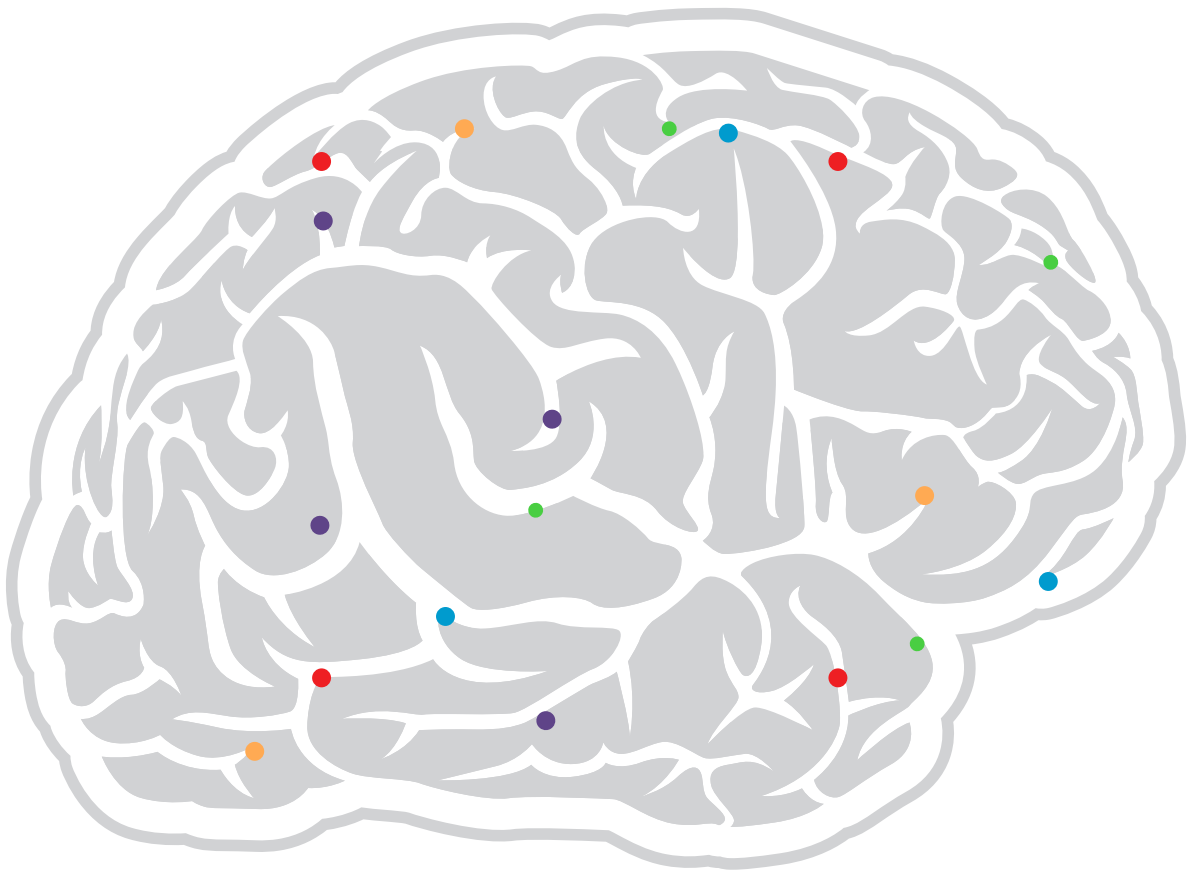


# YOUR MIND IS AMAZING!



The neurons in your brain send signals to each other whenever you think thoughts.

These signals can become familiar pathways and you might get stuck in a negative mindset.

You can reshape your thoughts whenever you want.

Connect the neurons to create new pathways and solve the puzzle!

# Daily Times



## Brave day for our local heroes

Daring local heroes James Blonde and his companion Bingo (formerly known as 'The MindMeddler'... formerly known as 'Dog') were all smiles as they received the coveted Medal of Bravery last week. With the help of an expert team of students they were able to stop the MindMeddler in his paw tracks. "It was pretty embarrassing really," said Bingo. "Turns out the only person who could stop me, was ME. Luckily I figured it out b4 it was too late."

# STRESS AIN'T THE BEST



Brand new studies are showing that stress is on the rise for many young people today. With homework piling up, the pressures of social media, and not to mention the uncertainty of world events, it's becoming 2 much! While some stress is normal and can even help us feel

motivated, too much stress isn't good for us, and can have a negative impact on our physical and mental health. It's important to build resilience and healthy coping mechanisms to help support us when things get tough.

## Harry's Horrible Horoscopes

Cancer: The stars are telling me that you've been under a lot of pressure lately. Why don't you just sit on the couch all weekend and take a load off? Don't try anything new, that sounds too hard. Pop open a fresh sugary drink and just chill on your phone all weekend - trust me, it's what I've been doing for months, and I feel fine. The most important... (continued on page 7)

## Mad Catter on the prowl

A deranged cat was released from the local animal shelter at 5 pm yesterday. Witnesses reported hearing her confused cries of 'I'll show them all', 'Soon you'll see' and 'Where's my little mouse toy with the bell on it?'. After several weeks of intensive (flea) treatment, nurses at the shelter seemed satisfied the cat was fit to return to society, although reports are that once she left she immediately decided she wanted to come back in again, then go out again, then back in. "I was getting sick of it by that point" one worker said: "I had to close the door, the cold air was getting in."



### NEED A POSITIVE MINDSET?

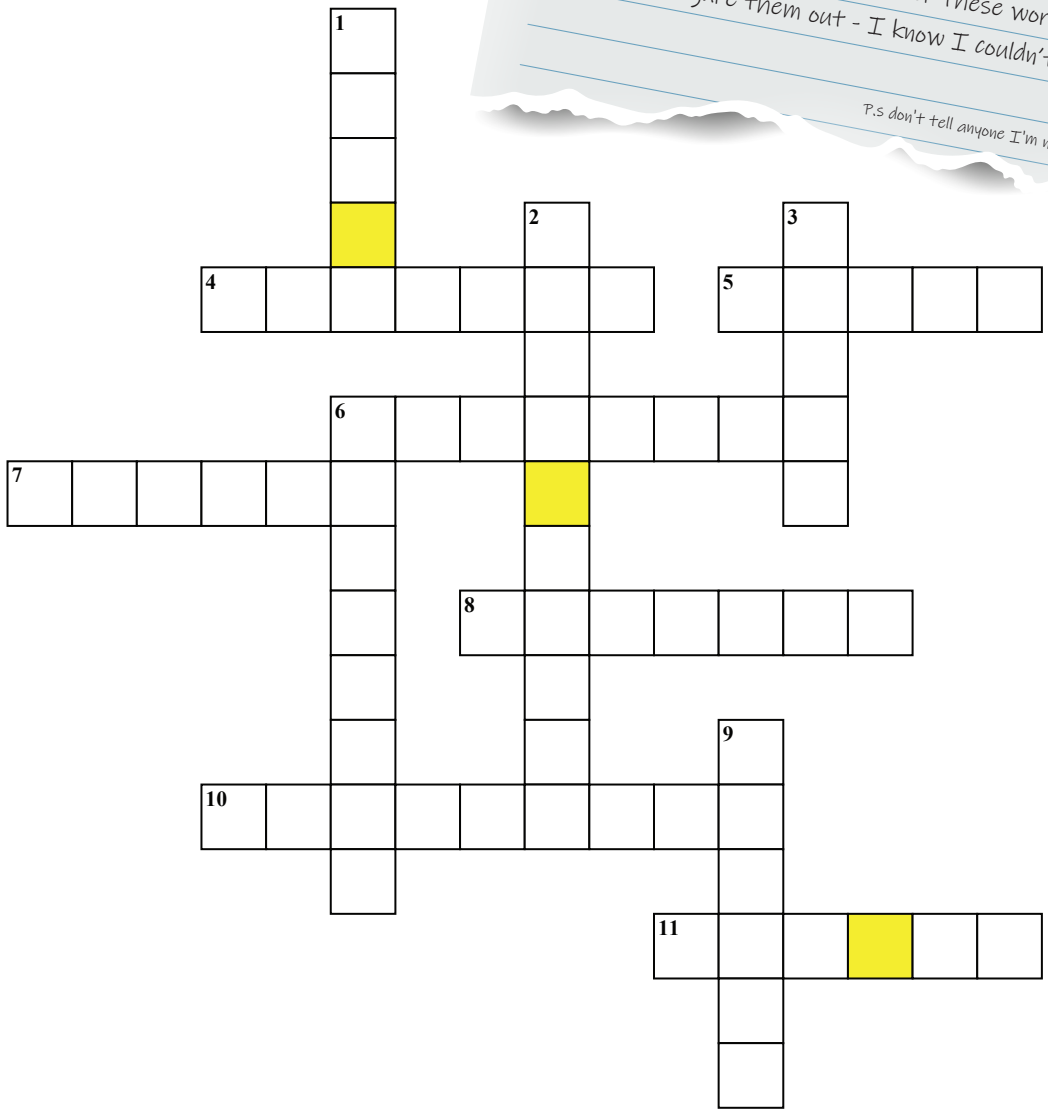
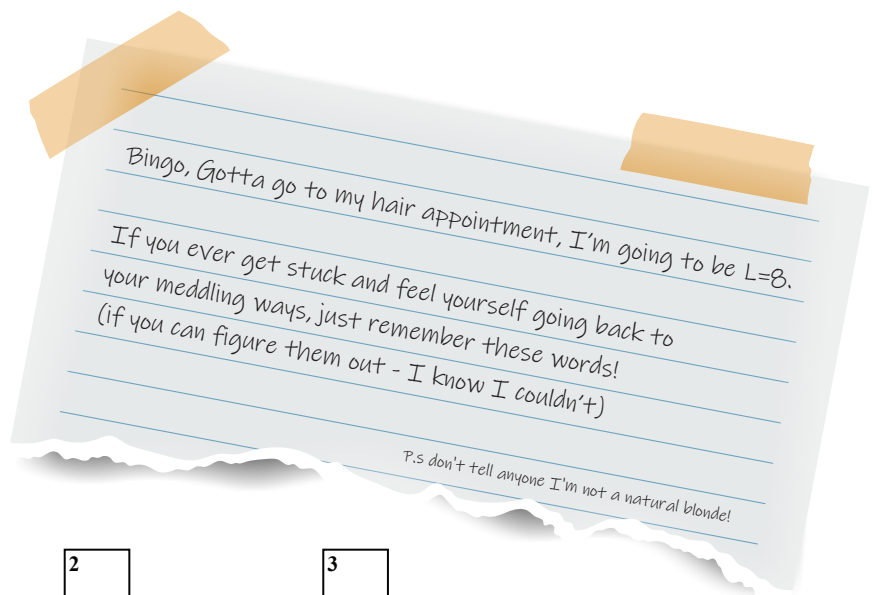
FIND IT IN OUR WELLNESS SECTION



### SPORTS SPORTS SPORTS SPORTS!

THE SIMPLE TRICK TO KEEP YOUR MIND FIT

A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
K  
L  
M  
N  
O  
P  
Q  
R  
S  
T  
U  
V  
W  
X  
Y  
Z



**Across**

- [4] The way we think about ourselves and the world around us. Your mental attitude. (7)
- [5] The name of James Blonde's dog, also a fun game to play. (5)
- [6] \_\_\_ thinking. Looking for the good in each situation. Opposite of negative. (8)
- [7] \_\_\_ Mindset. Knowing our brain can change and we will get better at things if we practise and keep trying. (6)
- [8] Cells in your brain that send signals when you think. (7)
- [10] Something we find hard. (9)
- [11] Our body's response to difficult situations or events. A little is normal, too much isn't good! (6)

**Down**

- [1] A very powerful organ that is the control centre of our body. (5)
- [2] Bouncing back from setbacks. (10)
- [3] \_\_\_ Mindset. Believing our brain can't change and we will never get better at things, even if we practise and keep trying. (5)
- [6] \_\_\_ health. The well-being of your body. (8)
- [9] The wellbeing of our mind and emotions. Physical health supports \_\_\_ health! (6)

Dear James,

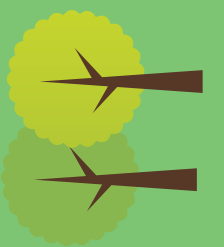
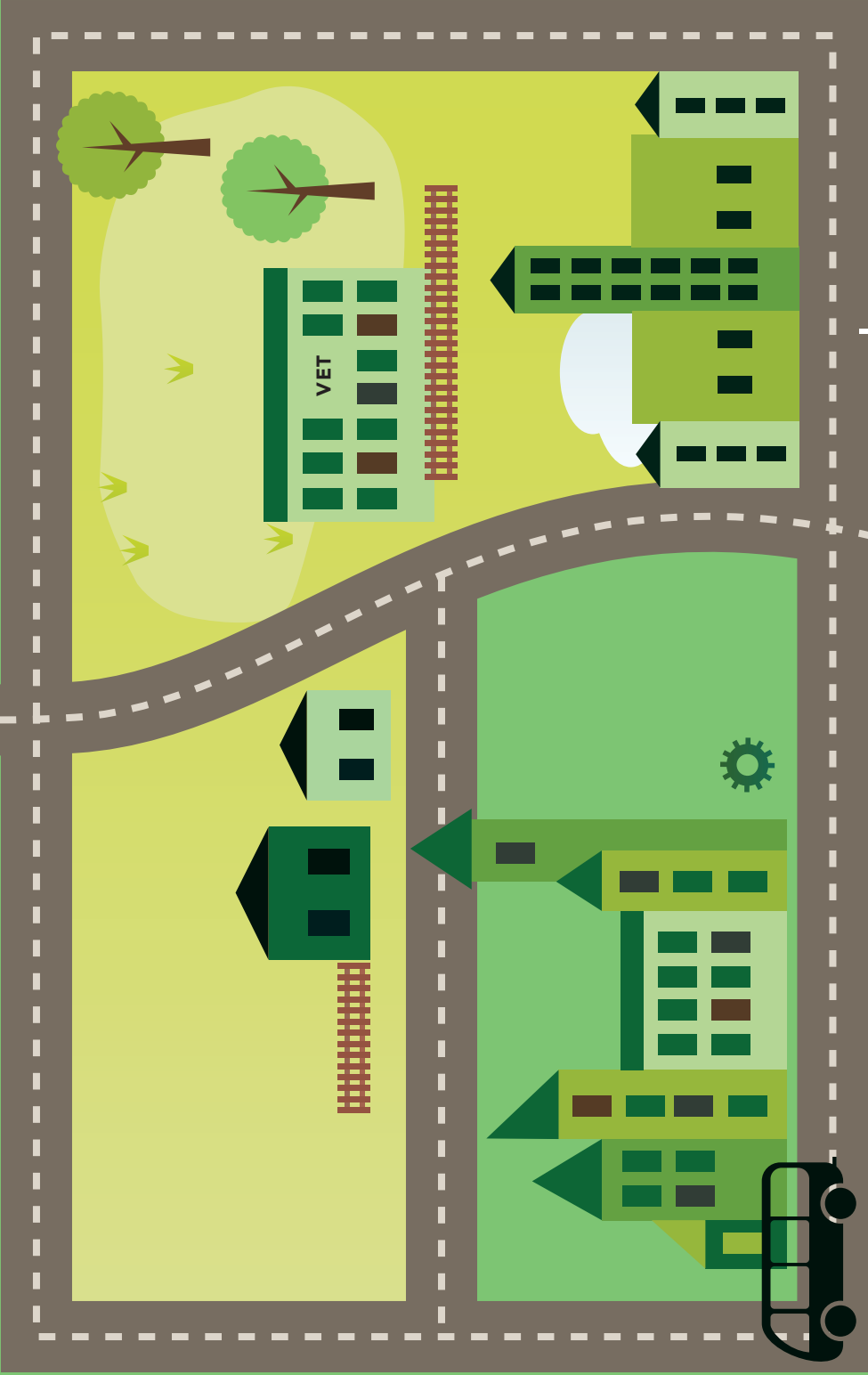
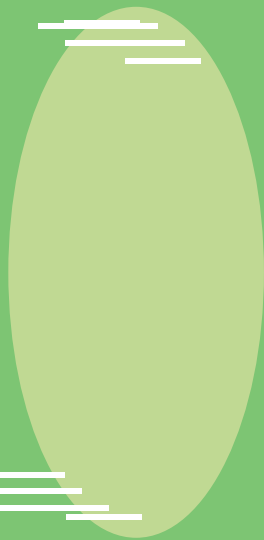
Just wanted to say thanks for the great advice you gave me, about how physical health can help with mental health. I was hanging around at home the other day, not really doing much, and I was feeling really down. I realised that I hadn't been outside in a while so I decided to head to the park. The fresh air made me feel a little better, but then I noticed I was hungry. Instead of getting takeout like usual I decided to go to the fruit and veg place and grab an apple, it was delicious and definitely lifted my mood. I thought I'd swing past the oval and a bunch of my friends were there playing soccer, so I joined in. Running around was exhausting but I felt amazing afterwards, like I could do anything! I was pretty puffed so I decided to take the bus home and on the way I did a few minutes of meditation. It's been a while since I had just taken a moment to breathe and I felt a lot more grounded. By the time I got home I felt like a completely new person. Thanks so much for all the great tips you gave me. You were right, moving my body and changing my environment really shifted my mood. I might do the same thing next week, you wanna come with me?



Bingo

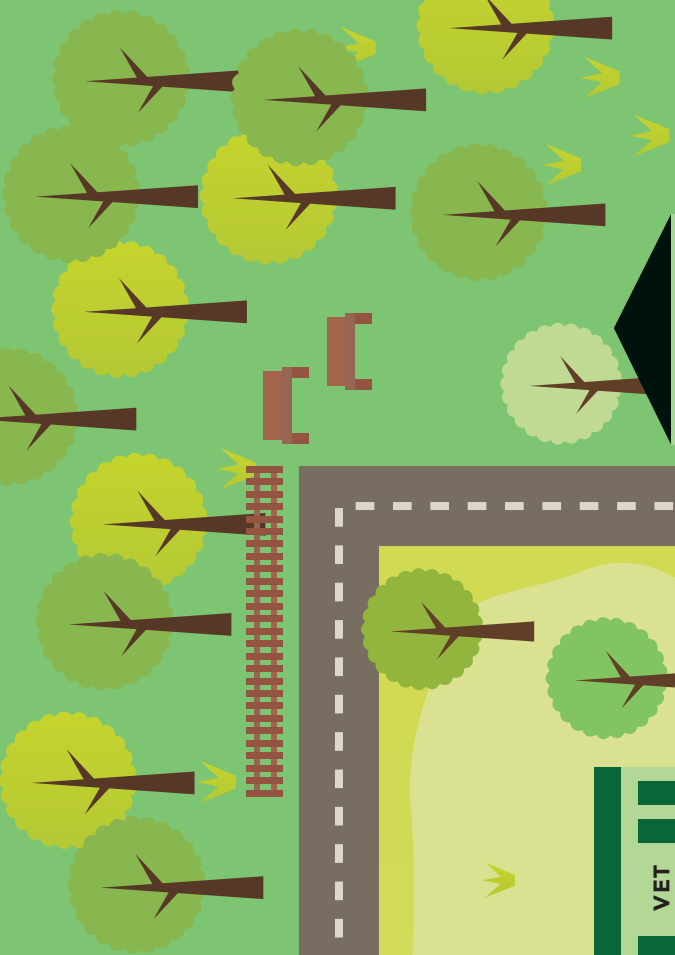
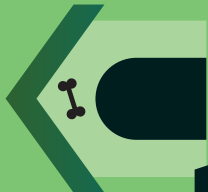


COLIN'S FRUIT AND VEG



BUS

BINGO



Cut out the tokens below and place **one** in each of the small lockboxes used in the game

