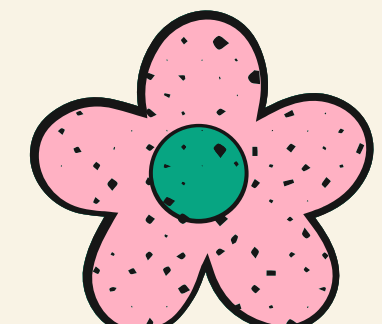
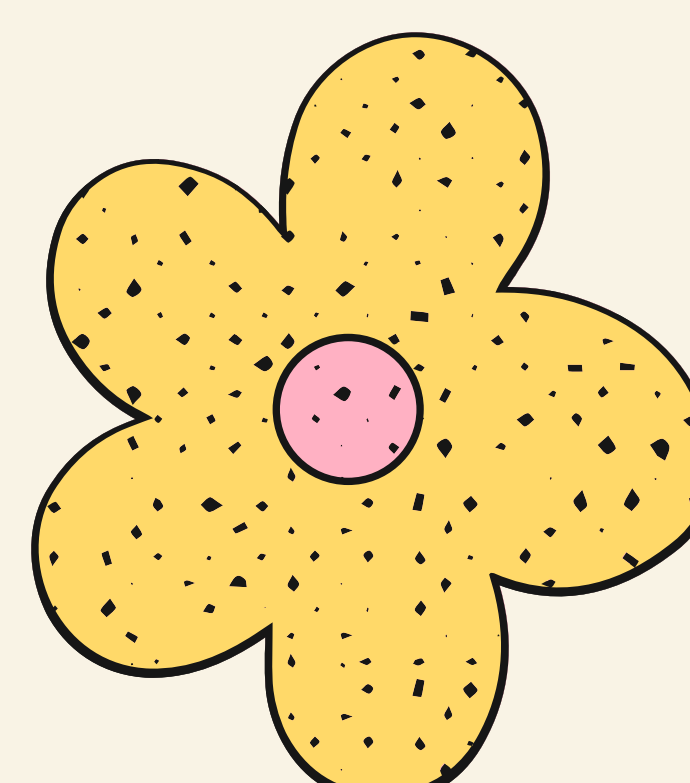
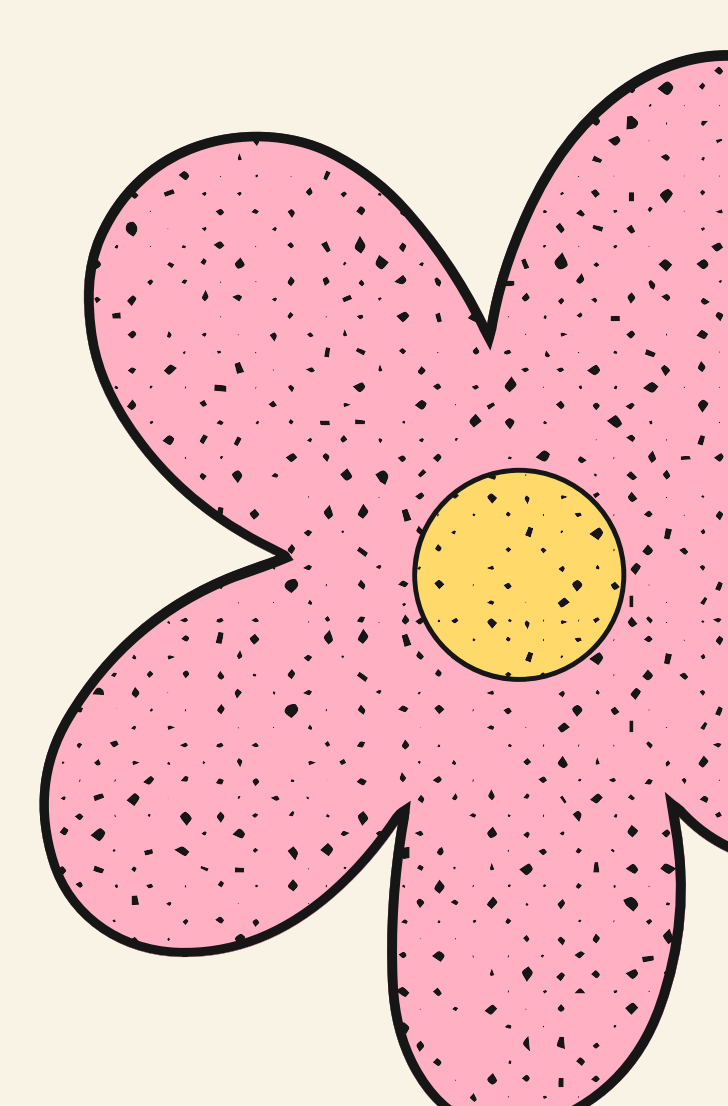
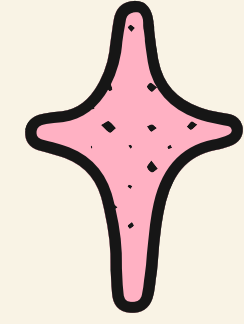
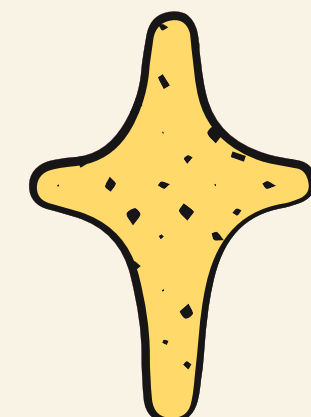
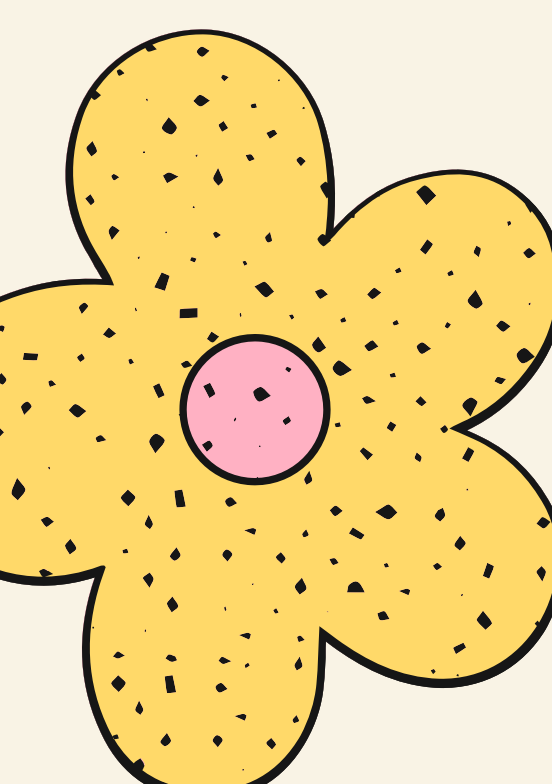
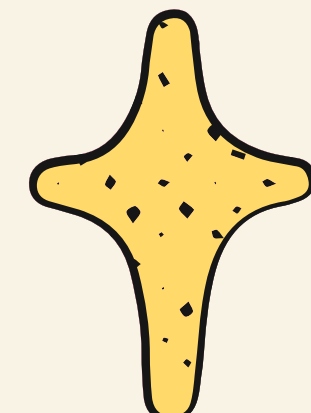
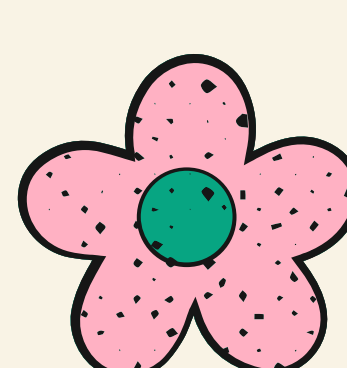
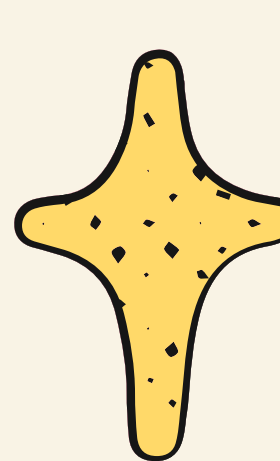
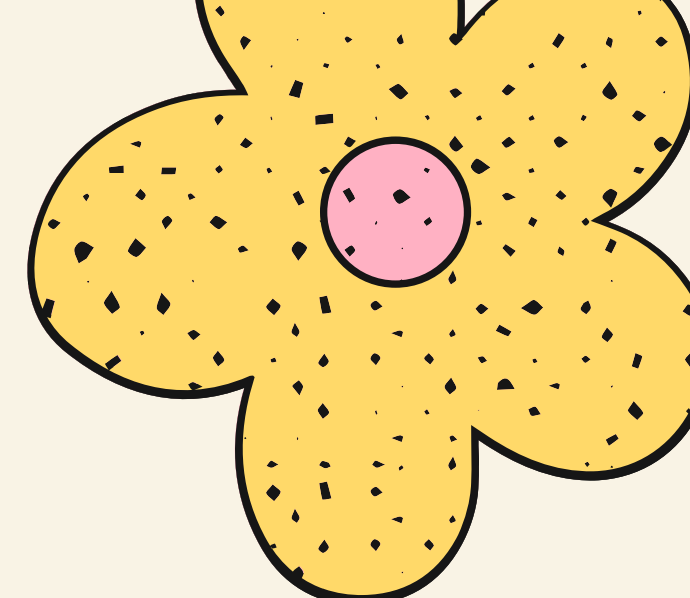
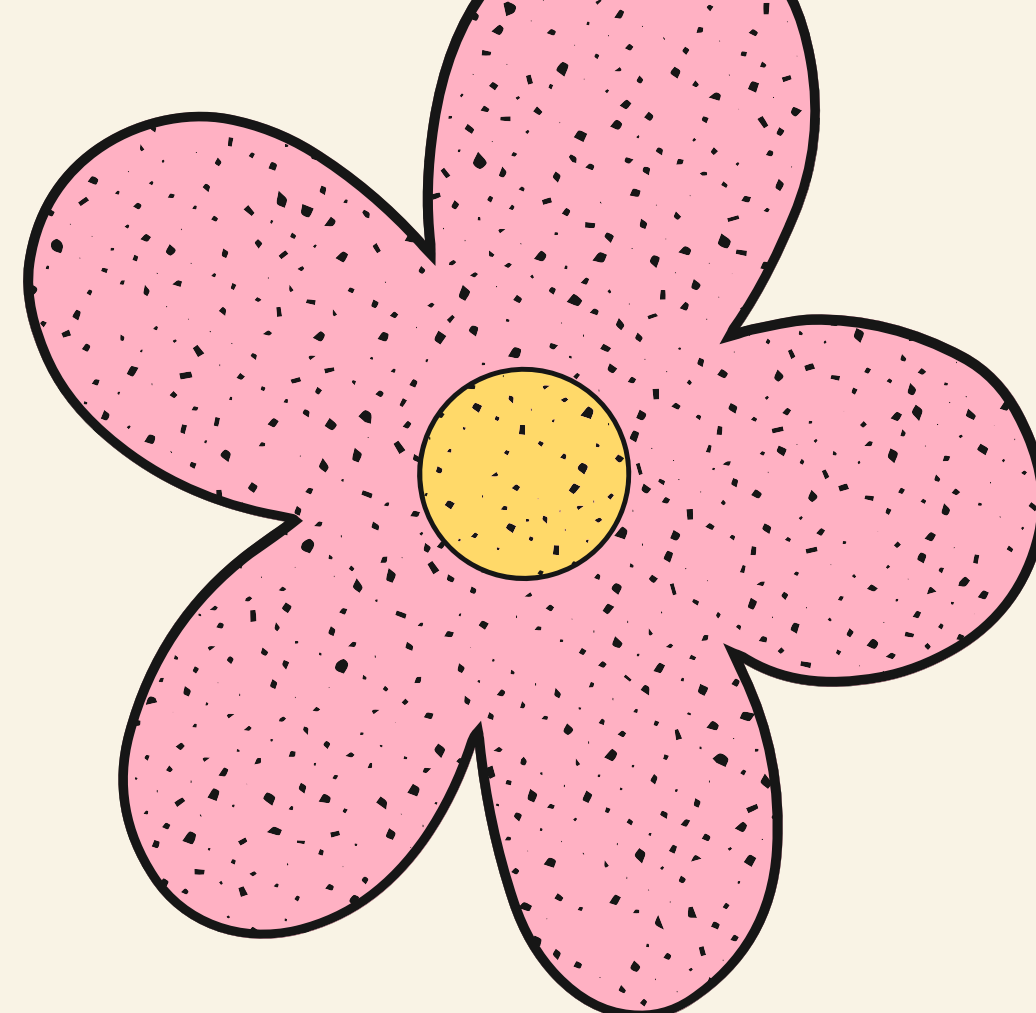


The background is decorated with various floral and star motifs. There are large pink flowers with yellow centers, smaller yellow flowers with pink centers, and small pink and yellow stars scattered throughout the page.

How to Survive an Ever-Changing World as a Teenage Girl



*To all the girls who
choose their own path*

This one's for you

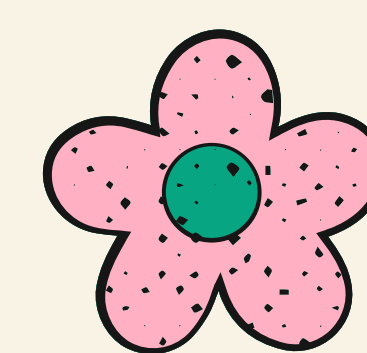
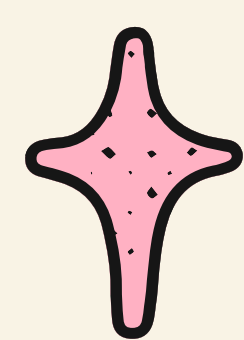
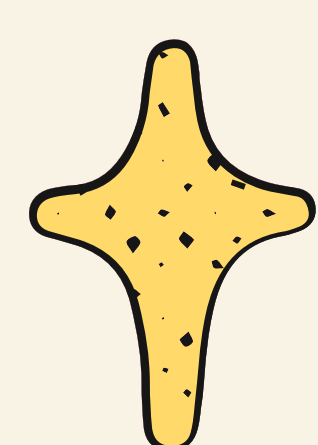
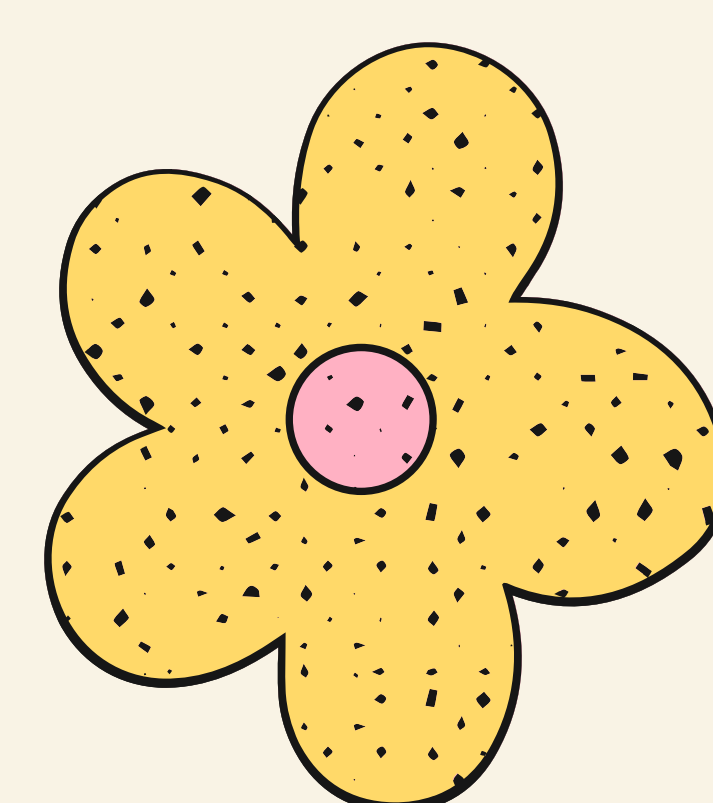
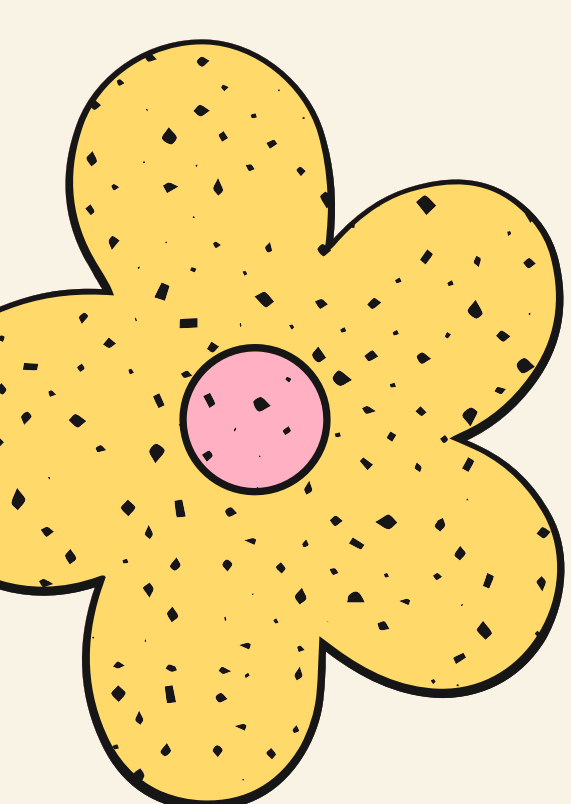
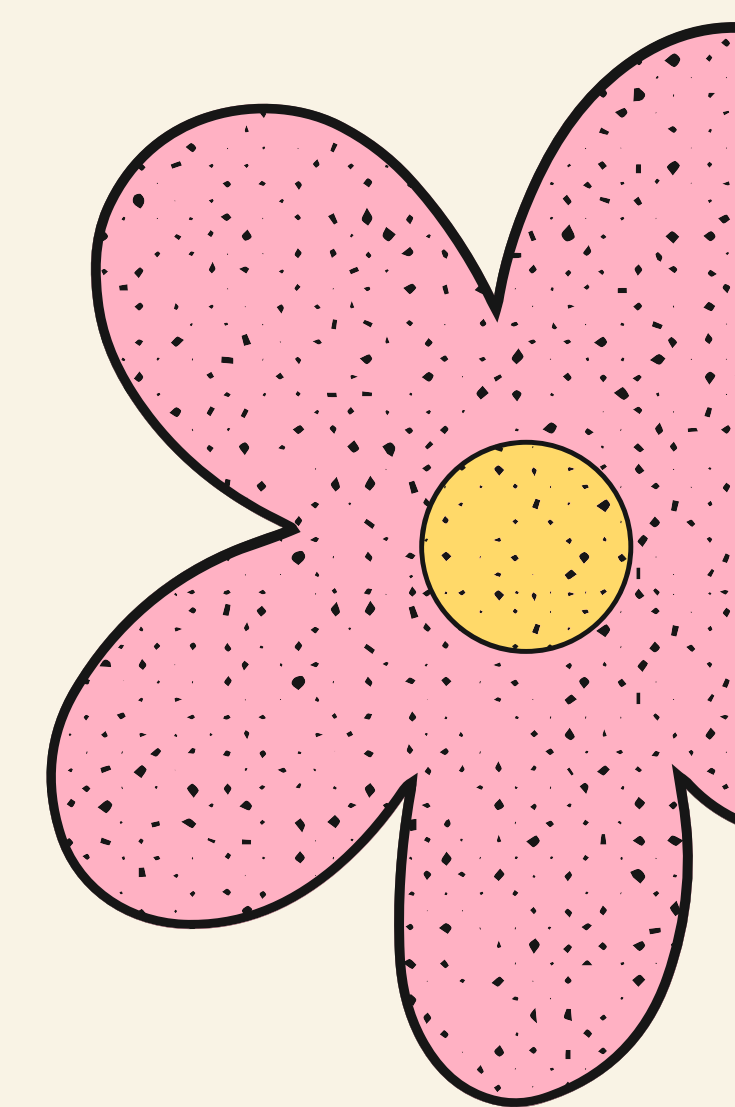
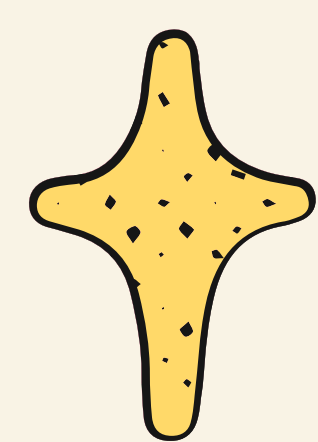
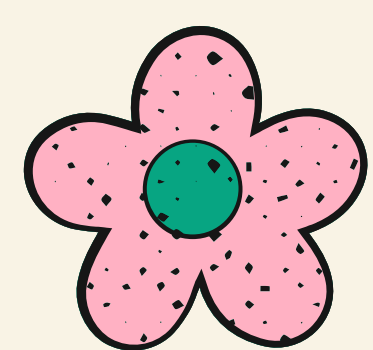
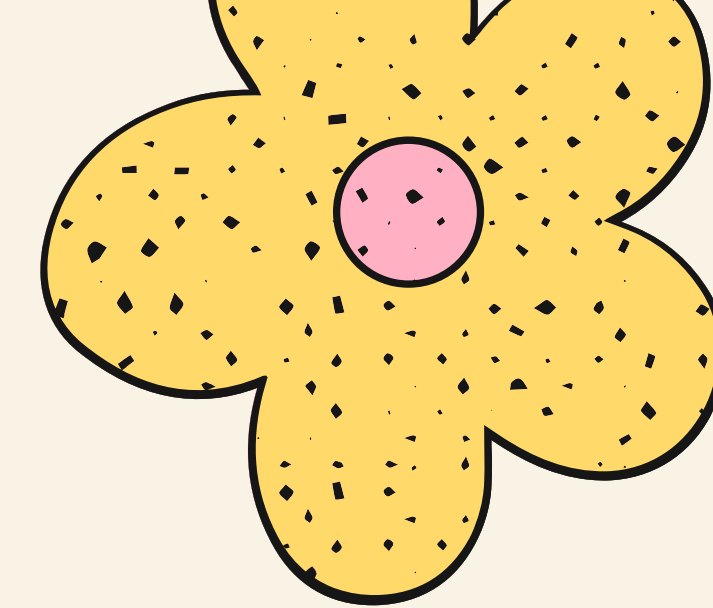
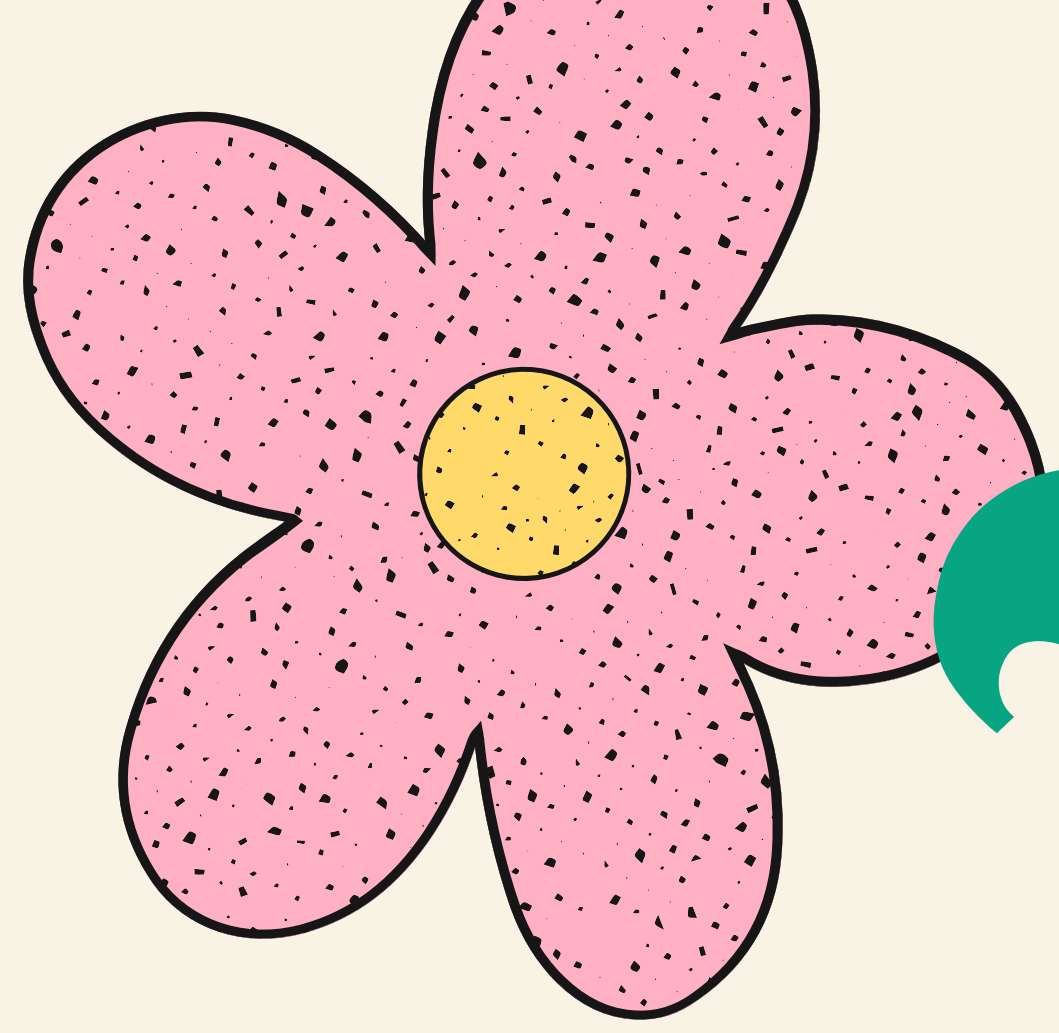

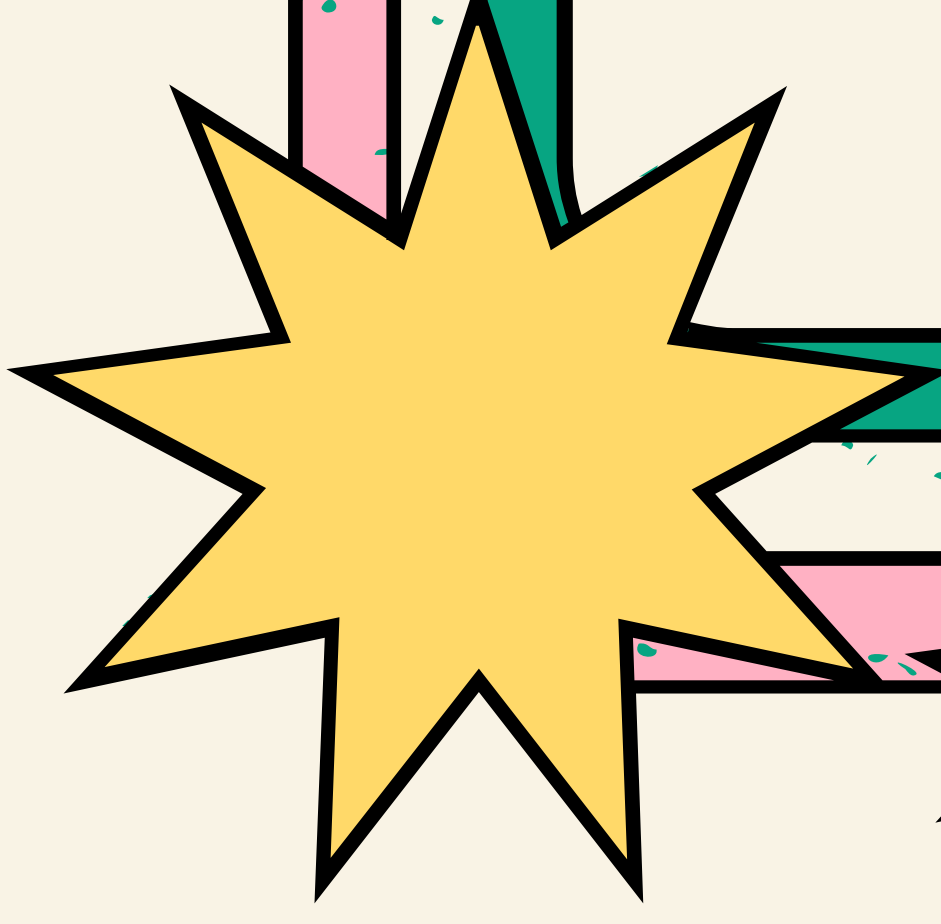
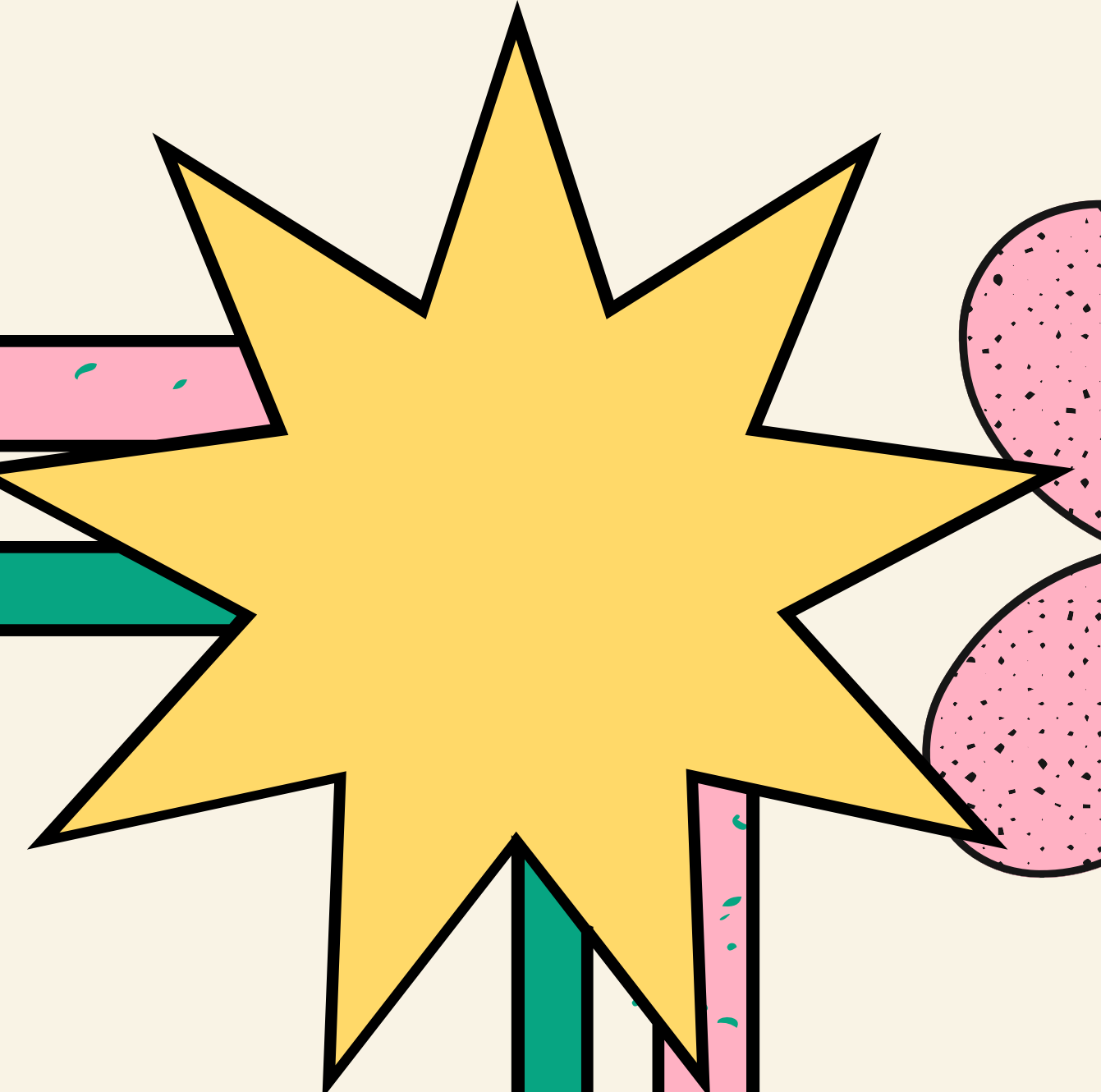



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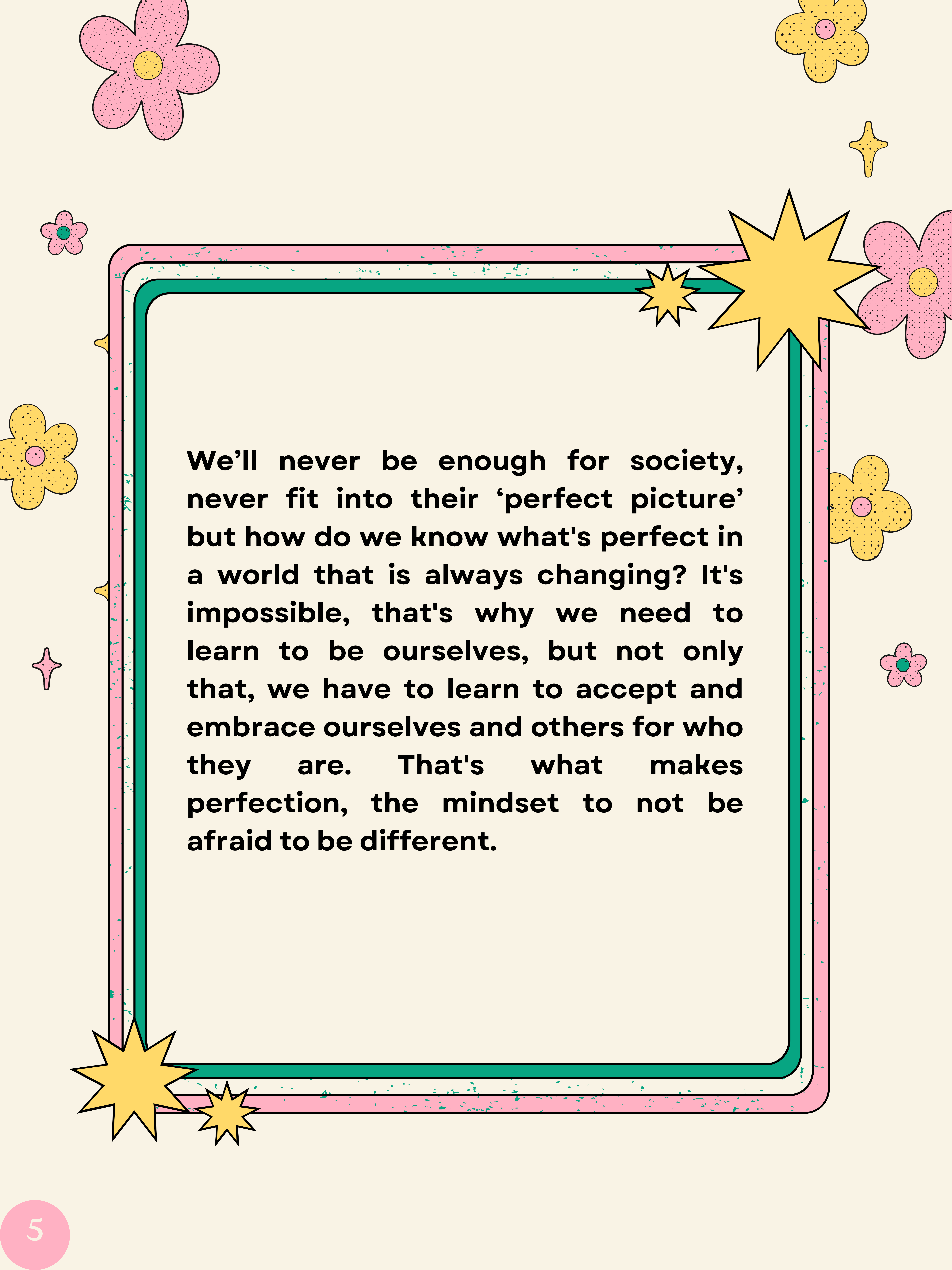
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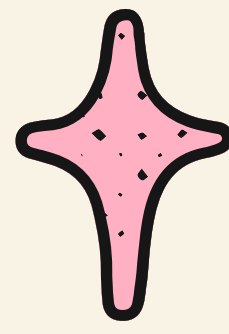
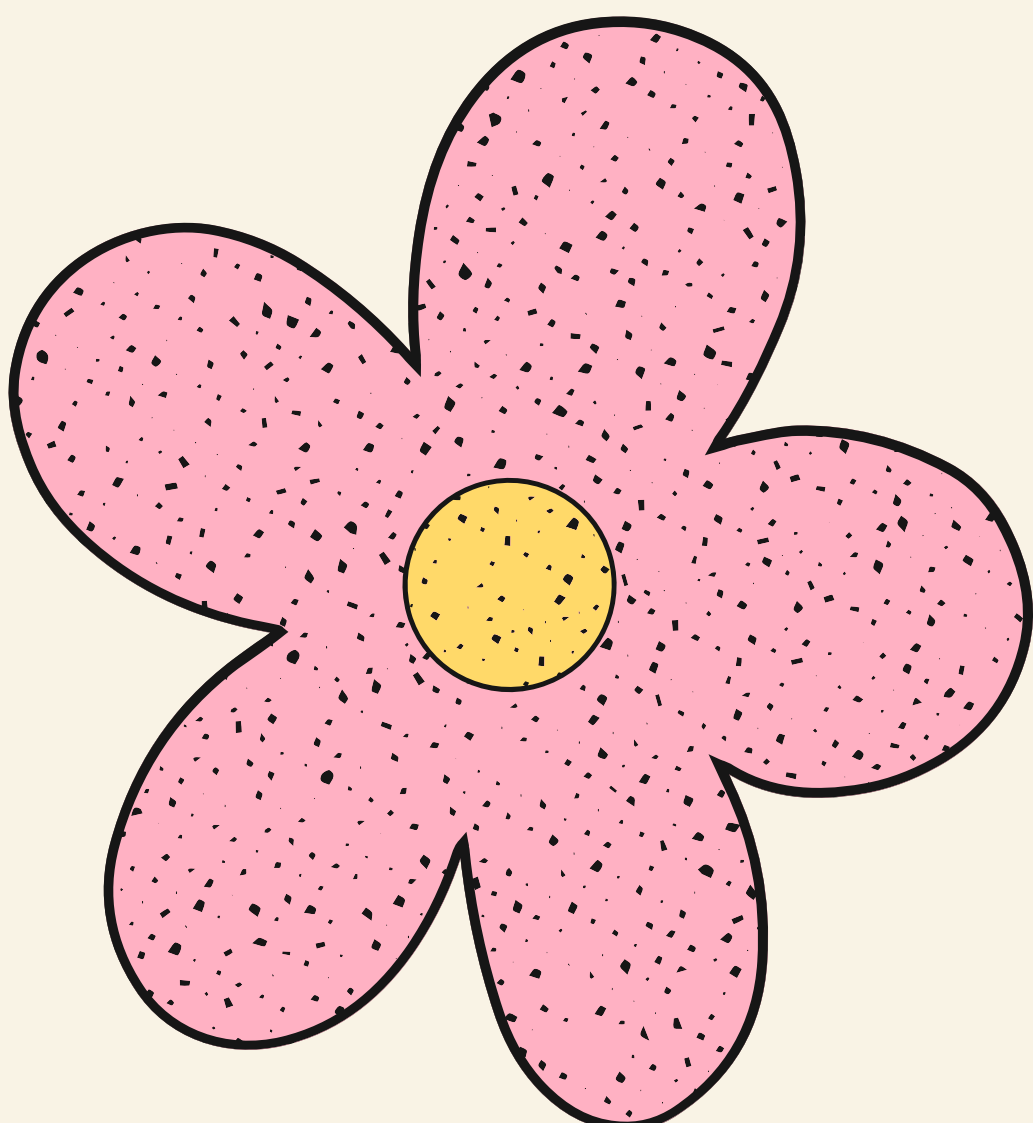
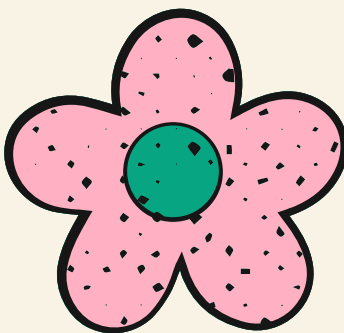
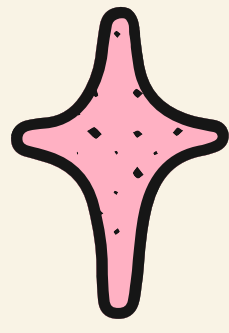
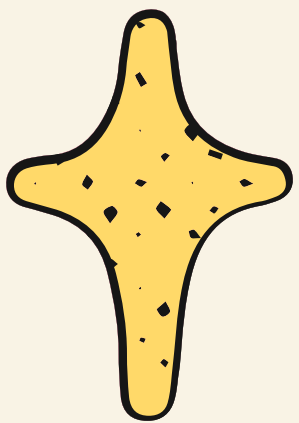
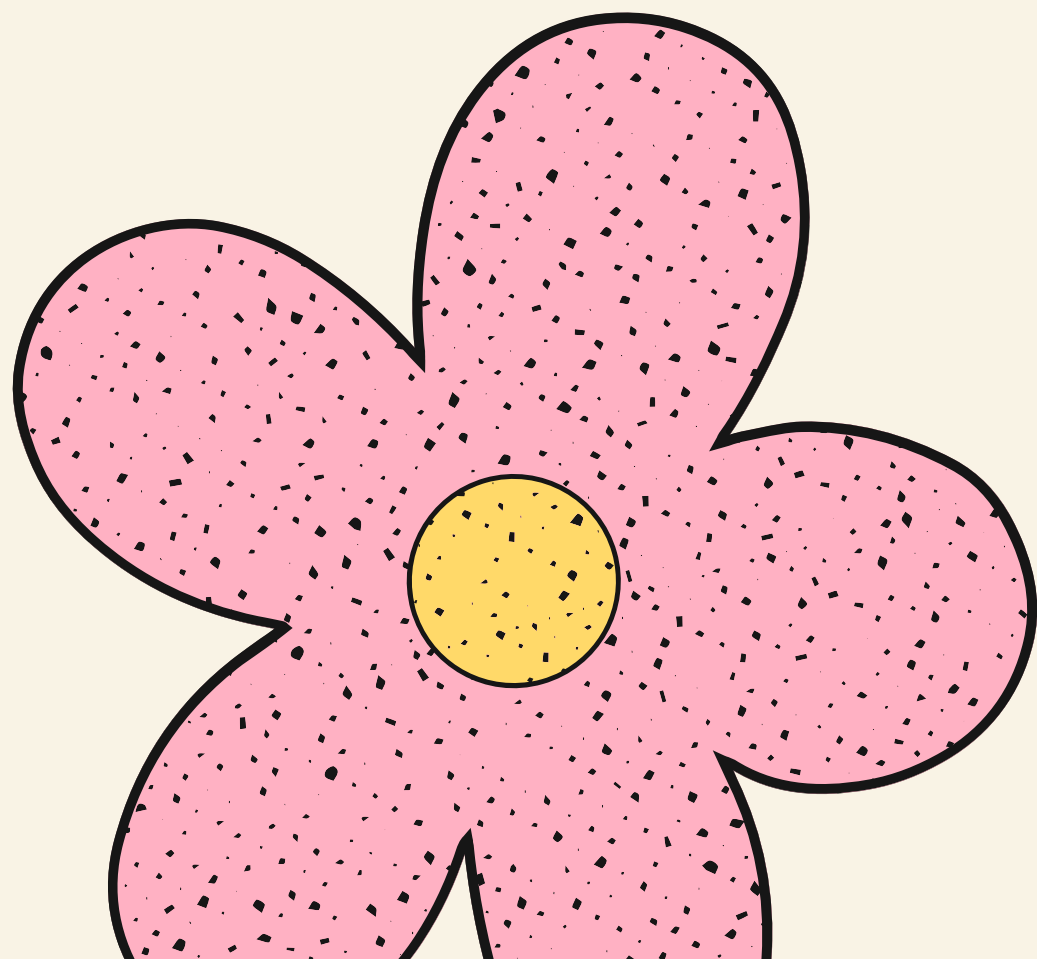
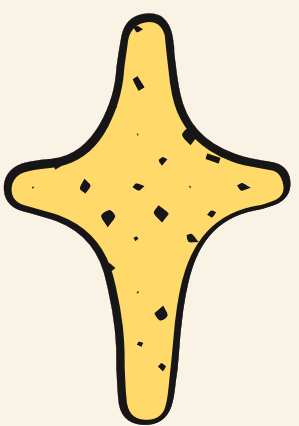
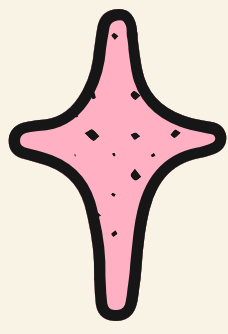
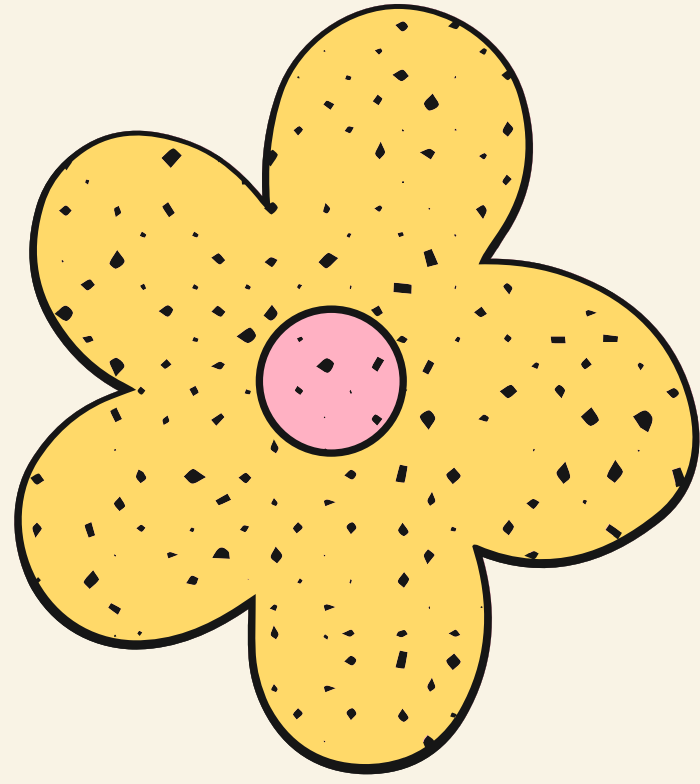
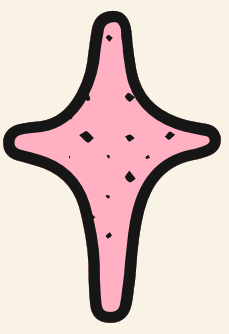
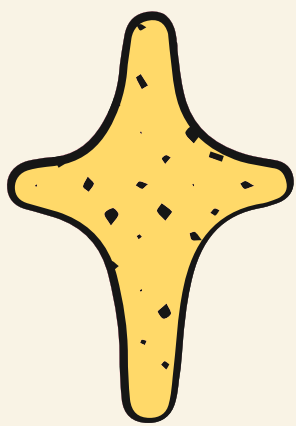
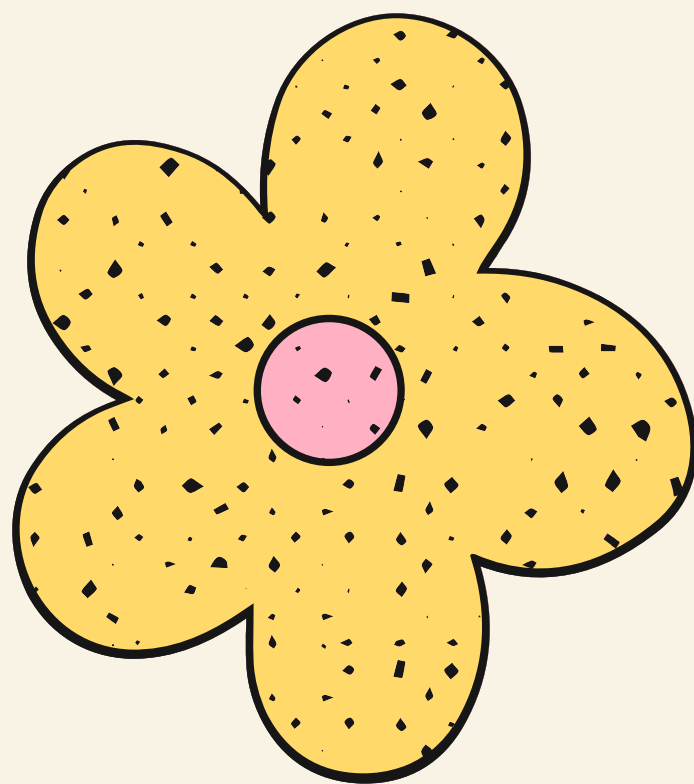
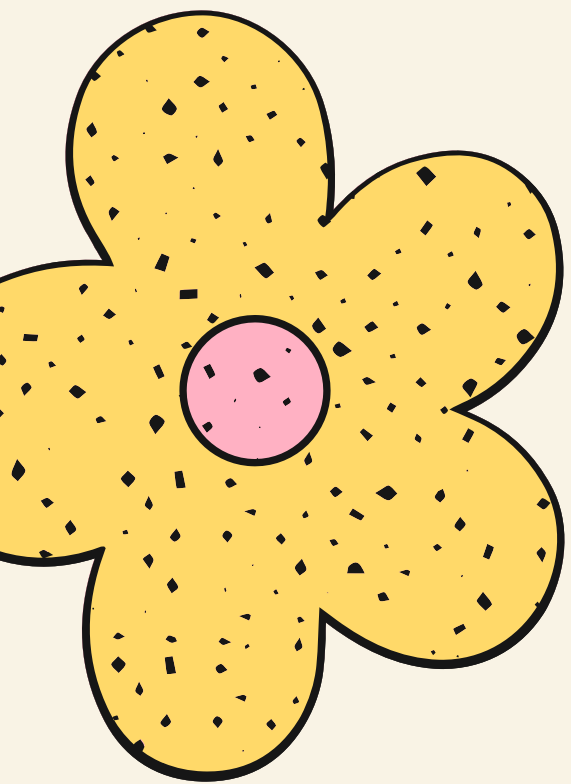
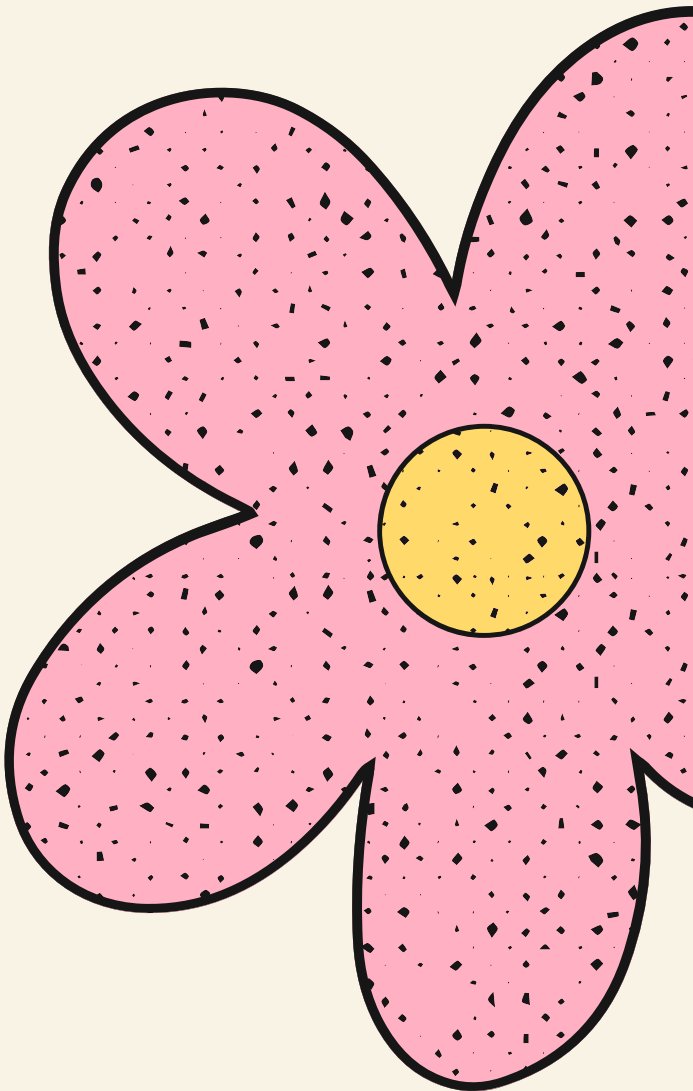
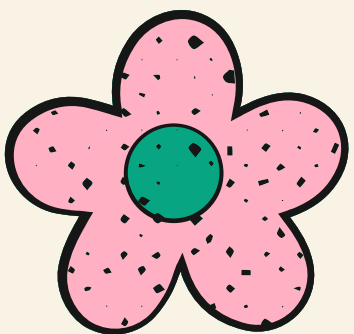
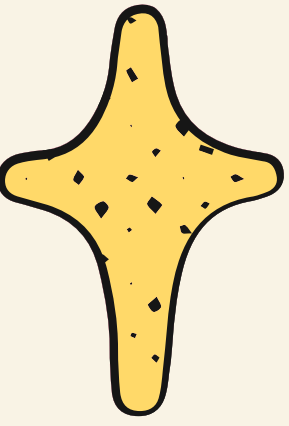
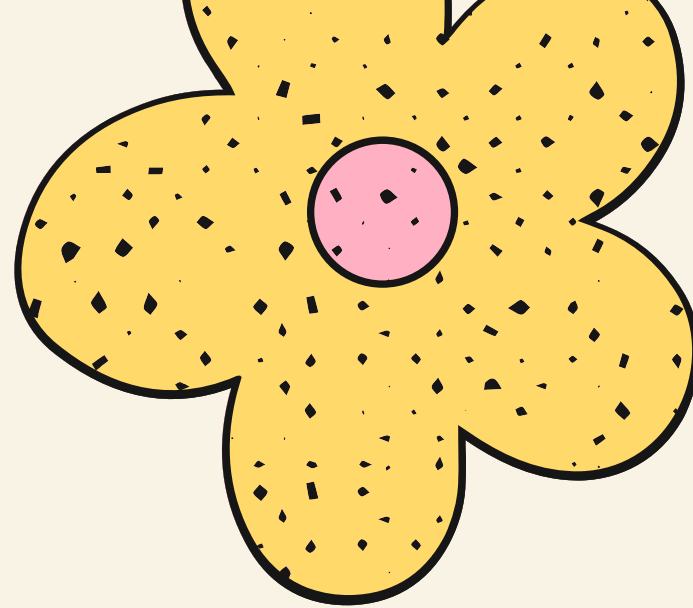
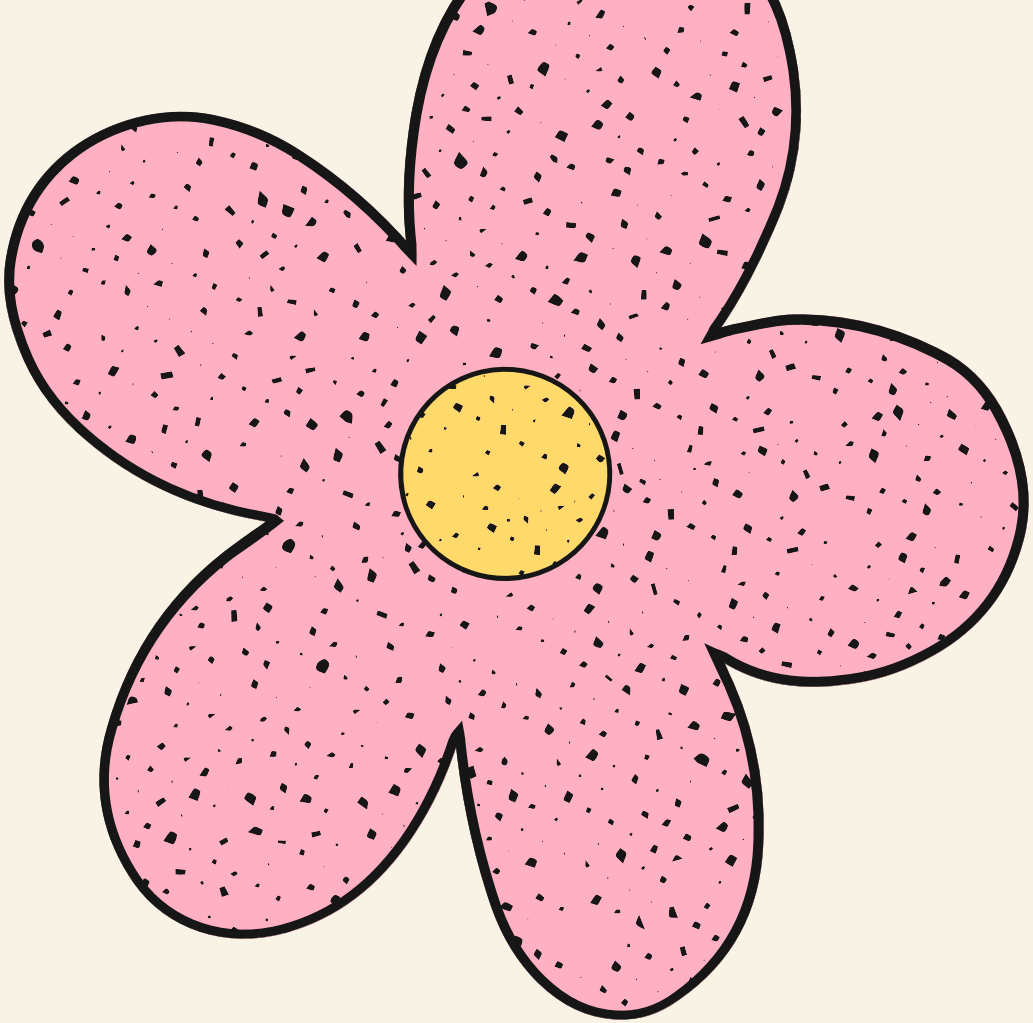
Welcome to society. Hope you enjoy your stay with us, as you will be here for a lifetime. Make sure to keep smiling and be yourself, as long as we approve of course, and we encourage you to love yourself, but not too much otherwise we will tear you down bit by bit. Don't forget to have fun, just keep the noise down, maybe try talking less. Feel free to have your opinions, we won't judge as long as you mold them to our views. We'll point out every flaw, every improvement you can make. We'll confuse you and complicate you, we will make sure you don't stop overthinking till the end of time.



We won't make up our mind, causing you lose your mind with every nasty comment we throw at you; “wear more revealing clothes” “try to look sexier” “what a waste of a pretty face” “maybe eat less” “too skinny eat more” “attention seeker” “you’re only a pretty face, nothing more” We aren't afraid to tell you you’re worthless and flawed, we'll pick at every last string if we have to, because we want to watch you unravel into a wreck, but that's just because we’re society. We welcome you and we promise to not disappoint and mislead you. We hope you enjoy your stay.





We'll never be enough for society, never fit into their 'perfect picture' but how do we know what's perfect in a world that is always changing? It's impossible, that's why we need to learn to be ourselves, but not only that, we have to learn to accept and embrace ourselves and others for who they are. That's what makes perfection, the mindset to not be afraid to be different.




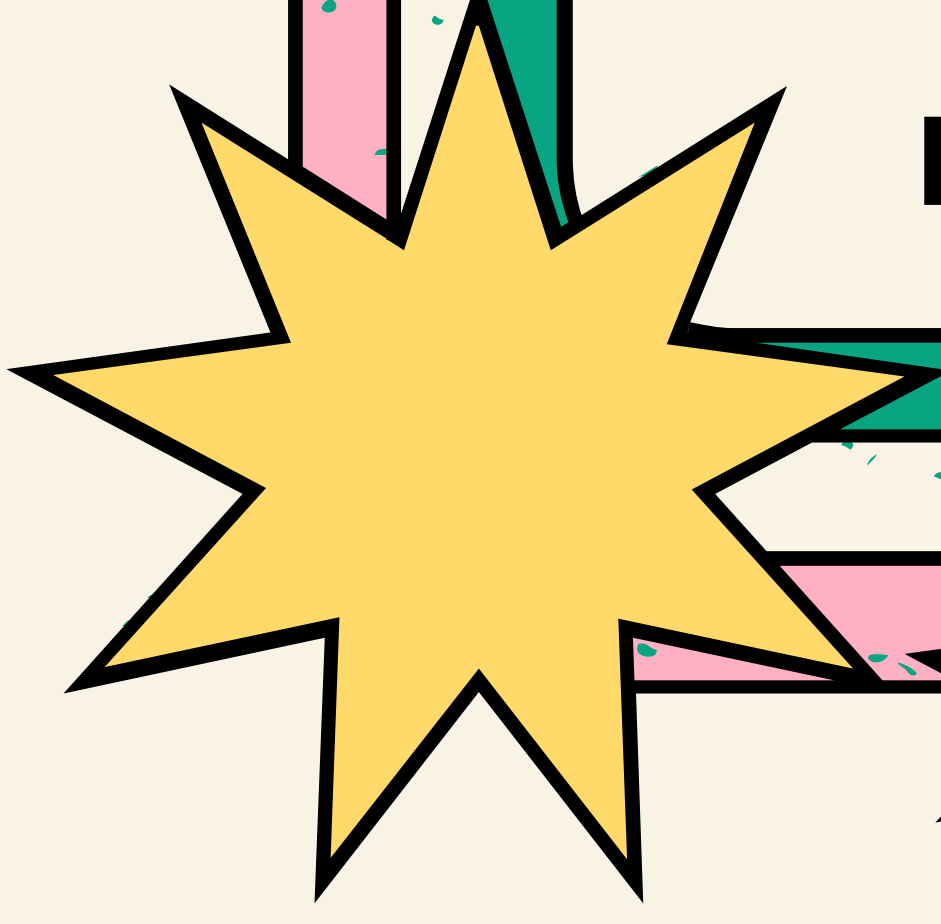
*When you know your worth,
no one can make you feel
worthless*




Who We Are




I want to be a little girl again, thinking everything was possible. I want to learn to enjoy life again like she did. I want to go back to playing in the garden pretending to be fairies and wearing the funkiest clothes. I want to go back to climbing the biggest trees that don't seem so big anymore and getting crushed by enormous waves that always reminded me how strong and brave I was. I want to go back to not being afraid to love others with my whole heart, the heart that is now kept in a cage, safe behind bars. I want to go back to being happy in my own skin, the skin that I have now covered in bruises and scars. Take me back to flowy pink dresses and picking dandelions, flowers in my hair and dancing with my mum. Take me back to the little girl I loved, the little girl with the uncorrupt brain and the untouched body, pull me out of this never-ending void of misery and anger that you have thrown me in.



The page is decorated with various colorful elements. At the top left is a large pink flower with a yellow center. At the top right is a yellow flower with a pink center. On the left side, there is a small pink flower and a yellow flower. On the right side, there is a large pink flower, a yellow flower, and a small pink flower. There are also several yellow starburst shapes scattered around the page. The text is enclosed in a double-lined border, with the inner line being teal and the outer line being pink. The text itself is in a bold, black, sans-serif font.

The more we grow up, from babies to little girls, to young women, the more we get told what to do, what to look like, and how to feel, and the majority of this has come from social media. Social media has trained us to base our whole life around comparing ourselves to others, never feeling like we are good enough or have enough. Social media is destroying our mental health, increasing the risk of depression and anxiety, which then causes bigger issues such as starving ourselves, harming ourselves, drug use, and so many other problems that girls my age and your age are using as coping mechanisms. We keep getting drawn to social media because of the happiness it can bring us when someone likes our post or comments a positive thing about us but there are so many better, healthier ways to feel joy, ways that last longer and improve our mental health.



*Make sure you are
happy in real life
not just social media*



Happiness

Hormones

Dopamine

The "feel-good" hormone is referred to as dopamine. You feel happy as a result. Additionally, it motivates you to do something when you're enjoying yourself. Dopamine is a component of your reward system

Serotonin

Your mood is regulated by serotonin, which is also responsible for happiness. It affects your sexual drive, helps you think, maintains your mood, and regulates when you sleep and wake up.

Oxytocin

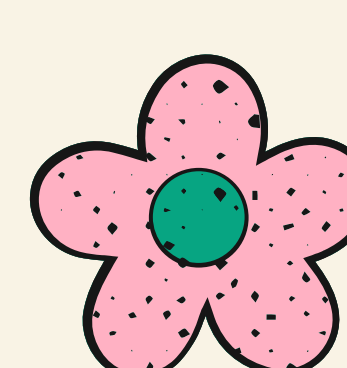
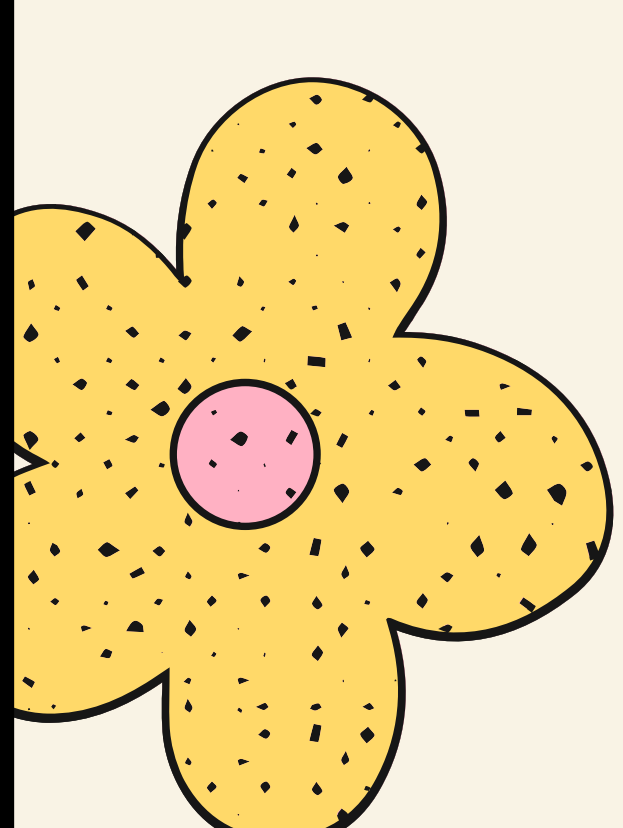
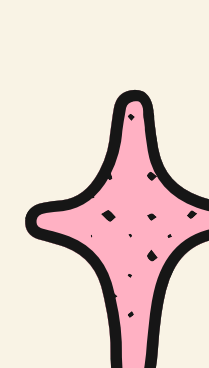
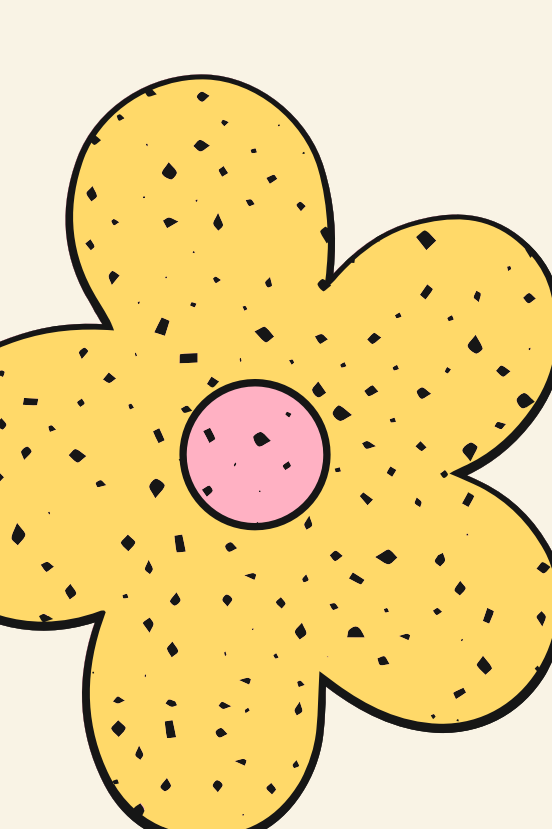
A naturally occurring hormone called oxytocin controls various elements of human behaviour as well as important functions of the female and male reproductive systems, such as labour, delivery, and lactation.



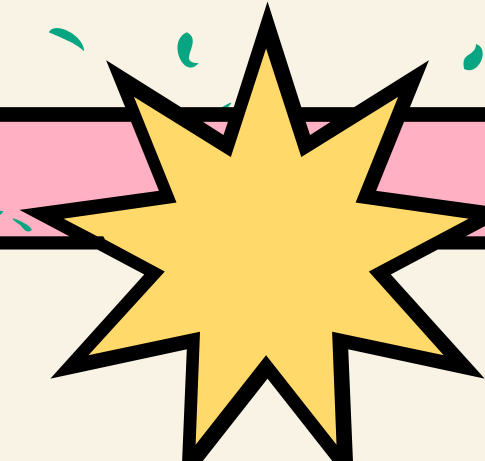
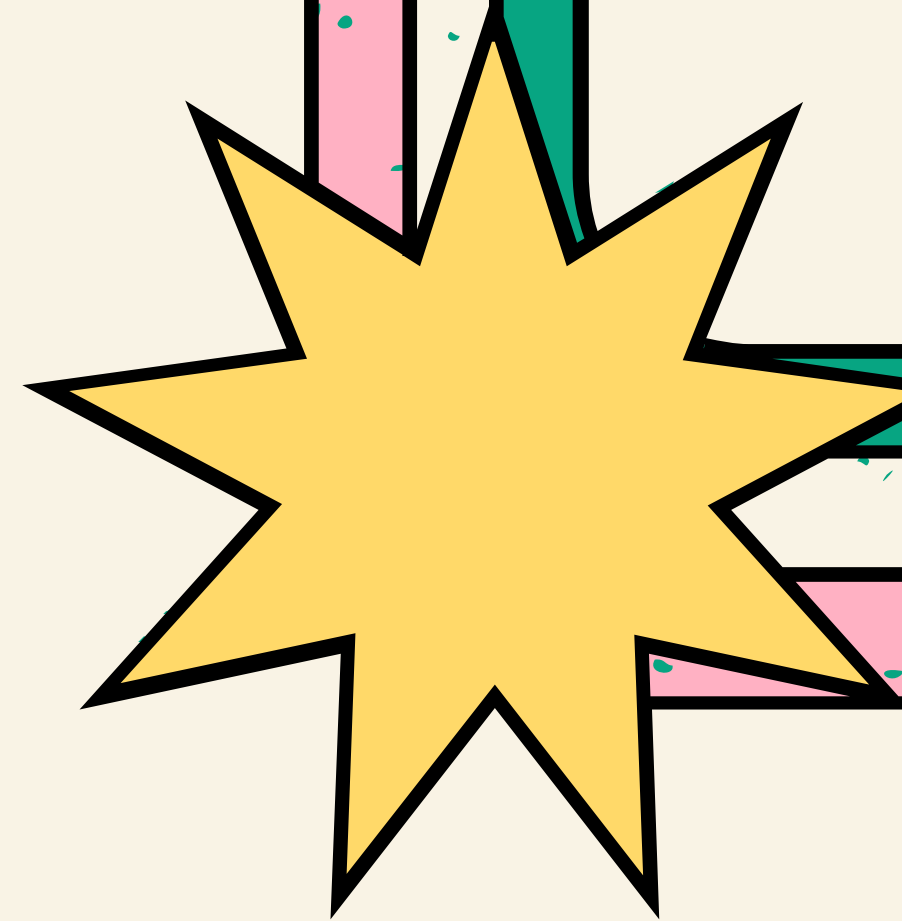
Happiness



Hormones



Dopamine, serotonin and oxytocin, the three key hormones to lead us to happiness. Our brains release these chemicals which then result in us being in a good mood. It's typical to believe that happiness is a goal that must be attained through assets, relationships, or a successful career. Happiness, though, is a journey and something you can make for yourself. If you don't get enough of these chemicals it can lead to, depression, stress, anxiety and overall bad mental health. Lucky for us it isn't hard for us to get these hormones.



Sometimes it's the small things in life that make us our happiest. Some are as simple as getting daily sunlight, eating healthy, and even hugging a loved one. Happiness is all around us we just have to know where to find it.



Happiness Hormones

**Simple ways to boost our
happiness hormones**

Dopamine:

- Achieving goals
- Trying something new
- Eating foods with high protein
- Doing things you enjoy

Serotonin:

- Exercising regularly
- Going outside in the sunlight
 - Breathing exercises or meditation

Oxytocin:

- Hugging or holding hands with loved ones
 - Spending time with family or friends



*Very little is needed to make a
happy life*





Rewiring the Brain

Relable

Recognise the challenging, dysfunctional thoughts and label them as such.

Reframe

Make sure to alter your perspective and realise that these thoughts are untrue and need to go.

Refocus

To regain control, attempt to focus on mental activities or processes that are productive.

Revalue

Repeat the first three steps to rewire your brain with a new, positive feedback system.



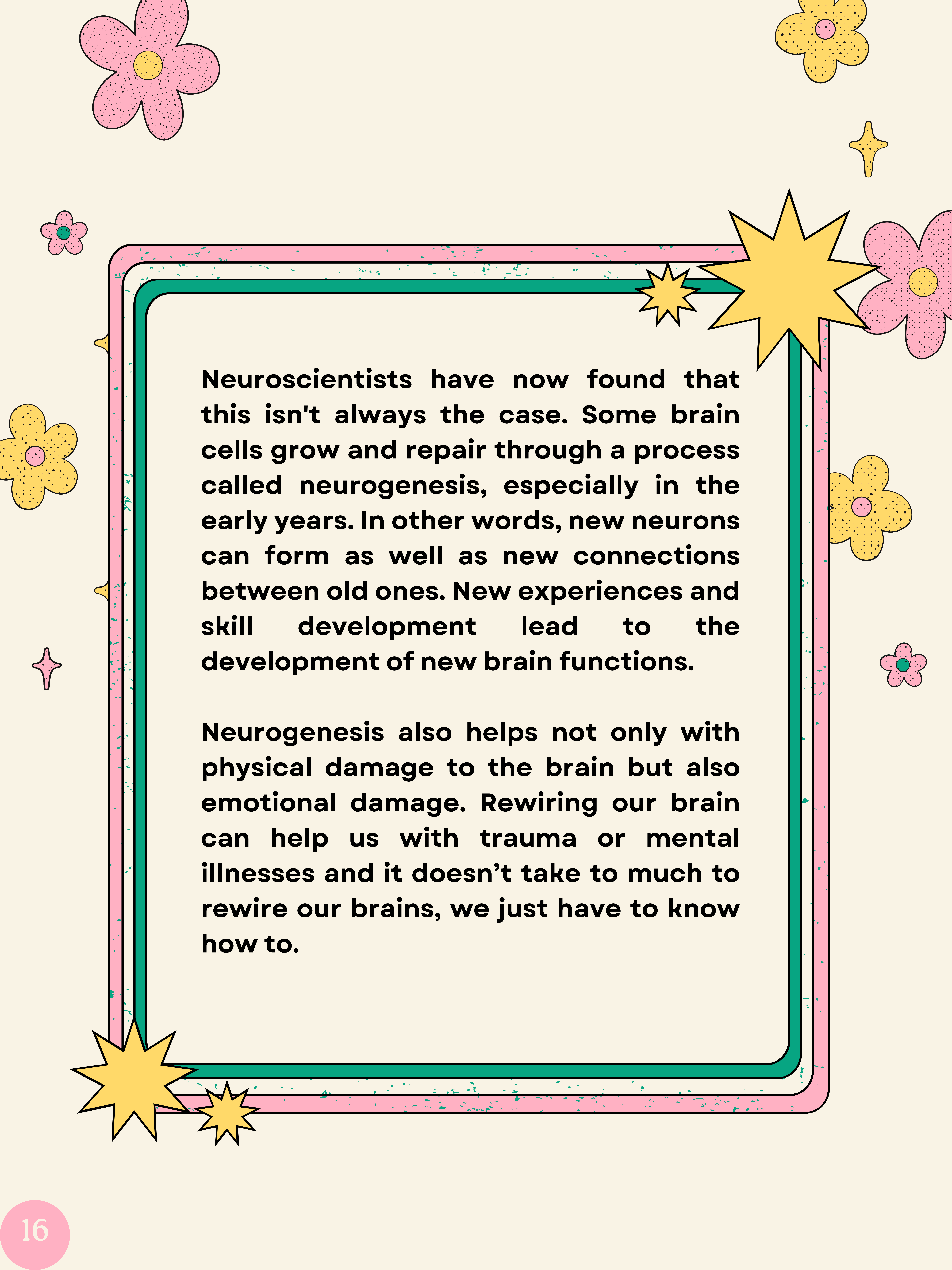
Rewiring

the Brain



Happiness is everywhere but sometimes we just have to know where to find it. If we are having a bad day or a bad week, maybe even a bad month, it can be hard for us to find joy in things, but sometimes all it takes is just a little rewiring of the brain.

Neuroscientists haven't always operated with the understanding of the brain's capacity to adapt. Once you reached a certain age, it was believed that the brain couldn't or didn't change. This led many people to believe, among other things, that all nervous system injuries had definite outcomes: lifelong limitations and damage.



Neuroscientists have now found that this isn't always the case. Some brain cells grow and repair through a process called neurogenesis, especially in the early years. In other words, new neurons can form as well as new connections between old ones. New experiences and skill development lead to the development of new brain functions.

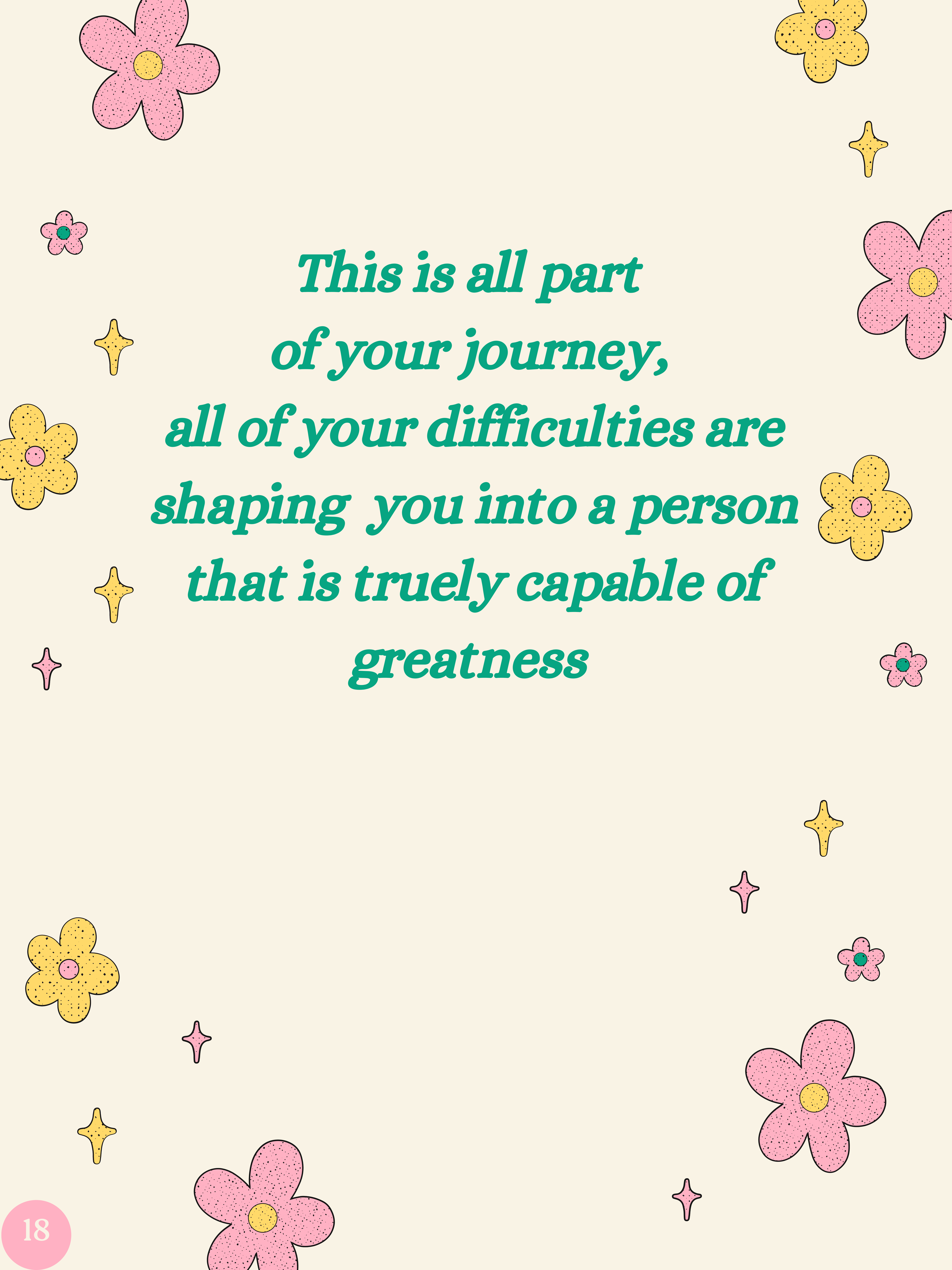
Neurogenesis also helps not only with physical damage to the brain but also emotional damage. Rewiring our brain can help us with trauma or mental illnesses and it doesn't take too much to rewire our brains, we just have to know how to.

The page is decorated with several stylized flowers and stars. There are pink flowers with yellow centers, yellow flowers with pink centers, and small yellow and pink stars scattered around the text.

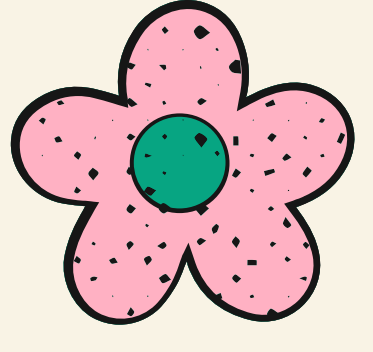
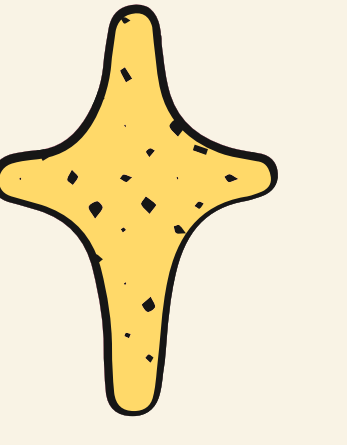
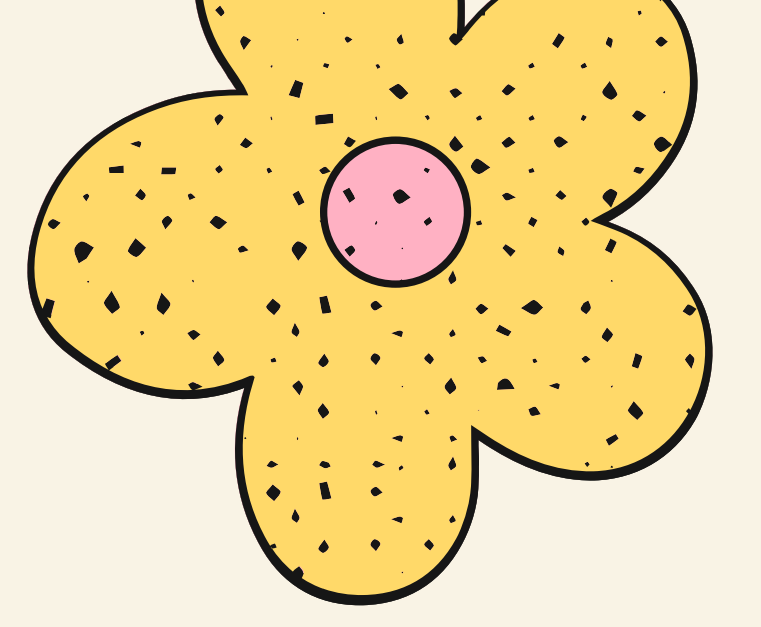
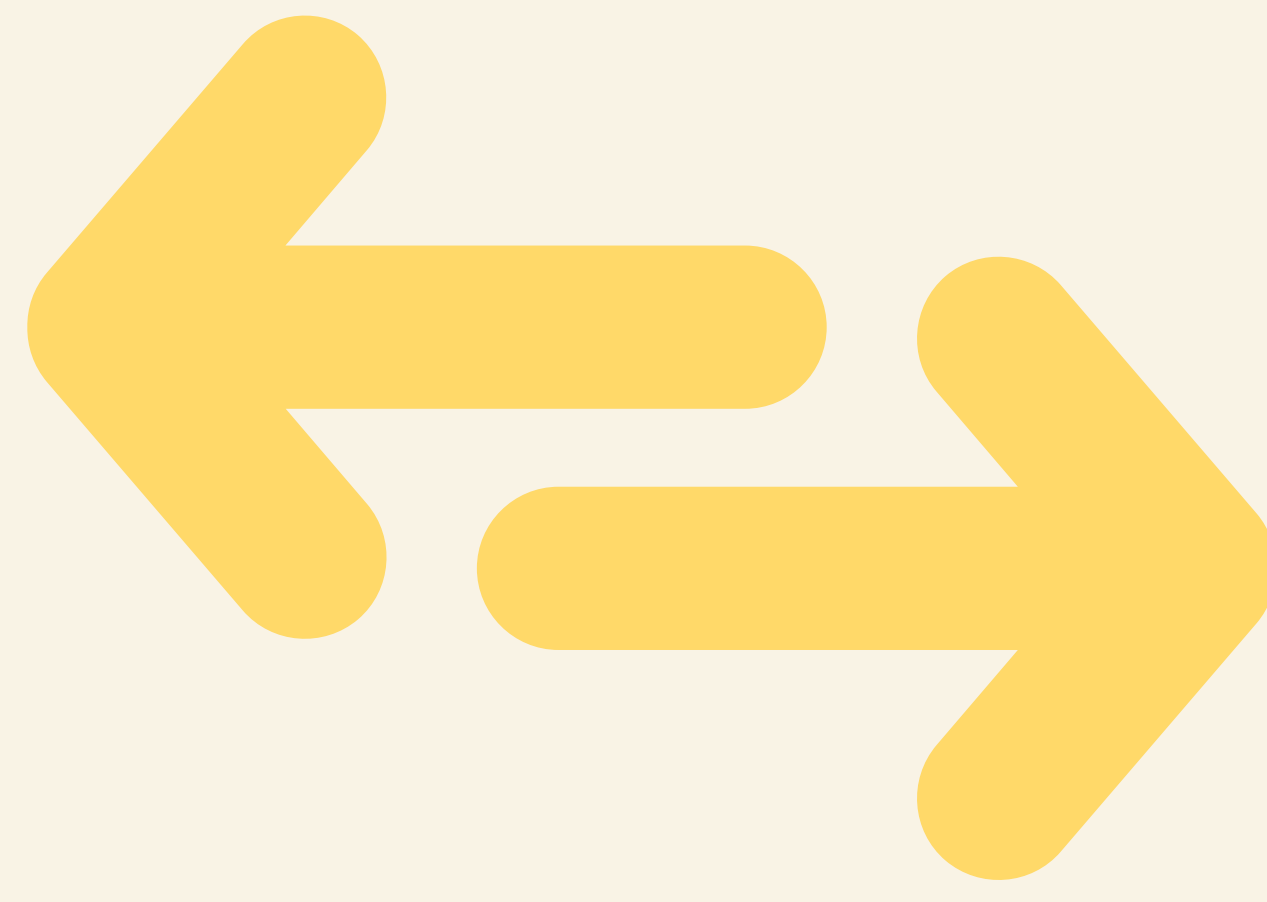
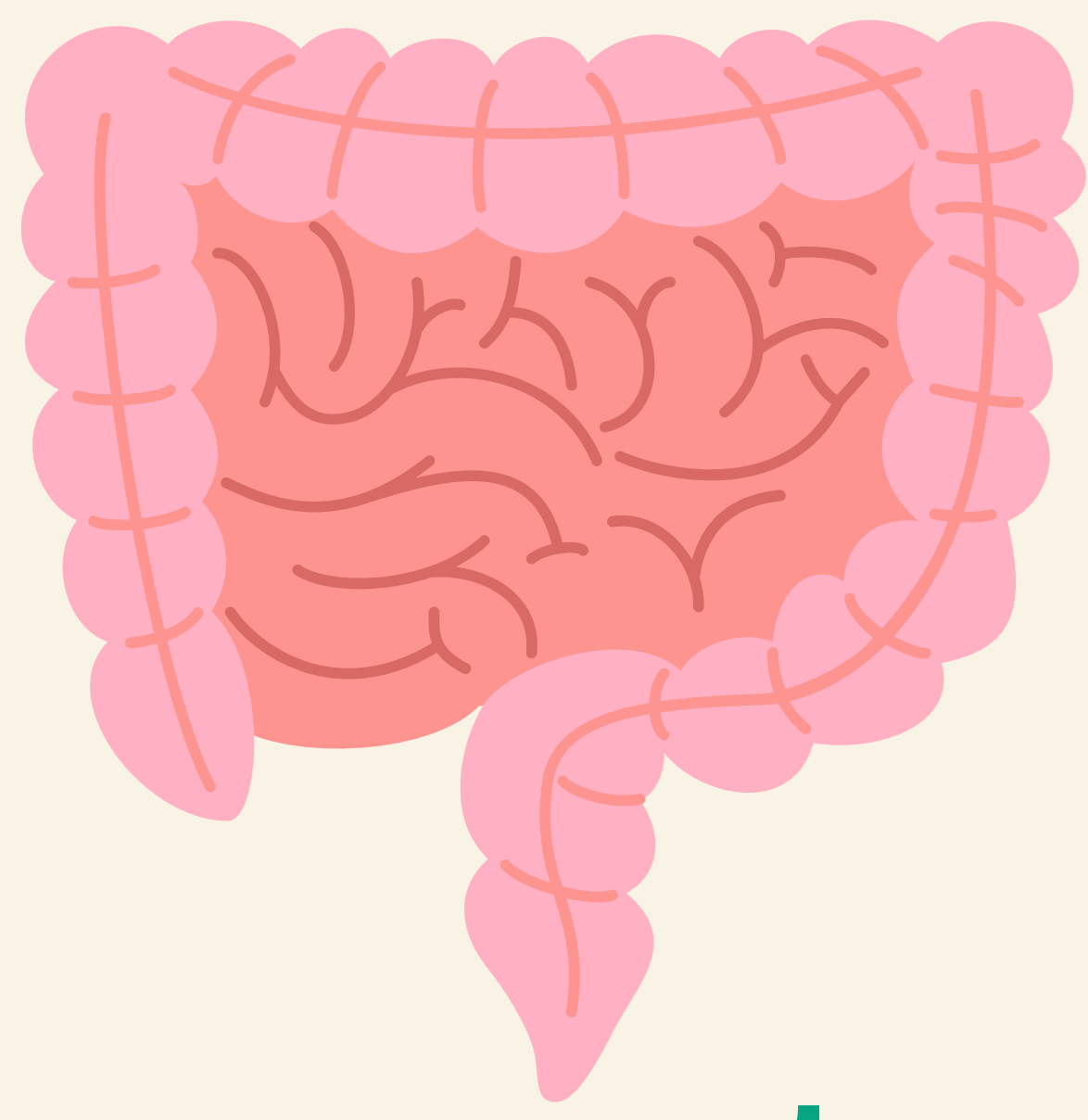
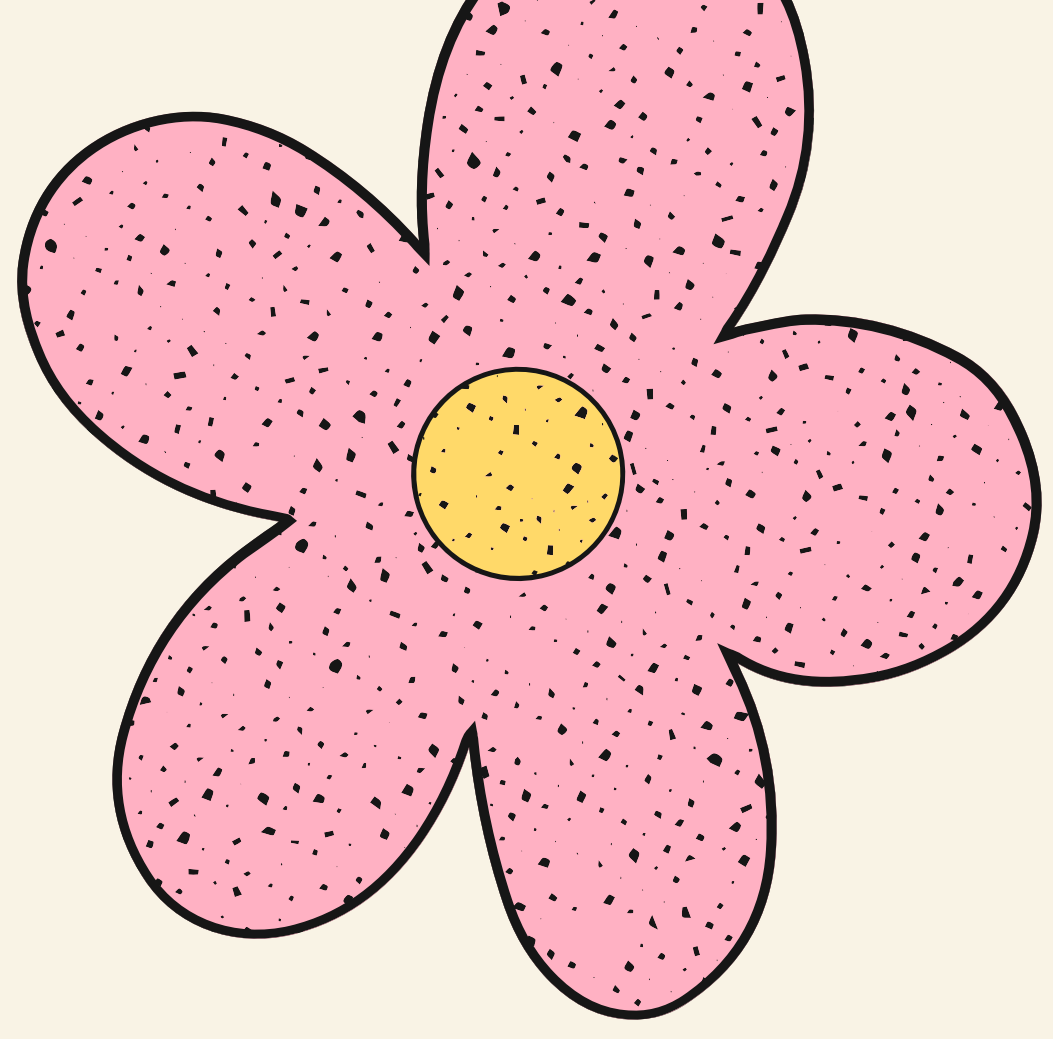
Rewiring the Brain

**Ways to boost the
brains ability to rewire
itself:**

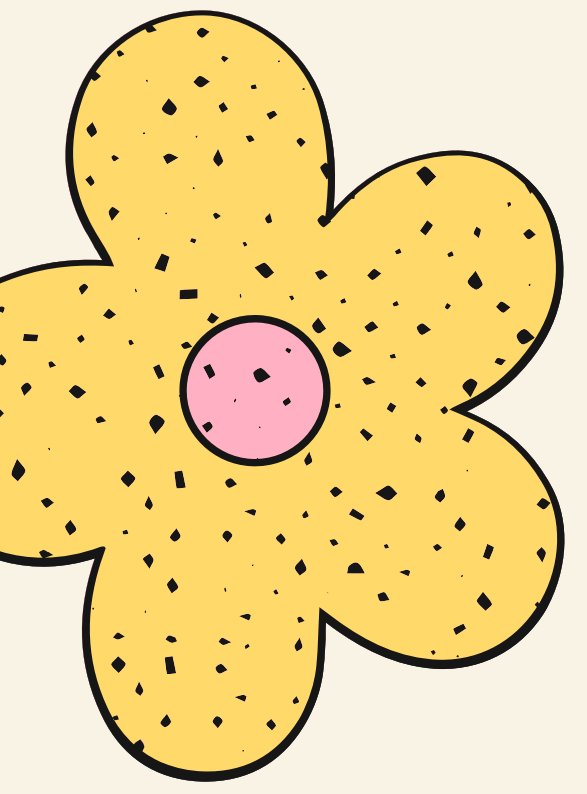
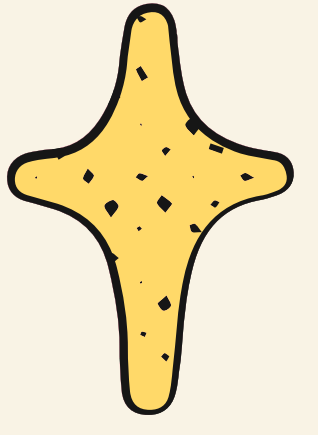
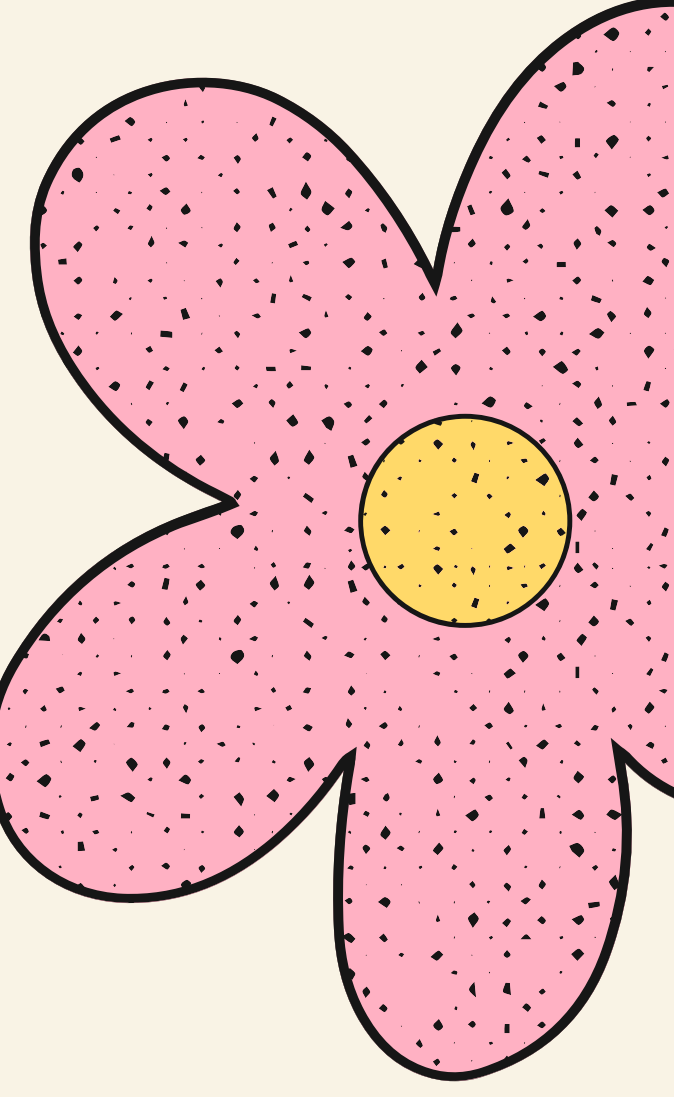
- Positive affirmations
- Mindful meditation
- Physical exercise
- Positive mindset
- Practising gratitude
- Getting enough sleep

The page is decorated with various floral and star motifs. There are large pink flowers with yellow centers, smaller yellow flowers with pink centers, and small pink flowers with green centers. There are also yellow and pink four-pointed stars. The text is centered in a teal, italicized font.

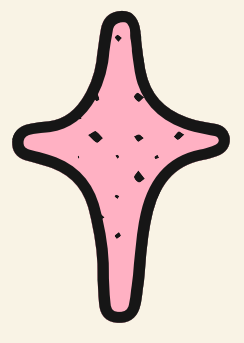
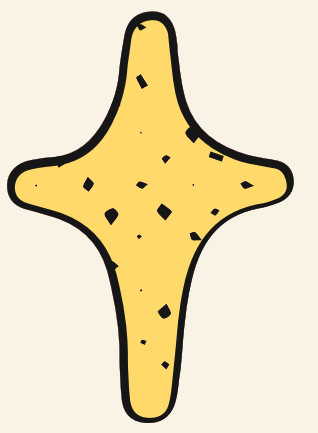
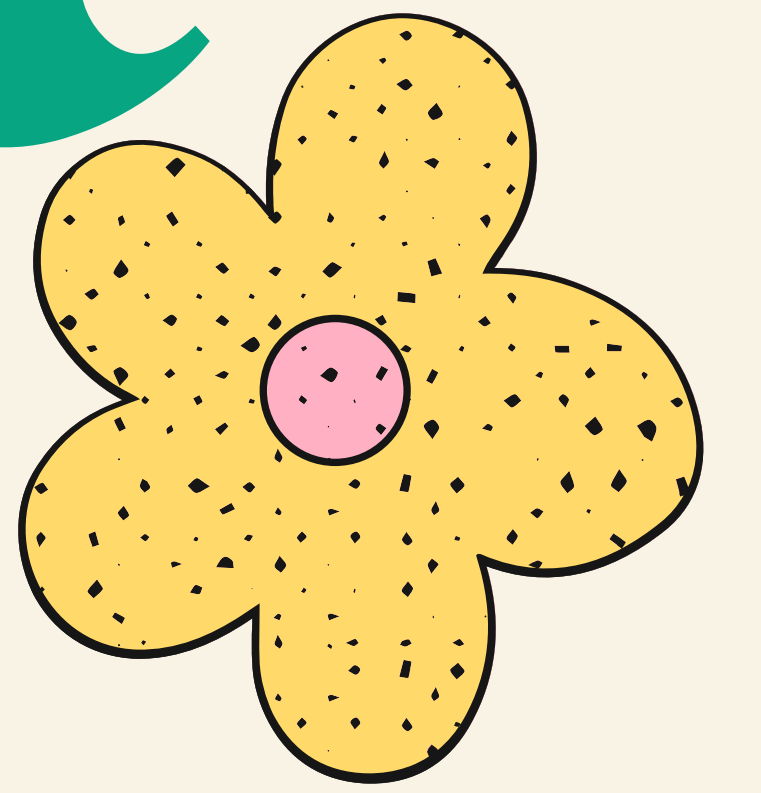
*This is all part
of your journey,
all of your difficulties are
shaping you into a person
that is truely capable of
greatness*



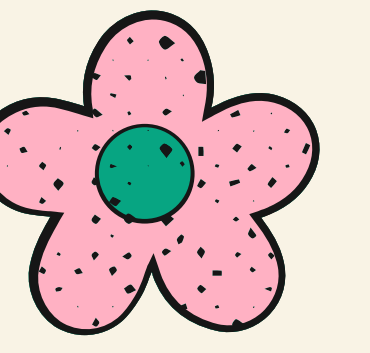
Gut-Brain



Connection

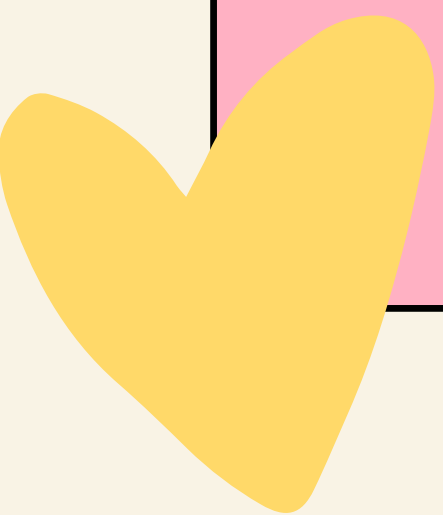


Gut bacteria can activate immune system cells in the gut wall, and the immune cells can then communicate with the brain via nerves. Gut bacteria can influence our emotions and cognitive abilities, according to recent research.



The gut microbiota, also known as the "second brain," is responsible for communication between the gut and brain, involving indirect pathways beyond food digestion.

Serotonin, a neurotransmitter responsible for happiness, well-being, and mood, is in fact produced in our gut, affecting various bodily processes.

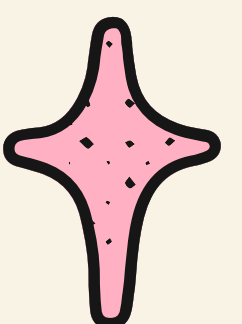
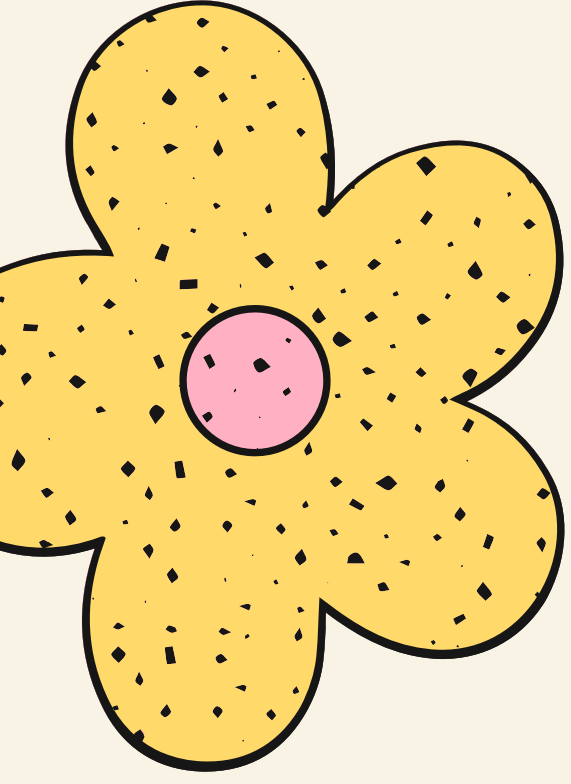
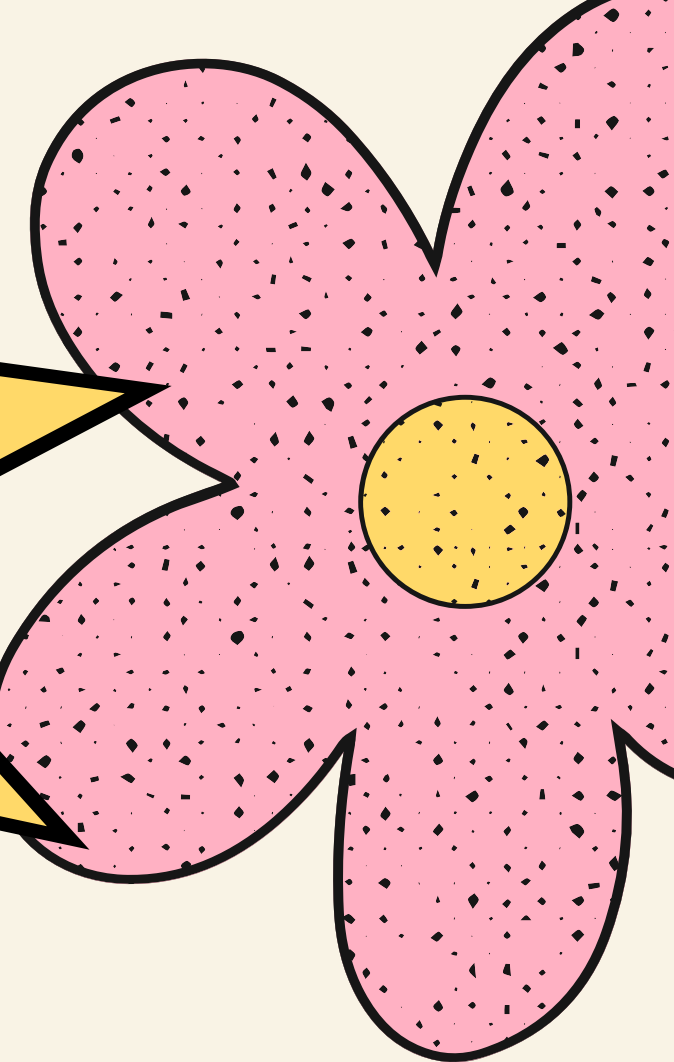
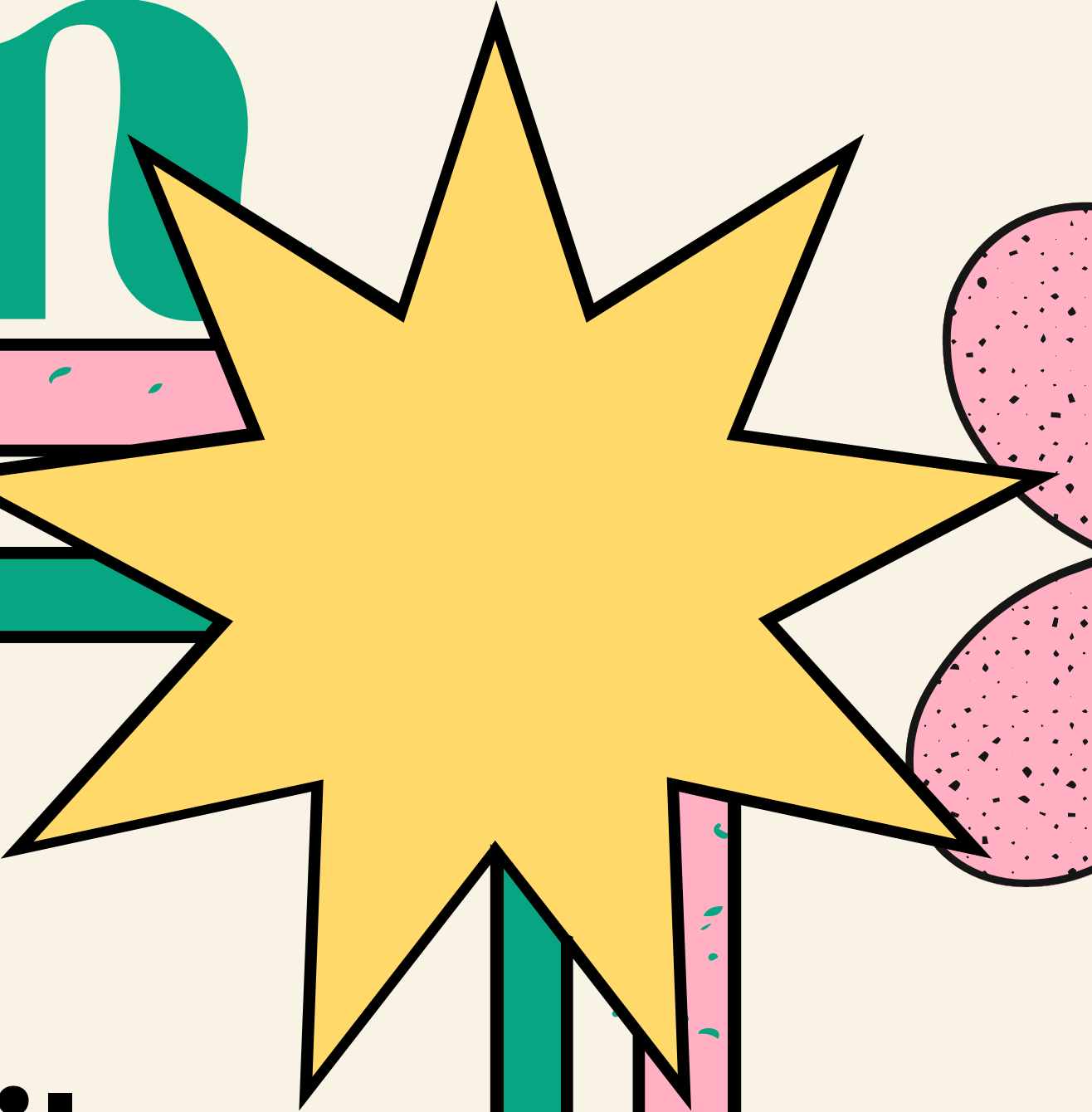





Gut-Brain


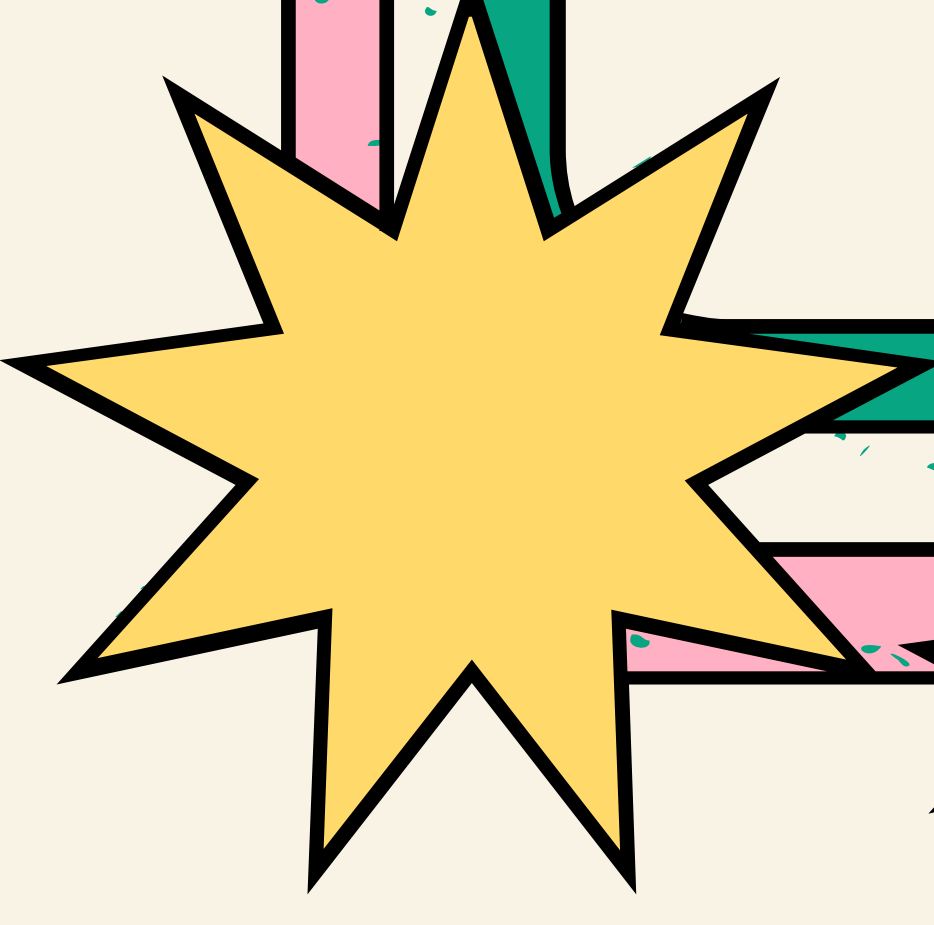


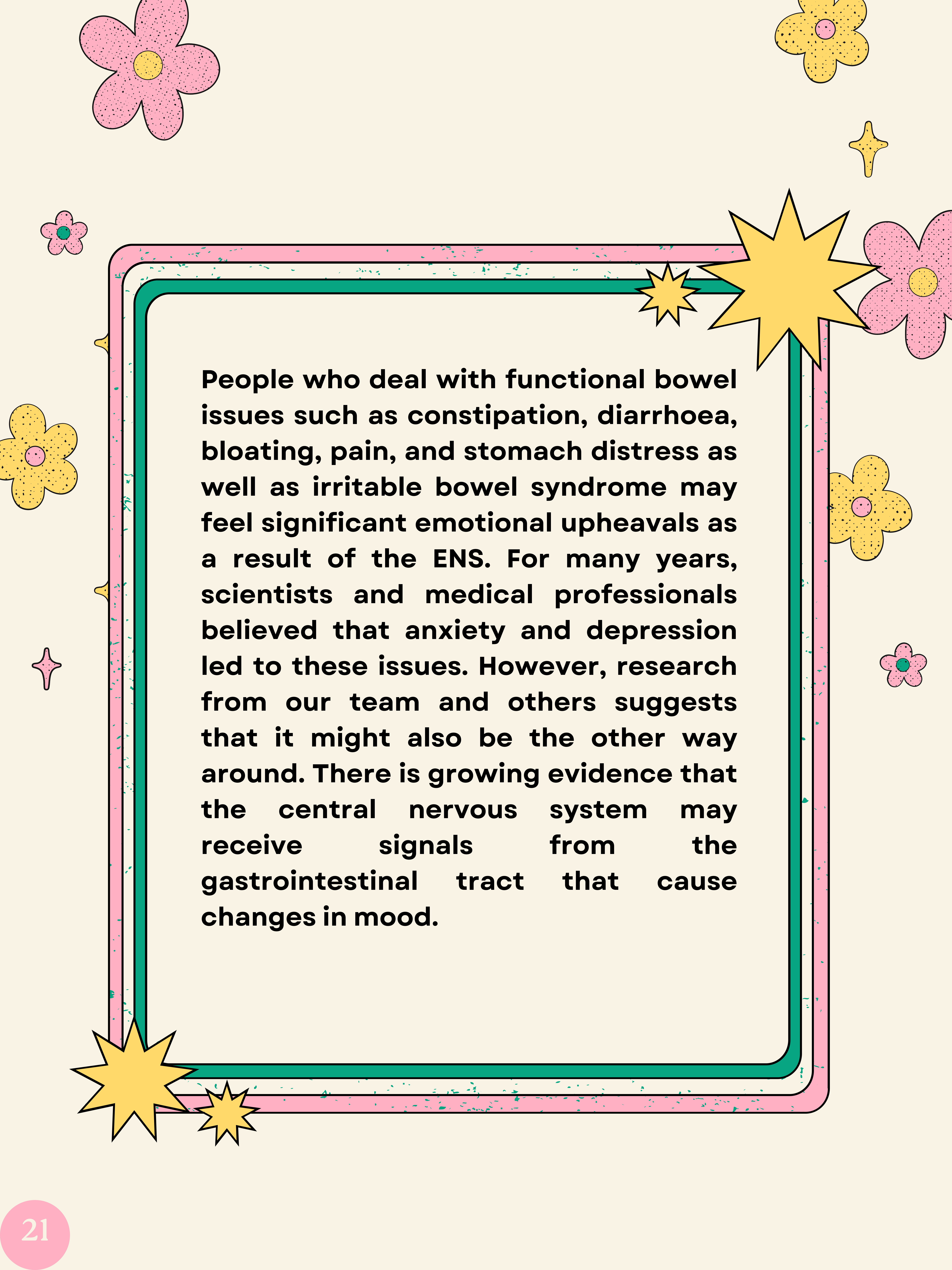
Connection



f you've ever "gone with your gut" while making a choice or had "butterflies in your stomach" when feeling nervous, you're probably receiving messages from your second brain. This "brain in your gut" is revolutionising medicine's knowledge of the connections between digestion, mood, health, and even thought processes.

The enteric nervous system (ENS) is what researchers refer to as this little brain. And it's really not that little. Your digestive system's two thin layers of the ENS, which spans from the oesophagus to the rectum, are lined with more than 100 million nerve cells.

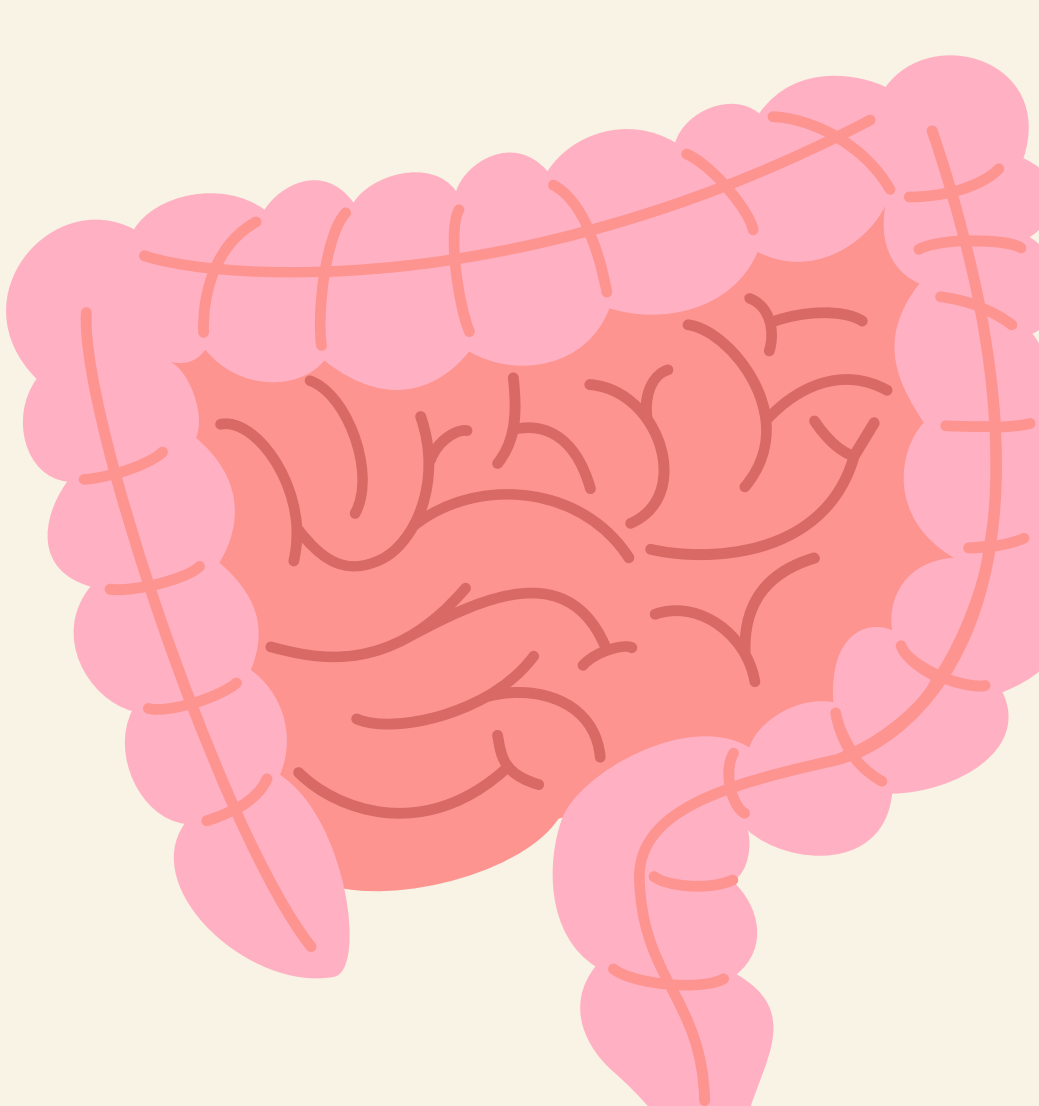




People who deal with functional bowel issues such as constipation, diarrhoea, bloating, pain, and stomach distress as well as irritable bowel syndrome may feel significant emotional upheavals as a result of the ENS. For many years, scientists and medical professionals believed that anxiety and depression led to these issues. However, research from our team and others suggests that it might also be the other way around. There is growing evidence that the central nervous system may receive signals from the gastrointestinal tract that cause changes in mood.

The title is surrounded by several decorative elements: a large pink flower in the top left, a yellow flower in the top right, a small pink flower on the left, a yellow flower on the right, and several yellow stars scattered around the text.

Gut-Brain Connection

A stylized illustration of a human brain in shades of pink and red, with a yellow heart next to it.

The best way to improve our gut-brain connection is to strengthen our gut microbiomes. The microbiome is made up of microorganisms, such as fungi, bacteria and viruses.

What to eat to strengthen our microbiomes

Foods to avoid:

- Gluten
- Sugar
- Soy
- Processed foods
- Caffeine
- Dairy
- Grains

Foods to eat:

- Healthy fats
- Antioxidant fruits
- Leafy greens
- Fermented foods
- Wild caught seafood
- Bone broth
- Pastured proteins



*Happy gut makes a
happy brain*

*Happy brain makes a
happy gut*

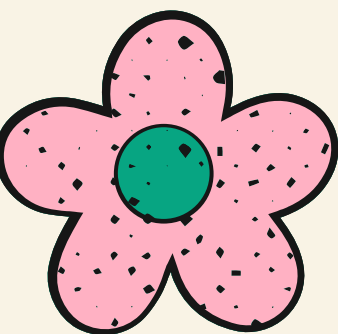
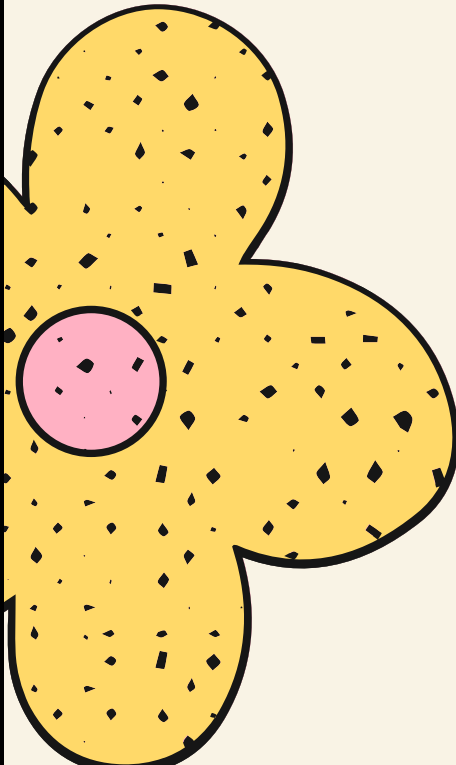


SNS and PNS



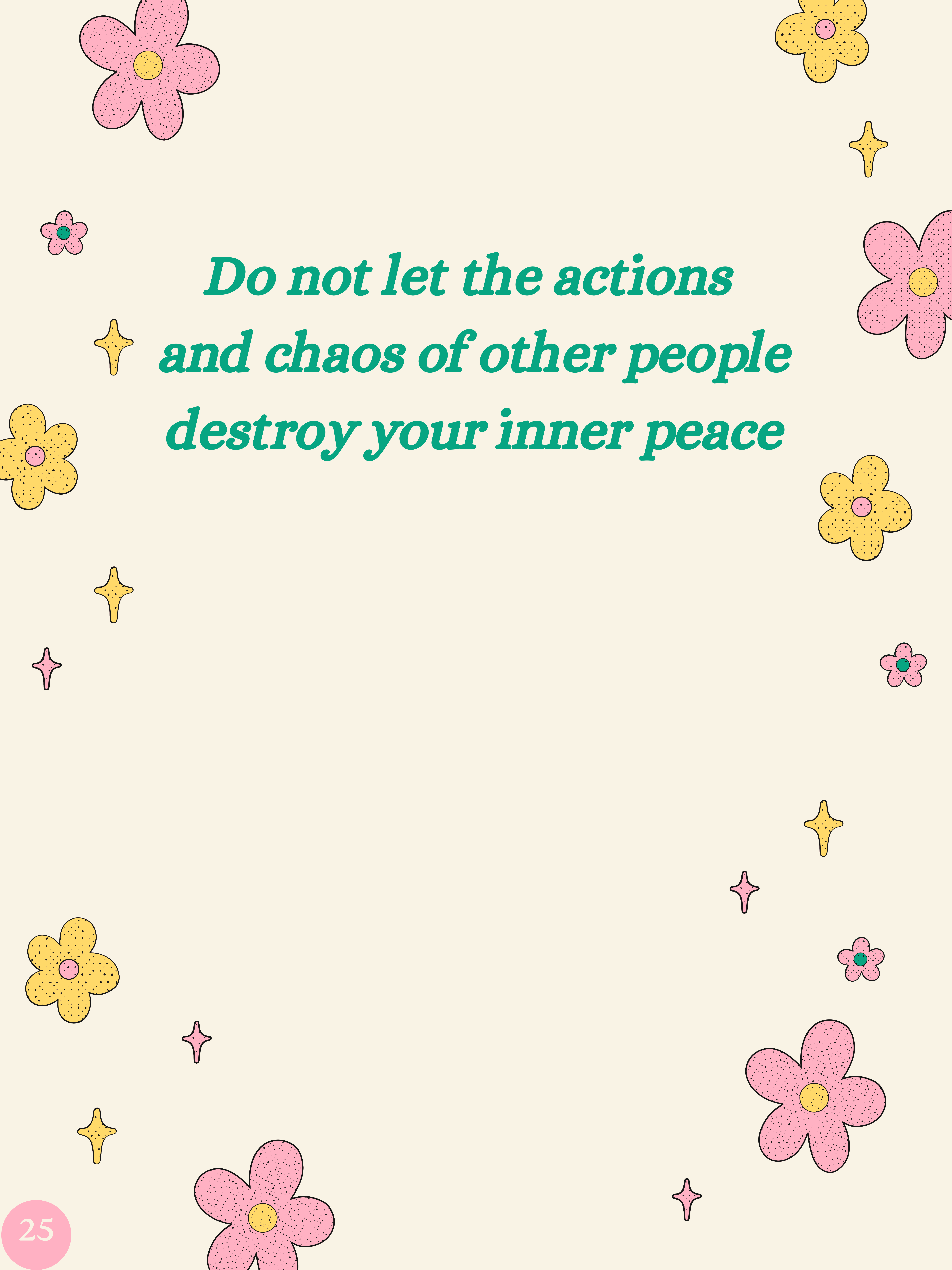
Sympathetic Nervous System

The sympathetic nervous system (SNS), which is a component of the autonomic nervous system (ANS), has its origins in the thoracic and lumbar portions of the spinal cord. It regulates how the body responds to perceived threat, or its "fight or flight" responses. The body speeds up, tenses up, and reacts with sympathetic nerve responses. Any actions that are not necessary for survival are stopped.



Parasympathetic Nervous System


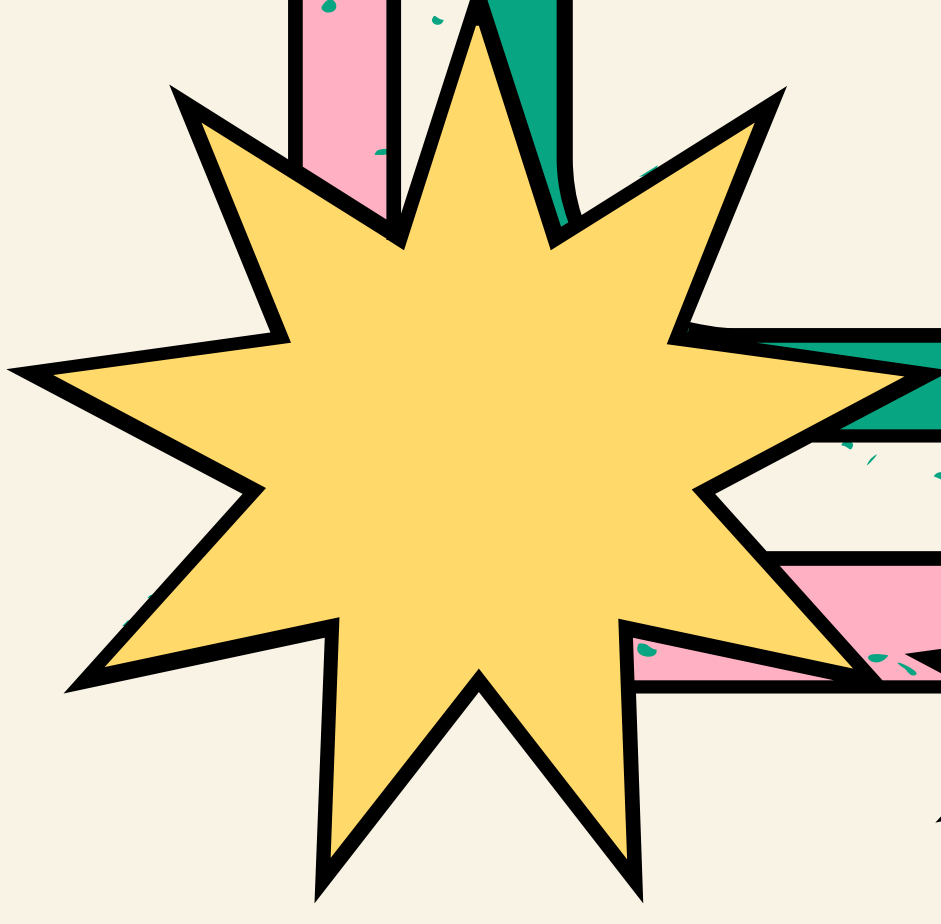
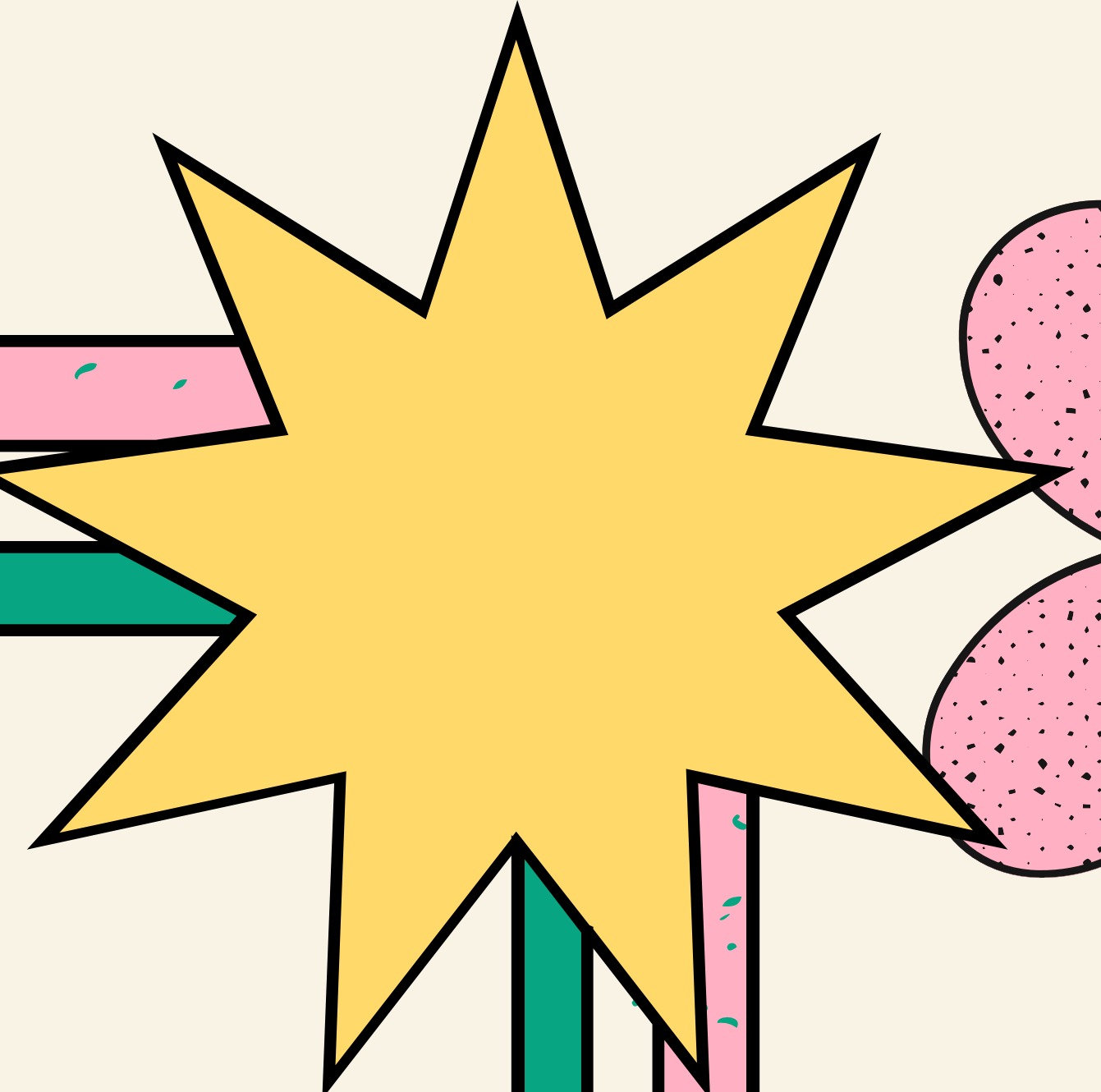

Also part of the ANS is the parasympathetic nervous system (PNS). It directs homeostasis, or the upkeep of the body's processes, and comes from the spinal cord and the medulla. The body's "rest and digest" processes are managed by the PNS. In order to balance the SNS, the PNS is activated. It brings the body back to a calm state.

The page is decorated with various floral and star motifs. There are several large pink flowers with yellow centers, smaller yellow flowers with pink centers, and small pink and yellow stars scattered throughout the background.

*Do not let the actions
and chaos of other people
destroy your inner peace*



Resilience



You never know when a breakthrough is just moments away. You never know when you are just an hour of study away from getting a passing grade on an exam. You never know that one song could be the difference between getting a record deal and not. That is why you keep trying and moving forward. For this reason, you get back up after falling. Due to the fact that far too many people give up before giving themselves a fair shot. They give up because it isn't progressing quickly enough or according to plan. My lovely friend, never forget that all good things take time. If you have patience, your turn will come.



Resilience

How to build resilience

Emotion Focused Coping

Change your perspective if you can't change the circumstances. These tactics work best in situations where you have no control over the outcome.

Positive Reframing

By turning a problem into a potential growth experience, positive reframing enables you to take control of your attitude to it.

Acceptance

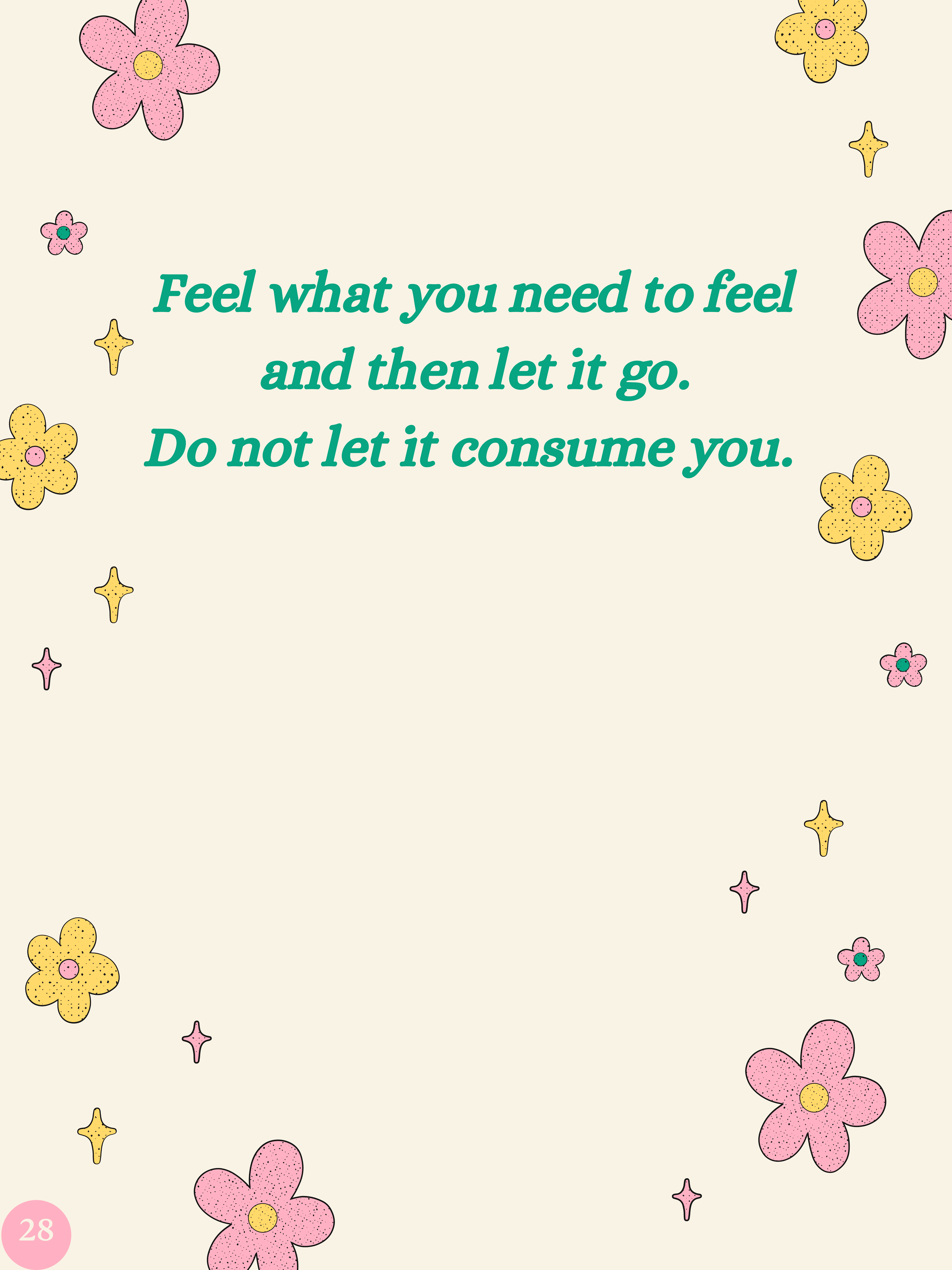
Start by acknowledging and accepting the circumstance as it is, as well as your helplessness to change it. Once a situation is recognised for what it is, work on unusual and creative solutions to improve it.

Planning

Establishing what success looks like is the first step in creating a solid plan. Once you have a clear understanding of what success looks like, you can set attainable goals that will get you there.

Humor

Humour can improve mood, ease emotional pain, and even serve as a defence against depression. Humour and laughter strengthen the immune system, increase flexibility of perception, and counteract the negative effects of stress.

The page is decorated with various floral and star motifs. There are large pink flowers with yellow centers, smaller yellow flowers with pink centers, and small pink flowers with green centers. There are also yellow and pink four-pointed stars. The text is centered in a teal, italicized font.

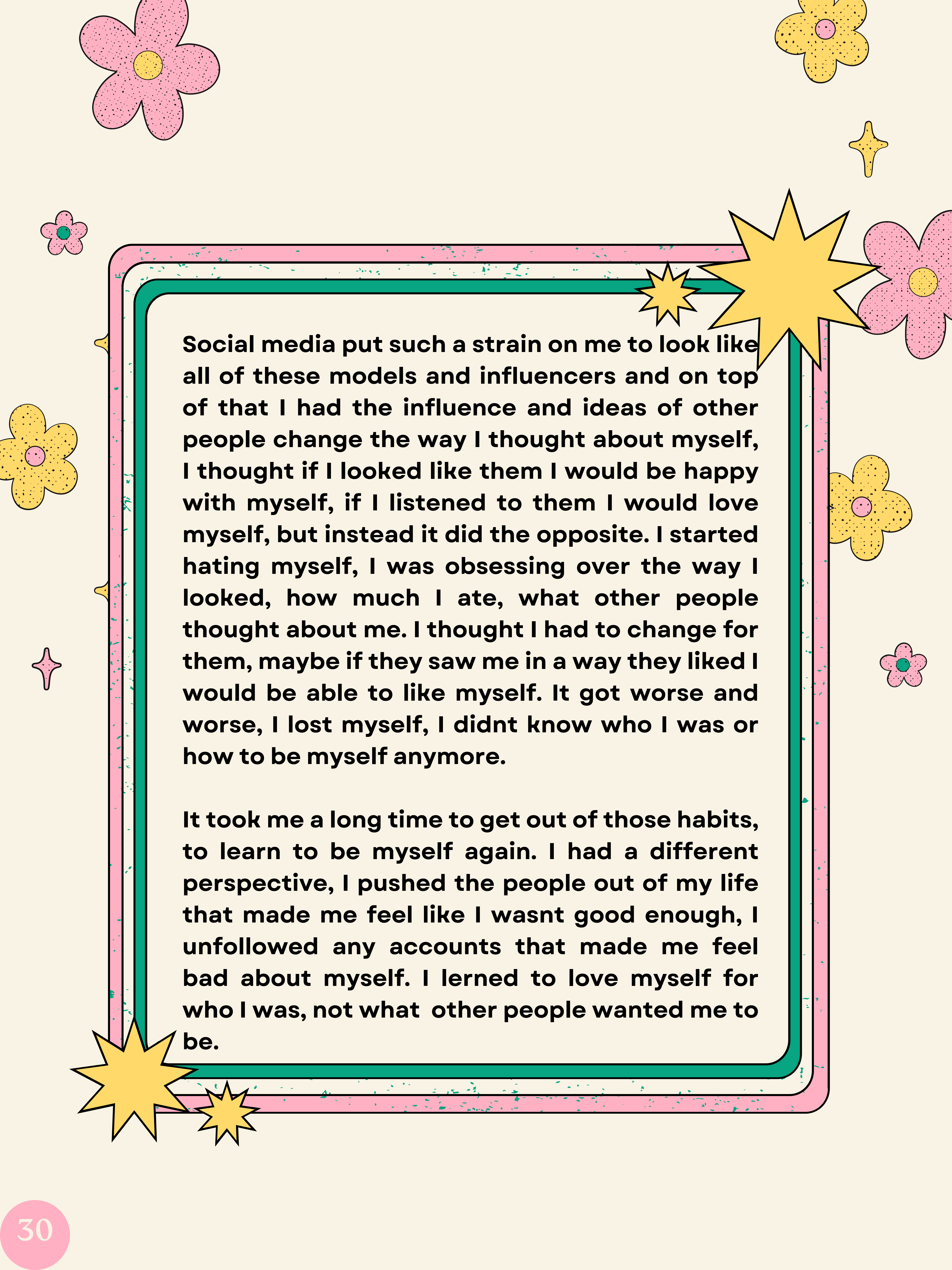
*Feel what you need to feel
and then let it go.
Do not let it consume you.*

Navigating

Social Media

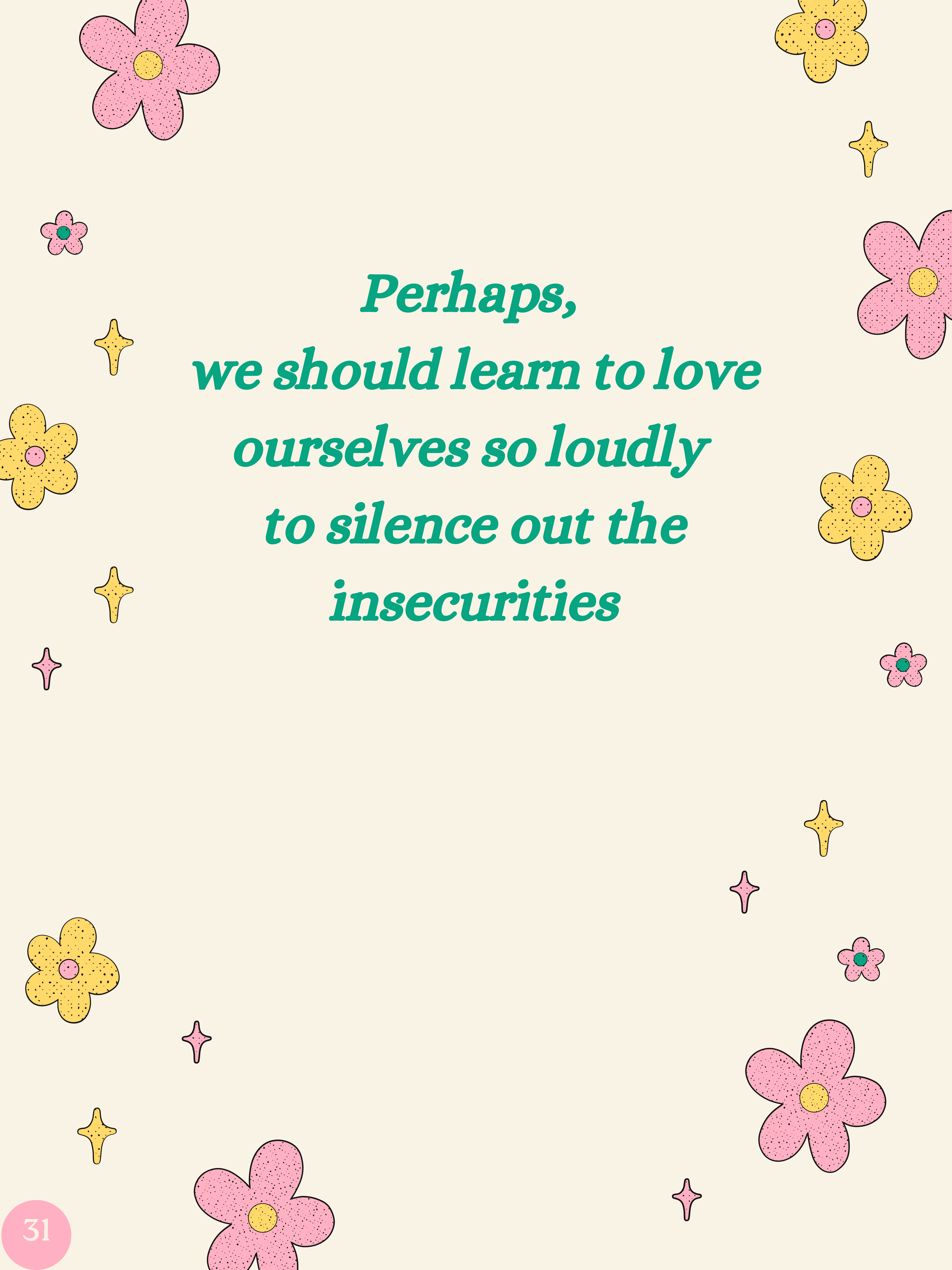
Social media has become a big part of our lives. We use it to talk to each other, to keep up with some of our favourite influencers, some of us like to post our everyday life, but social media also has its flaws.

I first got introduced to social media around the age of 10. I got my first Instagram account run by my mum and by age 12 I had my own Instagram, Tiktok and Snapchat accounts. I knew about the dangers of social media...or at least I thought I knew. I had gotten a message on Instagram from a random account. It was an awful message, and when I first read it, I didn't know what to think of myself. I had known about cyberbullying but when it happened to me I was so hurt by it. After this incident I had a whole different perspective on social media and on myself. At the age of 12 I was comparing myself to others, feeling like I wasn't good enough. I thought I had to change myself for others.

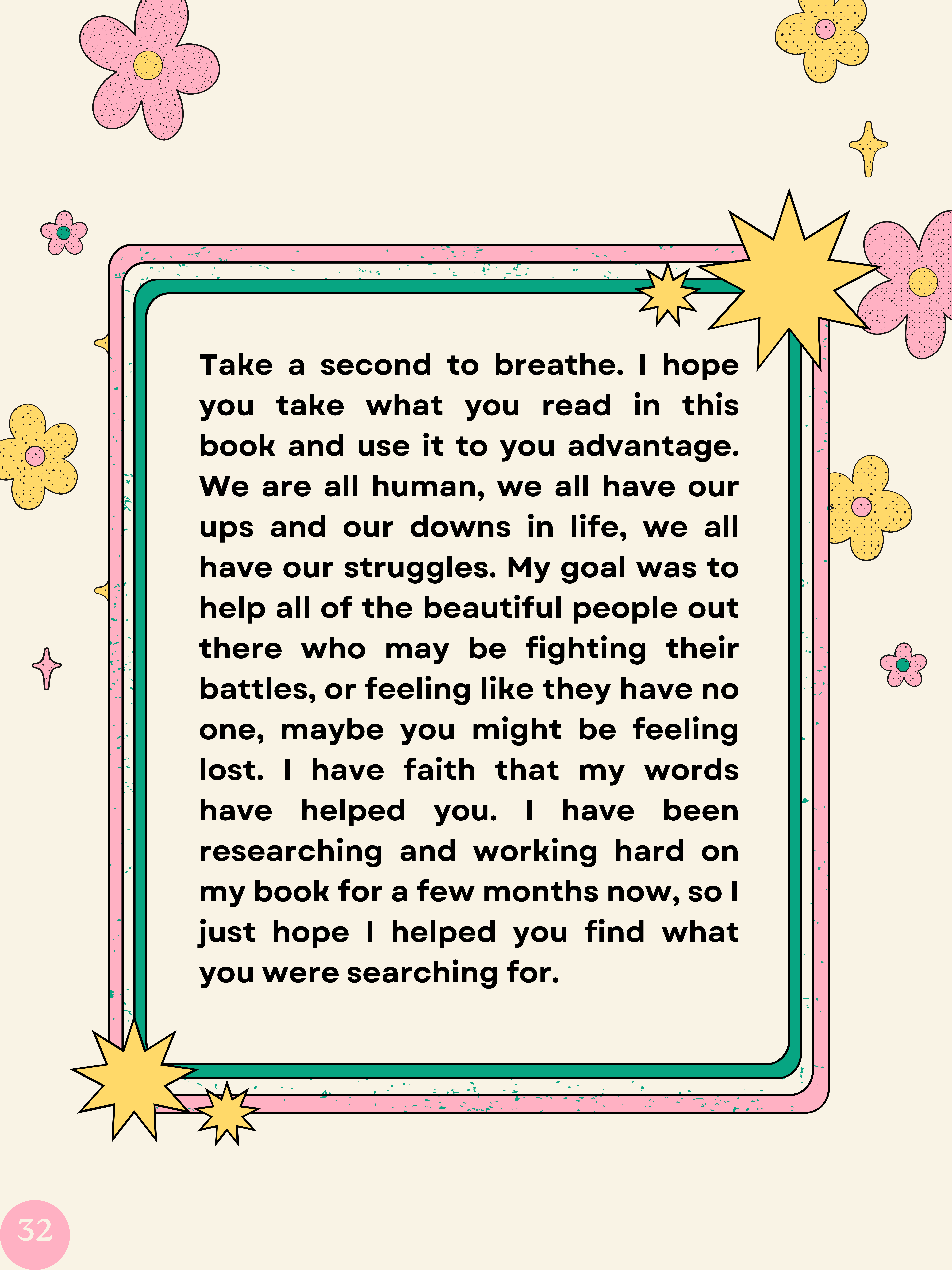


Social media put such a strain on me to look like all of these models and influencers and on top of that I had the influence and ideas of other people change the way I thought about myself, I thought if I looked like them I would be happy with myself, if I listened to them I would love myself, but instead it did the opposite. I started hating myself, I was obsessing over the way I looked, how much I ate, what other people thought about me. I thought I had to change for them, maybe if they saw me in a way they liked I would be able to like myself. It got worse and worse, I lost myself, I didnt know who I was or how to be myself anymore.

It took me a long time to get out of those habits, to learn to be myself again. I had a different perspective, I pushed the people out of my life that made me feel like I wasnt good enough, I unfollowed any accounts that made me feel bad about myself. I lerned to love myself for who I was, not what other people wanted me to be.

The page is decorated with various floral and star motifs. There are several large pink flowers with yellow centers, smaller yellow flowers with pink centers, and small pink and yellow stars scattered around the text. The text is centered and written in a teal, italicized font.

*Perhaps,
we should learn to love
ourselves so loudly
to silence out the
insecurities*



Take a second to breathe. I hope you take what you read in this book and use it to your advantage. We are all human, we all have our ups and our downs in life, we all have our struggles. My goal was to help all of the beautiful people out there who may be fighting their battles, or feeling like they have no one, maybe you might be feeling lost. I have faith that my words have helped you. I have been researching and working hard on my book for a few months now, so I just hope I helped you find what you were searching for.



About the Author

“How to Survive an Ever-Changing World as a Teenage Girl” is Sarah Fitzroy’s first book, a short e-book guiding teenage girls through a world that is always changing, changing there perspective and views on the way they see things. Sarah is a young teenager herself from Sydney, Australia. She has recently started her own instagram account helping young people face battles and challenges in there lives.



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