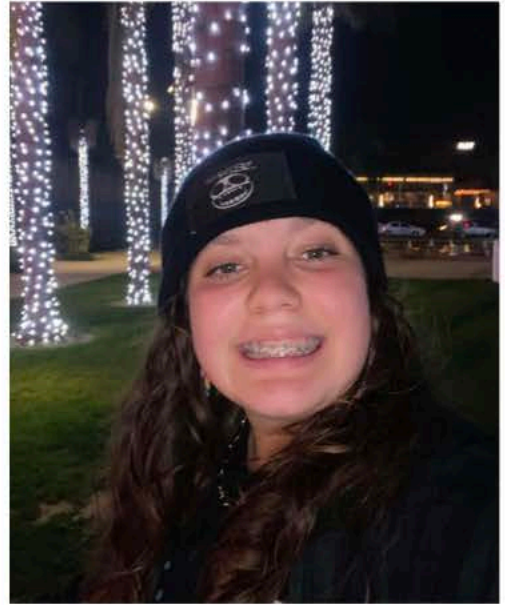
Hours: Mon-Fri 10am-6pm

800-950-6264

About The Authors



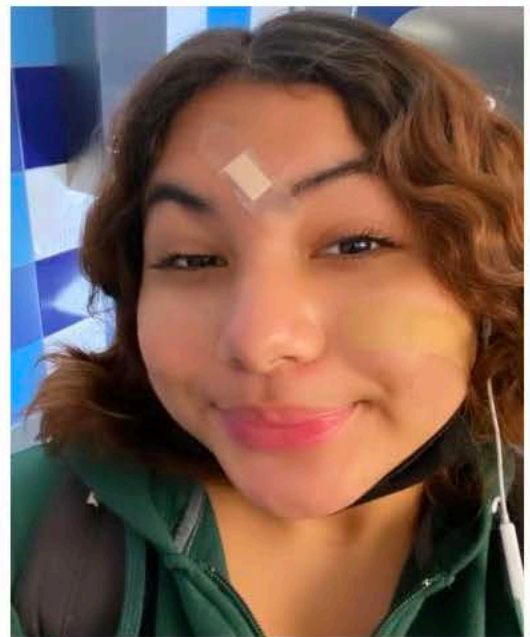
This is Katelyn Olsen.
She enjoys art, cosplay,
and many other creative
things.



This is Matilda
Carrillo. She likes
dancing and drawing
penguins.



This is Jacob Ramirez.
He learns random skills
and enjoys watching
dog videos



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

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