



# Teenhood unraveled

How to teen like a pro

by: Mehr Sangha

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## Fitting In

Fitting in. it's the one thing everyone thinks about. The one prime concern everyone has. All the advice you will ever get is "be yourself". That's all you're told before you enter the world and realize. I can't be myself. Myself isn't enough. Isn't cool enough, isn't funny enough, isn't popular enough. I am bland and weird. Myself is an outcast to society. We hide it. Hide Who? Ourselves of course. Shove it in a box, tape it up and ship it to a place called nowhere. Make sure ourselves is nonexistent. Nowhere to be found. So what do we show them? Someone who isn't weird of course. Someone is so called normal.

Go through everything you can to fit in. be as cool and popular as you can. That's your only motive right. Be someone who is fun and bubbly. Stylish and cool. Quirky, but not weird. No matter how unusual it may be. No matter how uncomfortable it might feel. No matter how agonizing, unbearable or excruciating it might be. Be liked by them. become like them. Act like them. Walk like them. Talk like them, share the same opinion or else. Put on a smiling face and don't break. Your emotions aren't valid. They're not there to listen to your feelings. They won't treat you like a human. You need to go through everything to fit in. but the sad truth is. You won't, no matter how hard you try. They run too fast for you to keep up and will ask you to do the impossible & inhumane for their seal of approval. So how do we actually prepare for all of this?

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## The Real Advice

Well instead of telling you to "be yourself" I am gonna tell you this "no one cares' '. Here is some real advice so listen up. This need for you to fit in is created by none other than you. This validation that your seeking is non-existent. They are only there to intimidate you. And you believe it and start to fear them. But fear should be an emotion and never a reason. So stop trying. Do what you feel is right. What feels comfortable. What brings you pleasure. Wear what makes you feel powerful. Eat whatever you want & to your heart's content. Insecure. What's that? I am flourishing with confidence & I love that more than ever.

I want you to do the stuff that makes you feel like you're unstoppable. You would go crazy with joy and happiness. Your feet would come off the ground and you would start to float from the thrill you feel when you're doing the stuff you love. And as you feel all these emotions and experiences. Don't look at them. It will feel like they're giving you weird stares, whispering behind your back and teasing you. But they will be so jealous of all the fun your life brings and the fulfilment you feel. No one should matter more than you. So be bizarre & offbeat. Be as abnormal as you wish. Be the real authentic version of you and show it off like it's gold. Because it is. relish every moment of your life without a care in the world.

this is your personal guide on how to do that in such a way that is gonna help you so much in the future. using some of my personal experience I have crafted the perfect advice for every teen out there. so they don't have to go through the troubles of every other teen on this planet.

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happiness and confidence are the prettiest things  
you can wear—Taylor swift

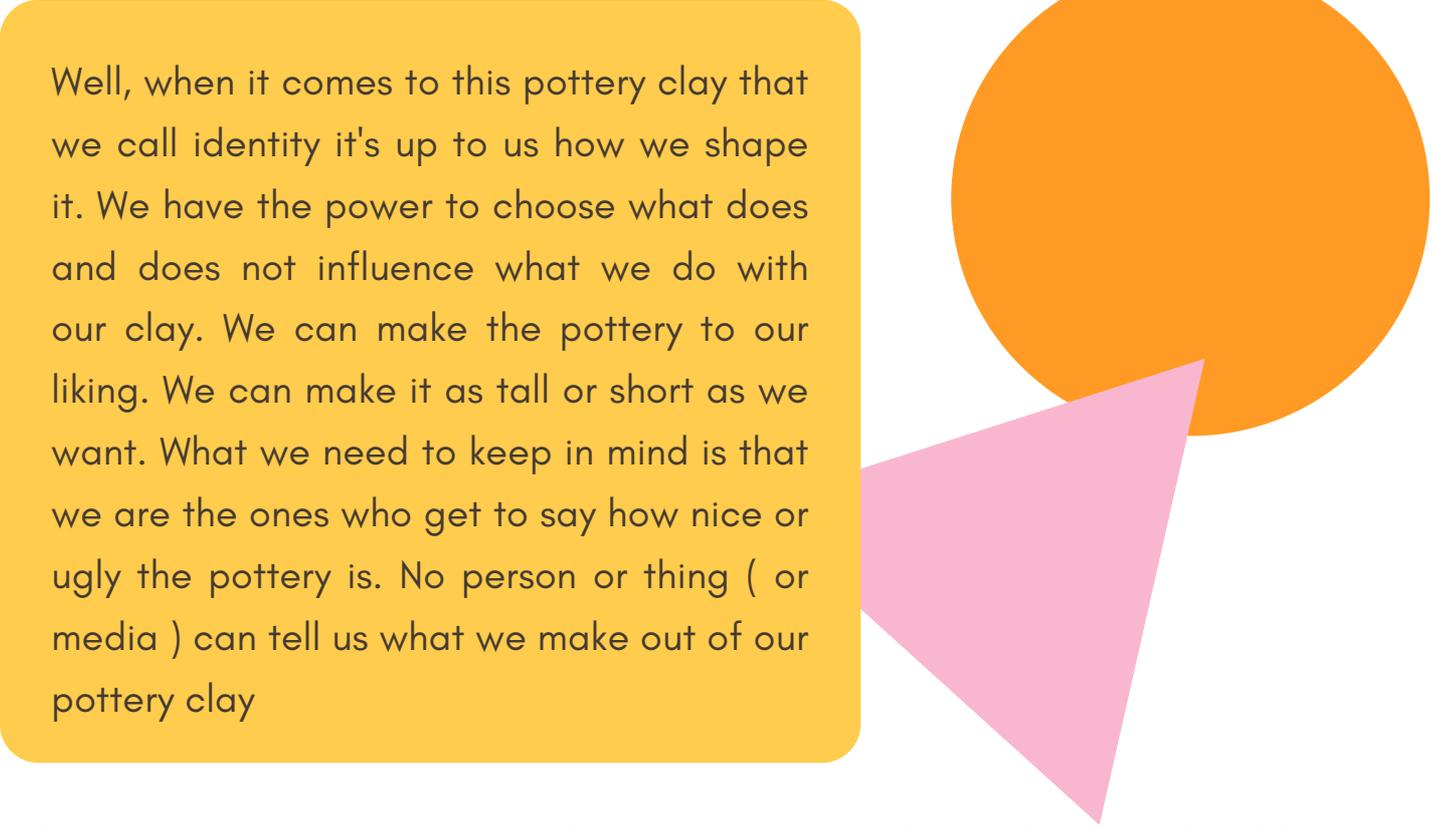
# Identity divide disorder

Identity Divide Disorder (IDD) is a disease that affects nine out of ten teens on our Earth. The symptoms include not feeling good enough, feeling weird when you aren't keeping up with internet trends and doing stuff for the sake of fitting in. The disease attacks a vital organ in every teen. It's their identity.

What is identity? For them identity is what defines them. Without it there is nothing. Their identity is supposed to be different and individual. But that's exactly what the disorder affects. Their identity is often very tainted and similar to one another.

So what can cause identity divide disorder? Well many teens have a harmful thing called social media that really loves to influence exactly what we think is cool and what isn't cool; what they think is fun and boring. What it does is it will create fake imagery and make the teens feel insecure and not good enough. Teens will change to fit in so they don't feel left out. There's this constant need to follow the crowd. They think too much about what other people think about our personalities that it gets concerning to one point.

In this need to keep up and be perfect, they end up harming their identity. To show how teens get this disease imagine the identity organ is pottery clay. Teens change it and mold it into something they think is cool when they see someone else with the same shape of clay. Then after a little bit they think that it's weird then they again squish into a different shape that they think is cool but quickly we realize that that's even weirder and it keeps going and going until they get a mushy mess of confusion and clutter. They don't know who they are any more. And that's not good.

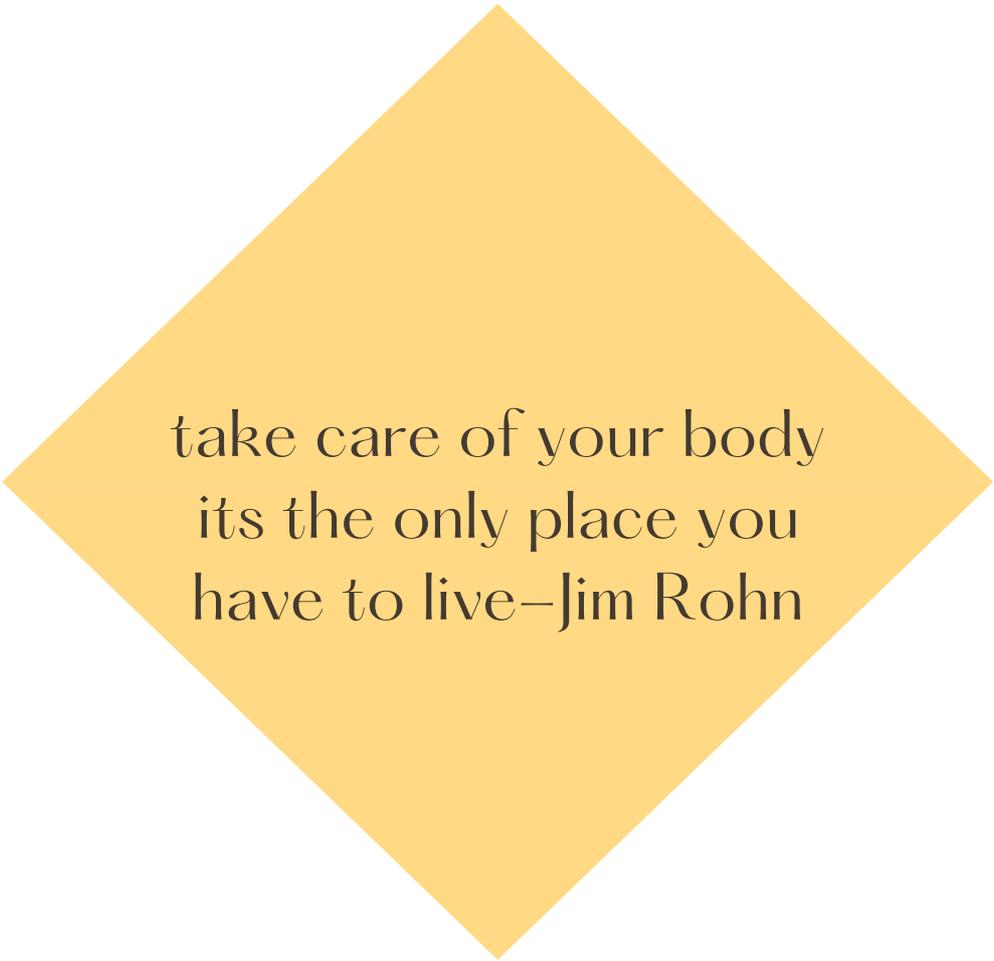


Well, when it comes to this pottery clay that we call identity it's up to us how we shape it. We have the power to choose what does and does not influence what we do with our clay. We can make the pottery to our liking. We can make it as tall or short as we want. What we need to keep in mind is that we are the ones who get to say how nice or ugly the pottery is. No person or thing ( or media ) can tell us what we make out of our pottery clay

That the same goes for our identity. No one tells us what we should or shouldn't like. Our preferences should never be forced by the media that we are surrounded by.

So, keep that in mind and this will help you build an identity that's unique and different. Build an identity that hasn't been shaped to fit in with a crowd. Build an identity that defines us in a way that no one else is known for. So build your identity because every other identity is already taken.

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take care of your body  
its the only place you  
have to live—Jim Rohn

# Your Healthy Mindset

I remember it like it was yesterday. My teacher had told the entire class that I found 20 volts of electricity from a tree. It was 0.002 millivolts. I was trying to think of a story to get out of this entire situation. The class had thought that I found a way to get electricity out of a tree. I didn't. I didn't know how to use the equipment so I read the readings of the machine wrong. And I was panicking like anything when this whole thing had happened. I was in a state of meltdown. I was crying. All over the place. I could hear my friends laughing. It was echoing in my ears again and again, getting loader and loader by the second. My brain has forgotten how to think logically. The rational side of my brain was on lockdown. It felt like the biggest problem I had ever faced. I had already hit a midlife crisis and I was 13.

Well in situations like this it's up to us how we react. How we approach the problem. In other words, what mindset we have when we deal with a crisis. Having a healthy positive mindset is important. Well first what is a person's mindset. Well in simple words it's your ideology and beliefs that give you a sense of the experiences you feel. They are what make your experience of a situation different to someone else in that same situation.

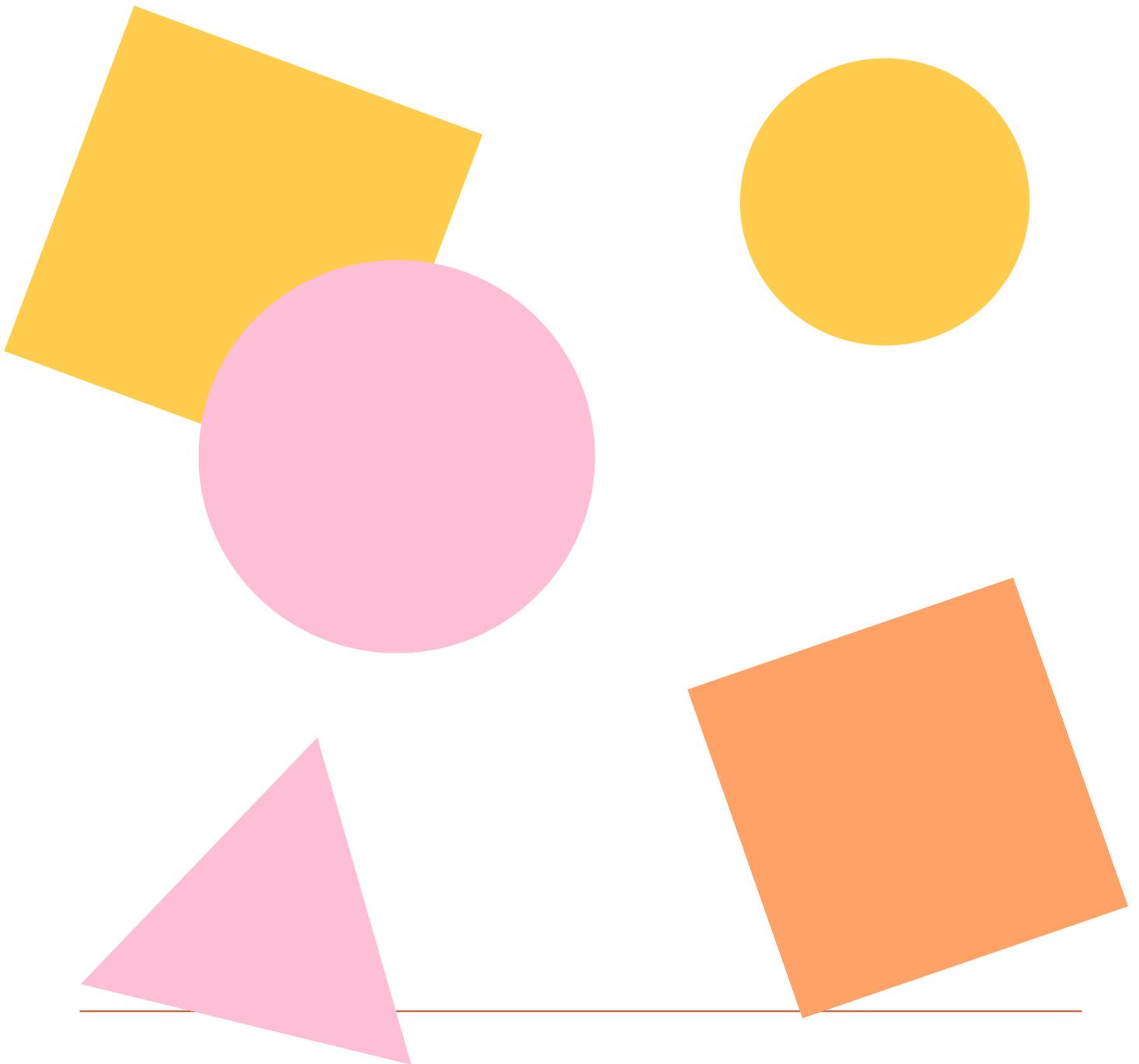
For example if you were lost in the woods with a friend your mindset is what will change the experience for you. If you have a calm mindset you won't panic and you will try to find your way out. But if you have a stressed mindset you will panic and go through a state of terror.

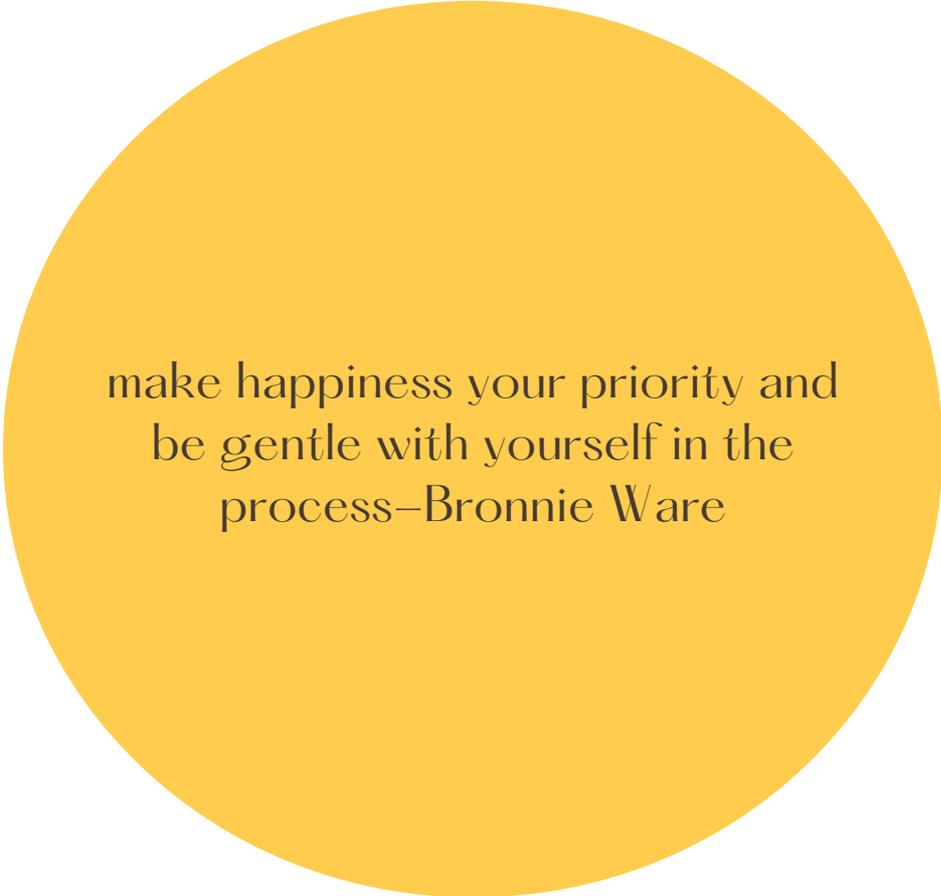
Now depending on what mindset you and your friend have you will have a completely different memories of the event and what happened. Well now how do we stay calm and collected and not panicked and terored. How do we have the right mindset? Well here's how. The kind of state we want to be in is a state that allows us to feel pleasure and will allow us to think positively on a daily basis.

### How to have a positive mindset

1. Practice gratitude. Noting 5 things you're grateful for in the morning and in the afternoon.
  2. Realise that everything is a challenge. Every crisis you go through is a learning experience. When you're trying to work through a problem remember that you're only going to learn something from it.
  3. Be more positive. It may seem simple but when you tell yourself positive things in the midst of a crisis it helps you. And being positive on a daily basis will help you be positive in times of hardship. Actively make a choice.
  4. Be kind to yourself. Stop calling yourself stuff like dumb, ugly, weird. Be kind to yourself every single day. Tell yourself that you are blessed when you wake up and when you go to bed.
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so those are my best tips to having a positive mindset. This mindset will help you in every single aspect of my life no matter how small or large it may be. As for my midlife crisis after my meltdown I came back to my positive mindset. I chatted with my mum and cleared up the misconception with my teacher.it wasnt that big of a problem in the end. I just had to change my mindset.





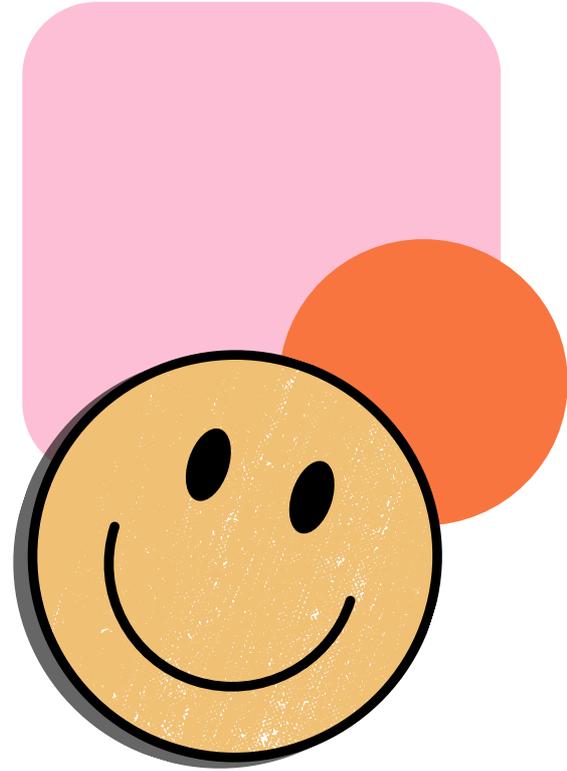
make happiness your priority and  
be gentle with yourself in the  
process—Bronnie Ware

# HAPPY HORMONES RELEASED

When it comes to being happy in our internet society we need to first understand what's giving us this happy feeling. What goes on inside our brain when we feel happy. And also what things are causing us to feel joyful.

When we feel happy or any sort of emotion our body releases hormones. The hormones are what allow us to feel a full spectrum of emotions. And certain emotions have to do with being joyful & happy.

Some of the hormones that may be released are dopamine, serotonin or oxytocin. You may not have heard of these words and most of you will have no idea what the difference is between them so here is a simple explanation.



## Dopamine

- The brain will release it when you are doing something exciting and fun. It will come as a quick shock in the body and it often gets released when you get complimented, get a like or view from a vid or when you complete a small task. That small yet strong feeling of accomplishment is the dopamine.

## Serotonin

- The serotonin is much more slow and calming unlike the dopamine. When achieving long term goals or spending quality time with friends serotonin is slowly released in the body making us feel lots of pleasure and contentment.

## Oxytocin

- Oxytocin is also known as your love drug or your cuddle hormone. It often gets released when you feel a strong happy and loving connection towards someone or a group of people. In many situations it gets released fairly quickly like when you receive a hug or a kiss from someone.



Now these hormones are essential to keeping humans in a good positive state. But the way we get them is very important. You see, in our technological world we don't get these hormones in a necessarily healthy way. And not necessarily in healthy amounts. This may not seem like much of a concern. Being happy is a good thing so being too happy isn't a problem. Well it can be.

Too much stuff like dopamine can be addictive to the point where nothing can fulfil the desire you have for it. Then the natural release of serotonin and oxytocin don't feel like enough.

So here are the healthy ways to get these hormones.

## Dopamine

Anything fun and exciting can get you to release dopamine. Things like dancing, drawing doodles, doing sports and anything you get a kick out of. Physical activity is my favorited way to get dopamine. Jumping on a trampoline, walking , running & biking. Another productive and healthy way to get dopamine is by checking things off a to-do list, getting your chores or work done one thing at a time. When you finish a small task it gives a sense of accomplishment which is the dopamine.

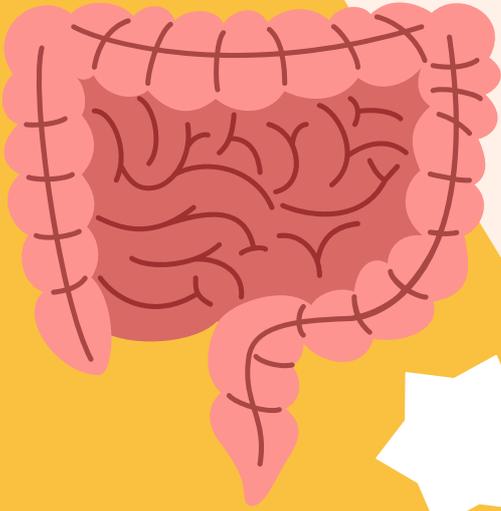
## Serotonin

The best way I have found for getting healthy amounts of serotonin is spending time in the great outdoors. Getting sunlight, touching grass & gardening are some great ways to get serotonin. Being grateful is a great one. Doing simple gratitude activities like writing what you're grateful for or thanking the people you're grateful for is a very loving way to get your serotonin.

## Oxytocin

The best oxytocin releasing activity is usually spending time with the people you love or that special person you might like. Helping others is a great way to release oxytocin as well. Giving advice, helping someone with homework, walking someone's dog. All great ways to release healthy amounts of oxytocin.

# Gut Brain Axis

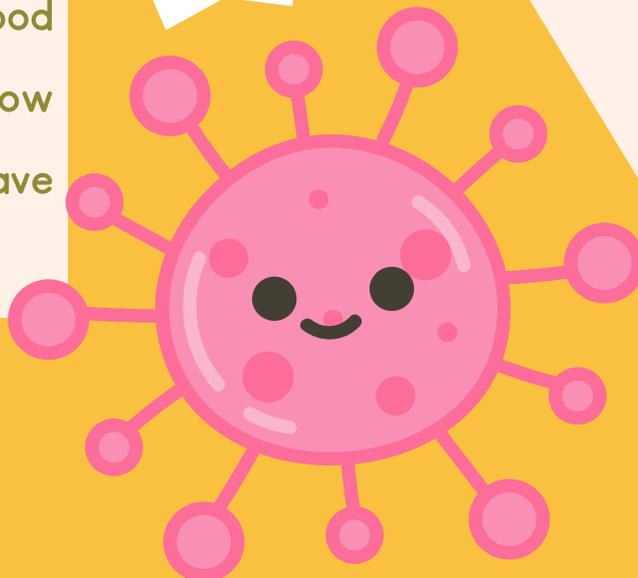


Healthy gut means healthy brain. when your gut is healthy and is able to get the right nutrients it is able to communicate with your brain clearly.

90% of your dopamine and serotonin is produced in the gut so keeping the gut healthy allows lots of healthy dopamine and serotonin production.

Keeping the gut healthy by eating the right foods such as vegetables, saturated fats & proteins allow the good bacteria in your gut to grow making sure that you have healthy hormone production.

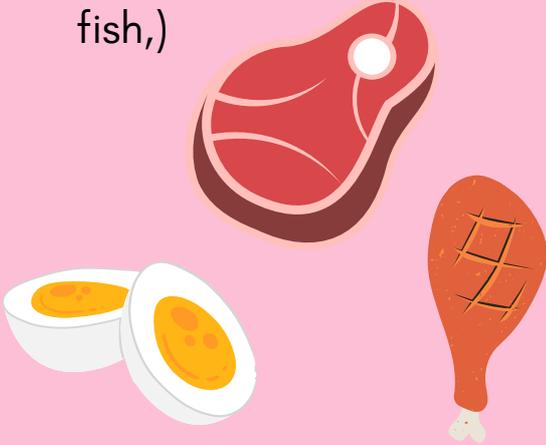
When your mental health is good then life can get 10 times easier. so take the time to eat the right food for you mental health.



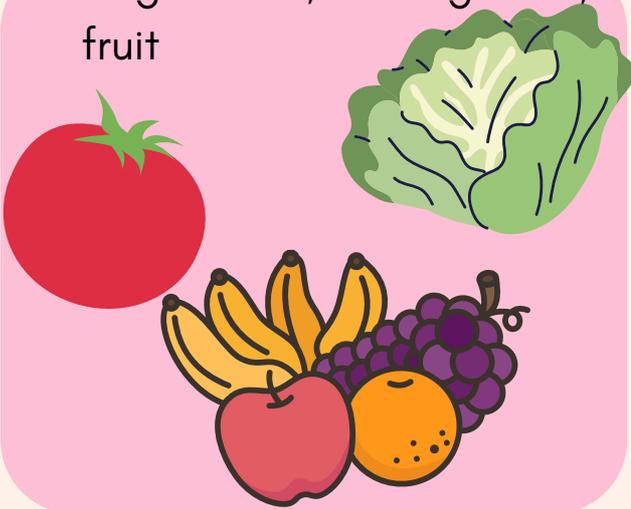
# GUT HEALTH

## Good Foods

- Proteins( eggs, meat, fish,)



- Vegetables, salad greens, fruit



- Good saturated fats( ghee, butter, avocado, olive oil)



## Not Ideal

- Refined sugar( candy, confectionary, soda)



- Seed oils( canola oil, sunflower oil, vegetable oil)



- Fast food, takeout.



What we eat is important but there is another important factor that comes into play. Eating healthy food is kind of pointless if we are eating it in the wrong state of being. What do I mean by that?

Well when we eat in a relaxed state our body is able to fully register what we are eating and our gut can absorb the nutrients from our food properly. But this only happens in a parasympathetic state which is also known as our rest & digest.

When we eat in a state of stress our body doesn't digest our food properly. Why you may ask. Well that's because we are in a sympathetic state also known as our fight or flight state. In this state our bodies main priority is staying alive so it will shut down other bodily processes that won't help in fighting or running away. This means it will shut down our digestion immediately.



Well what exactly happens in our body when we are in these two states of being???

# Sympathetic Nervous System (SNS)



- Your breathing is shallow and your heart beats quickly
- Digestion becomes slower
- You get stressed much quicker
- Your hormones will spike making you anxious and jumpy
- Lots of muscle tension
- High blood pressure 24/7

# Parasympathetic Nervous System (PNS)

- Heart beats slowly and calmly while your breathing is slow and steady
- Your digestion is well done and the gut is activated. all of the nutrients and minerals will be absorbed properly.
- Increased blood flow
- Lifted mood and conserved energy



Imagine you're a highschool student. You wake up late and now you're rushing to get to school. You quickly put on your uniform and grab all your books and grab one apple to eat when you get on the bus. Then you have to rush to each and every class and give your full attention to your teacher even though you're exhausted. After that you have your lunch break and once again you forget your lunch at home during your rush hour so you eat your canteen food at light speed so you can hang with your friends after. Then once you get home you start watching tv while having a snack but after a while you have to do your homework. Now it's late, you haven't finished your homework and you have fallen asleep on your desk only to start the whole cycle again.

## Does that sound familiar to you?

Well in this scenario your body is in a sympathetic state 24/7. You have no time to come back to a relaxed state so your body can rest & repair itself. Instead you are super stressed and anxious every second of your life. This doesn't include all the peer pressure and social anxiety the highschoolers go through. Now you want to be able to avoid this stress. How you may ask? Well there are a few things you can do.



## less stress tips for the teen life

- 1** ♦ **Take time in your day for yourself.** There should be at least 30 minutes of the day that are for you and you only. No screens, this time is for you to gather yourself and to take care of yourself. In this time do something that you love and enjoy. For me that was always drawing and sketching. But for you it can be something totally different. A highschooler life is always rushing to get stuff done on time so always have that time to **slow down**
- 2** ♦ **Be aware of when you are getting tired.** A lot of highschoolers will work an unhealthy amount and won't take the time to recover. As soon as you realise that you are tired, sleepy, unable to focus or that you don't have the energy to finish your tasks, take a step back and rest before you take on those challenges. You want to approach them with a healthy state of being.
- 3** ♦ Make sure you sleep enough. I know this may sound unusual but one reason that a lot of teens are in a cranky sympathetic state is because they haven't gotten enough sleep. Go to bed at an appointed time and wake up at an appointed time. It will help you in the long run. Trust me on that.

a reminder YOU SURVIVED, its time to experience the richness of life and the joy that calls you–Ash Alves

# The Ultimate Super Power: Resilience & Persistence

In our life we will hit lots of setbacks. So many setbacks. We will face a million different issues in our lifetime that hit us like a truck. We will fall down so many times. Fail in so many different places. Be made fun of and put down by different people. Perhaps no one will care. Perhaps no one will show concern towards you or your problem. Perhaps no one will come to save you. So who will help?

In these instances you are the only one who has the responsibility, potential and the power to pick yourself up. The problem with this power is it is surprisingly hard to develop but with the proper training I can help you.

If you want to be the hero of your life then you have to work hard to control these super powers. ***Are you up for the challenge?***

These powers are called resilience and persistence.

**Resilience** is the power of being able to recover quickly when you hit a failure or problem.

**Persistence** is the power to withstand and continue to march forward during times of hardship when trying to achieve something

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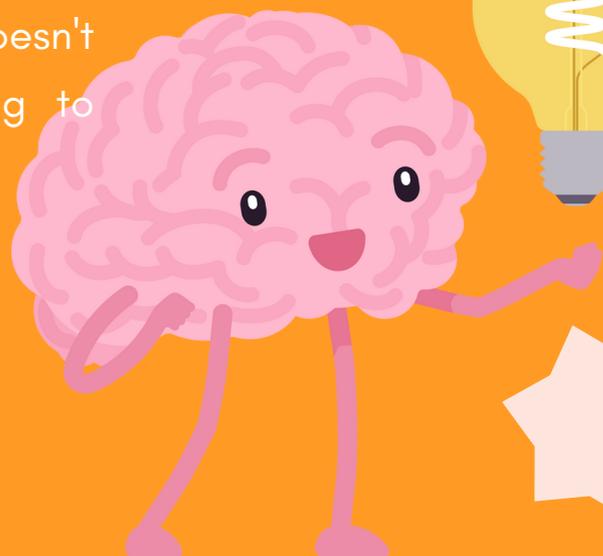
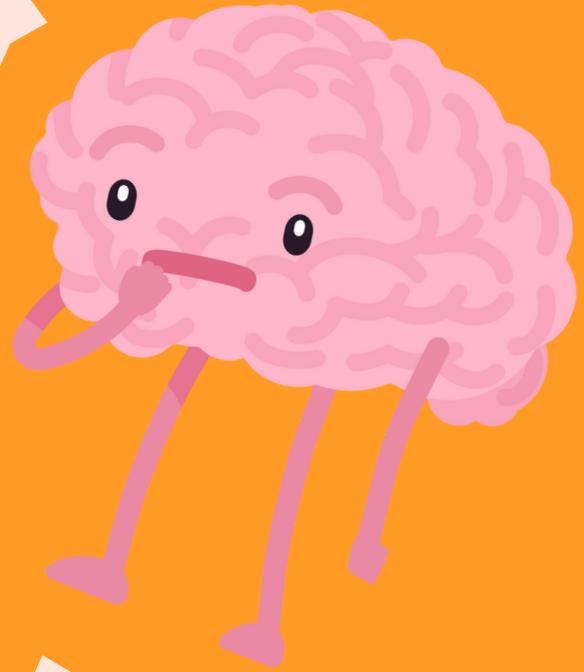
# Your Resilience and Persistence Training.

1. Our point of view has to change in any problem. When something doesn't go as expected your first thoughts shouldn't be "oh no this a crisis". Seeing something as a problem will immediately tell your brain that whatever you're facing is a huge complication and it's very stressful. It's not gonna set your brain up for a resilient mindset. Instead of that I want you to tell yourself that this is a learning opportunity. Letting your brain know that this is a way for you to grow and get smarter actually gets your brain in a problem solving state.

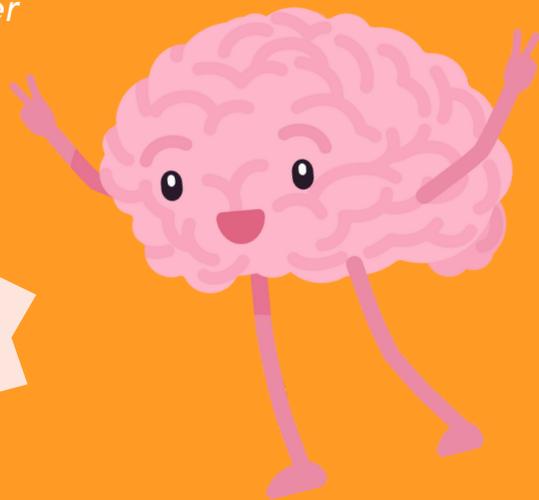
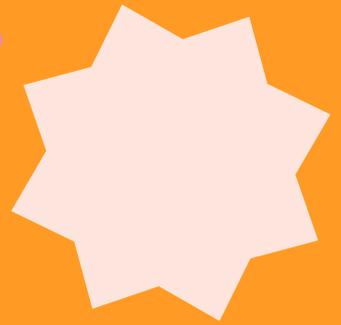
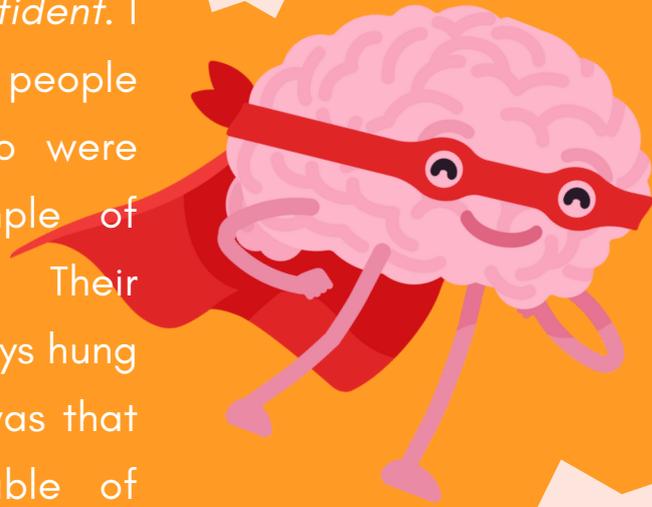


2.

Be like water. This means being flexible in any state. You should be able to change to plan B in an instant if things aren't working out right. There are always going to be certain variables that you can't control so being able to work around those variables is important. Being adaptable is a skill that can help in all areas of life so it's a great skill to learn. The trick to being adaptable is to stop and move. There is never time for you to stop and cry when something doesn't turn out. Start trying to work around it.



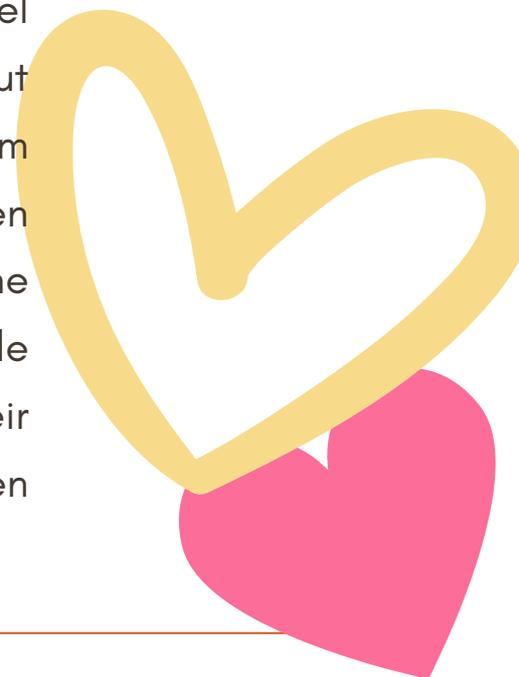
3. *Be optimistic & confident.* I have met so many people in my lifetime who were the perfect example of pure weakness. Their mindsets were always hung on 2 things. One was that they were incapable of learning something new and the second was they were afraid of failing and the humiliation that would come after. This belief system is the pinnacle of insecurity and negativity. *So start believing and truly feeling that you have the potential to learn and march forward no matter what.*



# Finding Your Sam

When I think of a best friend I immediately think of Samwise Gamgee. He is the ideal best friend. Sam from Lord of the Rings is who I want by my side during my lifetime. When you think about it, Sam didn't have to accompany Frodo to Mordor at all but he did because he wanted to help Frodo. He went through all that hardship for no reason other than wanting Frodo to be safe. We should have friends like this in our life.

I am talking about the friends that we choose to have by our side when we conquer our fears, achieve our goals, leap for joy, cry in the corner of our room and question our life choices. Our real friends will hear our good news and congratulate us. They will make that good news sound 10 times better than it actually is. They will make you feel extraordinary at all times because they care about you. When you feel your life light is starting to dim they will brighten it up, they will pull you up when you fall. There is always this strong urge to do the same for them too. You want to see them smile and laugh. You want them to leave all their worries behind. You want to stand with them when they fight their battles.



This is not to be mistaken by those who will hear that good news and will one up you to make your achievement sound small and insignificant. They will make your tiny mistakes the ones that define you. They will take you to your past and make you regret every choice you made. And after everything they put you through, they smile, make you laugh it off & say it was a joke so that they can continue to do it again and again.

## We are better off without them

So why would you put up with that? This thought that you need them in your life and if you don't you can't function? But this isn't true. They need you but you're better off without them.

Those who truly care about you will run this marathon with you and as soon as you fall behind or stop to catch your breath they slow down and wait for you.

Finding your cheer squad can be tricky but once you do, they will stick to you like super glue.

So the trick to knowing who is and isn't gonna help in your life is to trust your gut. If these people aren't making you feel happy and calm. If you feel this constant need to be perfect or that you don't feel safe you can let these people go. When you feel happy and free around your friends then you know you're around the right people.

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# POSITIVE AFFIRMATIONS

A GREAT WAY TO FALL IN LOVE WITH YOURSELF IS THROUGH WRITING AND REPEATING POSITIVE AFFIRMATIONS. DEPENDING ON WHO YOU ARE AND HOW YOU VIEW YOURSELF, WRITING AFFIRMATION CAN HELP YOU GET OVER YOUR INSECURITIES AND BUILD CONFIDENCE. FOR SOME PEOPLE IT'S DIFFICULT TO THINK OF AFFIRMATION SO HERE ARE A FEW YOU CAN START WITH.

## YOUR APPERANCE

- I am beautiful
- I am divine in so many ways.
- My body is stunning
- I am perfect
- My entire being is strong and flexible

## PERSONALITY CONFIDENCE

- I am funny and charming
- My friends love me for who i am
- I am weird and I love it
- My personality is as precious as gold and I plan to keep it that way.

- I am worthy
- I believe that I am loved
- I can defend myself
- Abundance is my middle name
- No one controls me except for me.
- I create my own opportunities. I wait for no one
- I am divine in so many ways.

## Digital harmony

We all own a small rectangle. It lights up and it helps us with a million things. It tells the time, calculates big maths problems, tells us any piece of information at any time, holds millions of pictures, has videos for entertainment and can let you keep track of your entire schedule. Your phone is incredible. But with great power comes great responsibility. Now this may start to sound like that chat you have with your parents where they tell you about the dangers of the internet. And I am not going to lie, that is exactly what I am talking about. It's going to be different though, trust me.

So you need to find what I like to call digital harmony. This is where you find a balance with technology where you use it enough that you are aware of how it works and you can use it to your advantage but you're also not addicted to it. Technology is a hard thing to work around but you can do it.

Use the internet to your advantage at all times. Technology has always been there to help you. That's what we have been told. But scrolling on tiktok for hours isn't going to help us in any way. Have an intention of how long you might want to spend on your device. Set a fixed time and you should have the power to put the phone down after the time is finished. If you lose track of time while you're scrolling, put a timer or tell a family member to tell you when your time is up. It is hard to walk away when you have the option to scroll endlessly on tiktok but this is going to help develop a muscle called will power.

Oftentimes the media can become an escape mechanism. A good example is always the party example. Envision this, you're at a party that your friend wanted you to come to. You don't know anyone except your friend but she has disappeared. She is talking to someone on the other side of the room. What do you do? Well I am 99.99% sure you would grab your phone. You can't tell me you wouldn't. All my friends do this and I used to do this too. Sometimes my friends would just leave and start scrolling on tik tok even though there are people they can talk or chat to.

I often found this so unusual but once I found out the reason as to why this happens it made sense. We think that if we can look busy on our phones we won't have to talk to anyone. We don't need to make new friends. It makes us look like busy people. The problem here is we are social beings. Humans are meant to be social. No matter how much of an introvert you are, you need family and friends in your life.

Your phone doesn't make you look busy. It shows that you can't find a way to start a conversation and you don't have any social skills. It's almost like a coping mechanism.

Your phone makes you insecure. When you spend lots of time on your phone your posture is terrible. Your shoulders are hunched and your head is down to the floor. This contracted body posture makes you feel unconfident.

The internet affects our health in so many other ways that you are probably aware of. Eye sight, EMFs, mental health etc. Our generation struggles with being intentional about using the internet. Oftentimes we just look at social media to kill time or to escape the problems of the real world. But once we do find digital harmony we realise we also have to deal with AI. These are uncharted waters that we are wandering through. It's such a new technology that we have no idea how far we can get with it.

*AI has its own digital harmony that is very hard to find. It takes alot of determination*

When it comes to using AI we can use it for many helpful things. My experience with AI was always using it to find names for books, writing samples, art pieces etc. or if I needed ideas on how to approach a maths question or how to do something it always helped. I wasn't always the best at algebra( still working on it) and whenever I wasn't sure how to approach a question I would ask chat gpt to give me an explanation as to how to solve that kind of question, not the question itself. Whenever I am stuck on finding an approach for something ( for example how to do a certain dance move) I can usually ask chat gpt to give me steps. Chat has also helped me with ideas for how to start businesses and how to write certain types of stories. It will give me the steps to do so.

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Although AI should never take over our cognitive thinking. AI is not there to write your entire essay when you are unsure of how to formulate your paragraphs. It does seem tempting though. I know I always want to use chat gpt to write the entirety of my speeches and presentations but as tempting as it is I always realise that my work will lack my personal touch. I didn't learn anything from having chat gpt write my presentation. Remember what I said in the resilience chapter. The easy route is easy and we learn nothing from it.

Now don't absolutely write off AI , it's going to be a very critical part of our lives in the future. Just find your digital harmony with it and it will become a powerful tool that helps you in everything.

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# Your future starts now

So this is the end of the book. I want you to feel... feel... feel free. You shouldn't feel cramped up in the spaces of the media, society, peer pressure, drama. Nothing should be holding you back. You have all the power you need. You have always had it. The thing is no one ever knows how to unlock this power. It's usually hidden somewhere and people need some form of reassurance or help to find it. Now that you have this power, wisdom, knowledge whatever you want to call it. Your future starts now. So start to live the life you want to live.

Clean up your space, set your boundaries, get your goals, feel safe and free, be strong, be brave. Take your time and grow into an incredible human who is capable of doing anything.

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## About the Author

This book is written by Mehr Sangha. She is a professional teen after having faced the hardships of highschool and society. She 14 and lives in Australia with her family and she is so excited to share *Teenhood Unraveled* with you.

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