
THE
UNIQUELY HUMAN
BLUEPRINT

a guide for teens



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MY MESSAGE TO YOU

It is difficult to get through the turbulent waters of adolescence. Emotions can feel like an emotional rollercoaster for teenagers, with unanticipated twists and turns. As young adults, we're living in a rapidly changing world, figuring out who you are, and dealing with a variety of emotions, from excitement and pleasure to confusion and frustration.

This book is your guidebook, created to help you understand, control, and maximise your emotions. It's pages offer thoughts, stories, and insights to help you on your path to emotional well-being. It's time to reach your full potential, harness the power of your emotions, and enjoy the amazing experience that is adolescence. Welcome to a world where feelings are your friends rather than your enemies.

HUMANITY STORY

The day arrived, and the alarm rang at its loudest. Kim slowly opened her eyes, dreading the idea of going to school yet again. Living with despair and anxiety, each day felt like a war she had to fight. She had no social abilities and had become fearful of coming near others. Most of the time, she might run away in fright every time she was faced with a social scenario. In those rare moments while she mustered the courage to try to talk to a person, gibberish seemed to be the quality that came out of her mouth, as though she had forgotten how to speak English. The memory of being cyberbullied after posting a picture of herself online nonetheless haunted her. The hurtful remarks about her look echoed in her thoughts. The following day was clearly terrible, because the bullies had picked on her due to that photograph, and she felt isolated as nobody wanted to speak to her. As Kim approached the gates of the school, her beating heart pounded in her chest. She felt a knot of hysteria tighten in her stomach, looking ahead to the worst.

*But as she stepped inside,
something felt super.*

HUMANITY STORY

To her surprise, she discovered that no person changed into being bullied or shoved into lockers. Instead, absolutely everyone regarded us as getting along, and laughter crammed the air. With hesitant steps, she walked into her new observation room, unsure of what to anticipate. But as she entered, something wonderful took place.

Many of her classmates greeted her with smiles, in reality glad to see her. Some even provided pleasant waves and hellos. Kim couldn't accept as true with her eyes it became as though a ray of mildness had pierced via the darkness she was living in. As the day advanced, she placed herself protected in organisation conversations, and slowly, she felt her tension beginning to ease. Her classmates appeared certainly interested in learning her, and she or he found that they shared comparable hobbies.

*As she shared her passions. she realised
that her struggles didn't define her.*

HUMANITY STORY

Her love for artwork and books have turned out to be a bridge that linked her with others.

Over the weeks, Kim persisted to blossom.

She made real friendships, and the assistance from her new buddies helped her navigate her anxiety. The bullies' words did not have the identical power over her. She learned to like herself for who she changed into, inner and out.

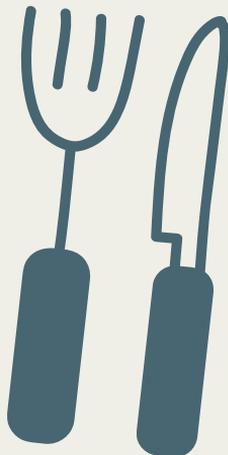
The courage she had established to step into that school room that first day had led her to a direction of self-discovery and healing.

Kim's transformation wasn't in a single day, and there were still hard days in advance. But with the love and facts of her newfound buddies, she felt more potent than ever earlier than. And as she contemplated on her adventure, she knew that even amidst the darkest moments, there were glimmers of hope, waiting to highlight her way ahead.

REWIRING YOUR BRAIN

Follow these tips and strategies to rewire your brain in a healthy way.

- Visit new places
- Get 100% involved in all that you do
- Try and be mindful when you brush your teeth, take shower or eat your food
- Get into a meditation routine
- Play sport or get active
- Eat a balanced and nutritious diet



REWIRING YOUR BRAIN

Start being more interactive and participating more with your social skills. This will upgrade your brain in an amazing way. An easy way to do this is hang more with your friend!

Start to be more mindful of your surroundings when you can.

**Notice your surroundings
Find small details in big things**



Get active! This will make the brain much healthier as you are moving round not only will this help your brain but also your heart.



And last but not least, eating a healthy diet is what will improve the brain the most. If you feed the brain healthy stuff the brain will become more healthier then ever before!



GUT BRAIN CONNECTION

THE GUT BRAIN CONNECTION



"GO WITH YOUR GUT FEELING"

There's actually a deep neurological basis for 'intuition'
Scientists call the stomach, the 'second brain.'



THE BRAIN AND GUT CONNECTION

the brain influences the gut and the gut influences the brain

Food and Mood:

explores the profound link among dietary alternatives and emotional well-being. This segment delves into how sure ingredients can assist intellectual health thru their impact at the intestine-brain connection, emphasizing the significance of nourishing both body and mind for best emotional resilience.



STRESS AND DIGESTION:

uncovers the problematic courting between stress and the digestive machine. It delves into how continual pressure can disrupt the gut-brain communique, leading to digestive disturbances and underlining the need for stress control strategies to assist overall well-being.



THE HAPPY BRAIN CHEMICALS: SEROTONIN, DOPAMINE, AND OXYTOCIN

SEROTONIN

Serotonin is a chemical in our brain that helps us feel happy and good. We can boost it naturally by spending time outside, exercising, eating healthy foods, and being kind to others.

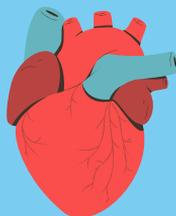


DOPAMINE

Dopamine is a chemical in our brain that makes us feel happy and excited. We can boost it naturally by doing things we enjoy, like playing games, drawing, or spending time with friends.

OXYTOCIN

Oxytocin is a special chemical in our brain that makes us feel loved and connected to others. We can boost it naturally by giving hugs, spending time with family and friends, and doing kind things for others.



ENDORPHINS

Endorphins are natural chemicals produced by the body that act as neurotransmitters in the brain. They are often referred to as "feel-good" hormones because they are released in response to certain stimuli, particularly during physical activity, stress, pain, or pleasure.



WHAT HAPPENS IF YOU HAVE A **DEFICIENCY** IN DOPAMINE, SEROTONIN, OXYTOCIN OR ENDORPHINS?

SEROTONIN

A deficiency in serotonin can lead to mood disorders like depression and anxiety, causing feelings of sadness, hopelessness, and increased worry. It may also impact sleep, appetite, and overall emotional well-being.



DOPAMINE

OXYTOCIN

A deficiency in dopamine can lead to various issues, including mood disorders like depression, movement disorders like Parkinson's disease, difficulties with focus and attention, increased susceptibility to addiction, memory problems, anhedonia (lack of pleasure in activities), fatigue, sleep disturbances, and lack of motivation.



ENDORPHINS

SYMPATHETIC NERVOUS SYSTEM

UNDERSTANDING THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS

Sympathetic Nervous System (Fight or Flight)

The sympathetic nervous system prepares the body for action and response to stress.

Body Response: Heart rate increases, breathing quickens, muscles tense, and stress hormones like cortisol are released.

Constant Stress is Harmful

Why it's harmful: Prolonged stress keeps the body in a constant state of fight or flight, leading to health issues like anxiety, high blood pressure, and weakened immune function.

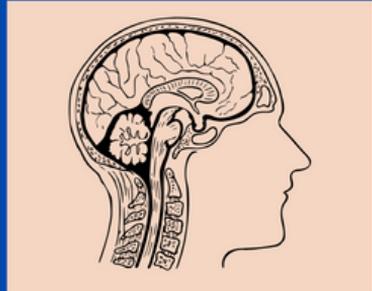
Parasympathetic Nervous System (Rest and Digest)

What it means: The parasympathetic nervous system promotes relaxation and recovery.

Body Response: Heart rate slows, breathing stabilizes, muscles relax, and digestion and healing processes are enhanced.

Ways to Recalibrate

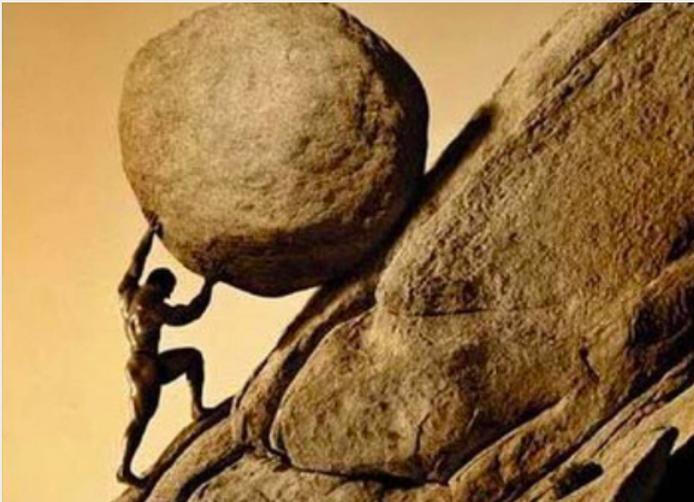
1. Meditation: Deep breathing and mindfulness meditation activate the parasympathetic nervous system, reducing stress.
2. Breathwork: Controlled breathing exercises help shift from sympathetic to parasympathetic dominance.
3. Exercise: Regular physical activity can balance the nervous system and reduce stress.
4. Sleep: Prioritize quality sleep for rest and recovery.
5. Healthy Diet: Nourish your body with a balanced diet to support overall health.



Rising From The Ashes

One scorching summer day, I decided to embark on a challenging hiking trail deep in the wilderness. The trail seemed never-ending, and exhaustion began to set in, but I refused to give up. With each step, my determination grew stronger.

Suddenly, a thunderstorm erupted, drenching me to the bone. Fear surged through me, but I knew I had to push forward. I persevered through the pouring rain and reached the summit, soaking wet but filled with a sense of triumph and resilience that I would carry with me forever.



How To Build Resilience

The way to build resilience is realising that you are not perfect. Harsh, but none of us are. And, this doesn't mean you will be like that all your life.

If you start to realise you can work through your insecurities. You can bounce back from that emotional state you will start to build resilience.

This a wonderful skill that you need to learn because as you master it you will realise that giving up is actually harder than pushing forward.

So I say do you want to be sitting around always worried always sad and most of all not even considering trying to fix that mindset?



Think of yourself as a ball you can either hit a wall and fall or hit the wall and bounce back.

This is resilience!

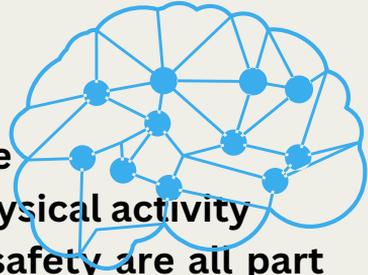
Wellness Wizard

Wellness wizard is an app about making the brain healthier and making better habits. It is about making it like rewards. This will earn you points which you can buy stuff on the store like “sweatcoin”(which is a app where the more you walk the more points you obtain that can be spent in a virtual store) This is what the app would look like:



Navigating the AI World

How to manage technology as a teen



- **Setting limits on screen time**
- **Prioritise academics and physical activity**
- **Become aware of internet safety are all part of managing technology**
- **Make tech-free zones and screen-free hours a part of your daily routine**
- **Be sure to have face to face interactions**
- **Get decent sleep**
- **Discuss your technology use with your parents**
- **Strive for a balanced lifestyle that incorporates both tech related and offline activities.**



affirmations

cheerful

loving

happy

I AM

grateful

caring

conclusion

In conclusion, the journey we have embarked upon together has been one of self-discovery, growth, and empowerment. Through the pages of this book, we have delved into the depths of our potential and explored the intricacies of our inner worlds. We have learned that true transformation comes from within and that the power to change our lives lies in our own hands.