

# THE RUISLIP EYE

*The latest news and updates from Ruislip High School*



## IN THIS ISSUE

### **GOODBYE, MISS AGYAPONG**

*See pg. 2*

### **THE WINTER REWARD TRIP RETURNS!**

*See pg. 3*

### **THE PSYCHOLOGY OF OPINIONS**

*See pg 9*

### **CELEBRATING LITERACY: POWERFUL POETRY**

*See pgs. 12 and 13*

## **Year 7 Spelling Bee Buzz**

*by Emma (Year 7)*

*In January, we hosted the Vanguard Learning Trust Spelling Bee, an annual event that all the schools in the trust competed in, where one school and one best speller took home a trophy!*

On the 24th of January, the schools in the Trust joined Year 7 in the hall to watch the spelling bee hosted by Ruislip High School. The schools competing were Field End Junior School, Vyners High School, Hermitage Primary School, Ryefield Primary School, Ruislip High, and Oak Farm Primary School. All schools had a small group of their best spellers to represent them and participate in the competition. Mr Gould did a great job hosting the spelling bee, while Ms Loizou read out the words to be spelled. Tensions were high!

The bee consisted of three rounds, including a sudden death and a speed round. All the schools had a great time participating, and we are so grateful that all these schools were able to come here and join us in this annual spelling bee.

In the first round, all teams participated and anyone left standing was the winner of that round was the winner. The team were able to collect points with each word they got right. In round two, two members from each team did a speed round, where they had to spell as many words as possible back and forth between the two students in two minutes. Finally, in round three, the two people in each team that were not chosen in round two competed in this round, where they partook in a sudden death with the other teams. Eventually, Field End Primary School emerged as the overall winners, and the best speller was a student from Vyners!

Though we may not have won this year's spelling bee, the spellers from our Year 7 team did a fantastic job! We can't wait for next year's spelling bee!

# Goodbye and Good Luck, Ms Agyapong: The Final Words

by Zaynab (Year 8)

*Some of you may have heard that one of the teachers in this school, Ms Agyapong, is leaving. As many students don't know her very well, we decided to interview her to say our last goodbye.*

Here are the questions we asked her:

## **How long have you been teaching at this school?**

I have been a teacher at this school since October but I have been a teacher in general for 8 years.

## **What do you love most about this school?**

The students are really nice and welcoming and the teachers work hard, are really supportive and motivating.

## **What subjects do you teach here?**

I have taught English, Geography, Cultural Studies and a couple hours of Drama, even though I am a professional English teacher.

## **What are your favourite hobbies?**

Personally, I love reading and watching Netflix, and I really love eating and trying a variety of cultural foods from other countries. I have been to Dominican, Eritrean, and Fusion restaurants.

## **Do you have any family in the UK?**

Yes, I do and most of my family live in the UK.

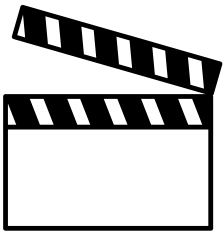
## **What are you going to do when you leave RHS?**

When I leave RHS, I plan to go traveling. First, I am going to visit my family in Ghana, then visit some countries along the West Coast of Africa and hopefully, by the summer, I wish to be back in Europe.

I will then go to Paris to watch the Olympics and by the end of the year, I want to go to South America as I have always wanted to go to Brazil and Columbia.

Overall, it is clear that we will all miss the fantastic Ms Agyapong, and we wish that she has a lovely time traveling!





# The Winter Reward Trip Returns!

*Ruislip High students are hyped for the cinema trip of 2024!*  
by Tommy (Year 7)

Everyone is over the moon for the cinema trip of 2024! After five months of grueling school work and assessments, the teachers have chosen the best students of each year group to go to the movies, where they will be watching a lovely film instead of being in lessons for an afternoon. It is a privilege, that's why only the best students were selected.

There will either be the movie *Wish* or *Wonka*: we will find out! *Wonka* is a movie about a chocolatier, the famous Willy Wonka. You might recognise the name from the other films, *Willy Wonka & the Chocolate Factory* (1975), and *Charlie and the Chocolate Factory* (2006). The story came from the famous Roald Dahl book *Charlie and the Chocolate Factory*. On the other hand, *Wish* is the newest Disney movie, which only came out in 2023.

The cinema trip will include a free drink and popcorn. The school rented two cinema screens, which will show both of the movies. We are going to be at the Cineworld in South Ruislip.

## An Update After the Trip:

There were technical difficulties with sound, but they replayed the screening, and all was fine in the end! Whilst KS3 students watched *Wish*, some of us would have rather watched *Wonka*. However, we were grateful to have had the afternoon off as a reward for all our hard work! Overall, we had an excellent day at the cinema and look forward to our next reward trip.



# Inside Out 2: A Review

by Eleftheria (Year 8)

On 24th July 2015, *Inside Out* was first released. It's become a movie loved by millions, a favourite classic for many. However, nearly nine years later, no-one expected anything new to come out of that front! On November 9, 2023, Pixar fans were shocked and amazed to find a trailer by Pixar - for *Inside Out 2*. This article will dive into everything we know about this now highly anticipated film, and our crew's thoughts on this.

Firstly, we shall be delving into everything that has been revealed in the pictures and trailers so far. So, what is shown in the trailer? The trailer shows Riley's emotions contemplating their memories so far, happy as she turns 13. However, that is changed when a sudden alarm goes off,

startling them. A building demolition crew shows up and start what seems to be a construction project, only then to abandon it in the middle of the process (Riley's mind). They then leave, abandoning the emotions in the mess. It then switches to a scene of the emotions huddled around an orange console, confused as to who is making it that colour. They all in turn proceed to state that it is not them, uncovering another, new orange emotion. It introduces itself as anxiety, before apologising, saying that "they" only wanted to make a good first impression. This leads disgust to ask what they meant by "we" - intriguing many fans watching the trailer.

Another huge reveal was the release of the Inside Out 2 poster, showing the new emotions peeking out from underneath (see image). They show anxiety, along with three others: Ennui (purple), Embarrassment (teal), and Envy (pink). Ennui means 'being bored or disinterested, which is a trait many teens use when feeling awkward'. Many people are excited to see what these new emotions will bring with them, and how they will represent their actual effects upon people.

Of course, people will have different opinions on this film, so the following will now be some interviews of students' thoughts on this movie.

**What do you think about the new movie? How do you think it'll be compared to the first?**

Addison (Year 8): I was not expecting another movie, and I'm very excited for it. I think it will be good, but not as good as the first one.

**Very interesting! What exactly are you excited about?**

Addison: I'm excited to see the representation of the teenage mind, whether it will be an accurate representation of what teenagers go through.



Image taken from: [https://lumiere-a.akamaihd.net/v1/images/pp\\_insideout2\\_hero\\_banner\\_mobile\\_798\\_06569e0f.png](https://lumiere-a.akamaihd.net/v1/images/pp_insideout2_hero_banner_mobile_798_06569e0f.png)

**Which emotion are you especially excited to meet?**

Addison: I think Anxiety will be a very interesting character

Then, I interviewed Ethan; a member of our newspaper crew had these thoughts:

**What did you think when you first saw the trailer?**

Ethan: I think adding more emotions would add a more fleshed out representation of the teenage mind, especially when going through puberty.

**What do you think this movie will be like in comparison to the first one?**

Ethan: I think it will be incredibly different, and incomparable to the last one because of its very different themes.

**What emotion are you excited about?**

Ethan: I'm excited about the new emotion Anxiety, because it could help shed light on mental health issues (especially in teenagers).

**Do you have any theories about the movie?**

Ethan: There are many theories online about it being a coming out film, the first Pixar film (of my knowledge) to have LGBTQ+ representation. The trailer supports a popular theory that arose from the ending of the first movie, about Riley being non-binary or gender-fluid.

Finally, I interviewed Zaynab; another member of our newspaper crew who shared these views:

**So Zaynab, what are your first thoughts on the movie?**

Zaynab: I'm really excited to see what happens, I was not expecting new emotions!

**Do you think this movie will be better than the first?**

Zaynab: I think it will be even better, with a whole new perspective. I think the concept of 'demolition day' (as shown in the trailer) will give more understanding about the teenage mind to those who are not teenagers.

**What new emotion are you most excited to meet?**

Zaynab: Definitely Anxiety, I'm very interested about as to how the other emotions will react to it. As people are heavily influenced by media, especially younger people, and if they see the other emotions reacting to Anxiety in a positive way, then hopefully people watching will too.

In conclusion, Inside Out 2 is a movie that has come from being never thought to ever exist, to now being a highly anticipated movie, with high standards, coming from a fan favourite.

# Book Review: The Hitchhiker's Guide to the Galaxy

by Ethan (Year 8)

*I recently read The Hitchhiker's Guide to the Galaxy by Douglas Adams and honestly, it is one of the best books I've ever read: full to bursting with alien life, lying in front of bulldozers and and some dangerous drinks. It follows the adventures of Arthur Dent and his extraterrestrial friend, Ford Prefect, as they escape Earth and retell their stories.*

Firstly, I must say that I am a fan of Sci-Fi books and films, and this comedic interpretation of an alien invasion and an escape from Earth. As I previously mentioned, Arthur Dent has spent days lying in front of a bulldozer that is going to knock down his house for a new highway, when his best friend, Ford Prefect, manages to convince the bulldozer driver to swap places with Arthur, so they could go to the pub. This rightly confuses everyone involved but it works.

The overall theme of this novel is the Meaning and Meaninglessness of life, as the normal Englishman has his life uprooted, before finding out there is always a bigger fish, as everything spirals on Earth just as soon as he found out his house would be demolished. Another theme is that anything can

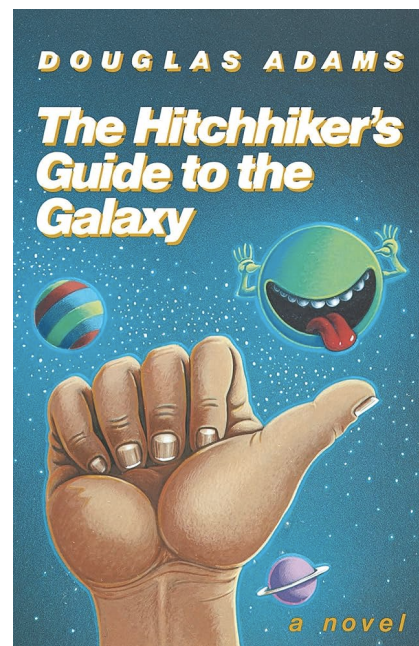


Image taken from: <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.amazon.co.uk%2FHit%2Fchhikers-Guide-Galaxy-25th-Anniversary%2Fdp%2F1400052920&psig=AOvVaw3RDsWyKI0U4IODVA9IETk&ust=1708379168496000&source=images&cd=vfe&opi=89978449&ved=0CBEQjRxqFwoTCNiq2MDutYQDFQAAAAAABAH>

happen, as is what happens in Douglas Adams' rendition of the Milky Way.

As I previously mentioned, this is one of the best books I have ever (and likely will ever) read, with its complex humour and outrageous tales, it's a must read for any Sci-fi or comedy lovers of all ages. This book is available in the LRC for anyone who wants to read it.

# Valentine's and Galentine's Day

by Zaynab (Year 8)

*As many of you may know, February 14 is Valentine's day, which started in the 1800s. But more recently, a new trend has developed for something called Galentine's day on February 13 which started in 2010, celebrating all of your close friends and what they have done for you. These are both very important days which are very special for many people across the globe.*

On Valentine's day, people from across the world give their partners presents and tokens of appreciation such as handwritten cards (sometimes anonymous), chocolate hearts and most importantly, red roses! American primary schools are known to have students create 'candy grams' with little notes and candy for classmates. Although Valentine's day is gaining more popularity by the year, in some countries, like Indonesia, Saudi Arabia, and Malaysia, people don't celebrate this festival, but this is probably because of the substitute that is becoming globally popular.

In more recent times, Galentine's day has become increasingly celebrated side-by-side with Valentine's day. This is a day in which groups of close friends who are female, celebrate their times as a group of friends. This day was started by a fictional character from the series 'Parks and Recreation' called Leslie Knope, who describes it as "only the best day of the year." On Galentine's day, friends buy each other gifts and have sleepovers which is why it is so fun and popular.

Finally, an idea that has been proposed is to have a day called Falantine's day on February 12 in which people would celebrate their family, whether it be your siblings and parents to your uncles and grandparents. It has been suggested that on this day, family would be thanked, appreciated and celebrated for being who they are! We asked 2 people their opinion of this day and they said:

"This is a great day to remember the values and appreciation of being part of a family!"

"In this day and age, so many people are suffering from health issues and mental health problems. If we have a day to celebrate our family, then if they feel alone or upset, this day will help them feel appreciated, which can lead to better health"

In conclusion, both Valentine's day and Galentine's day have equal importance and hopefully, in the future, so will Falantine's.



# Donald Trump vs Joe Biden: Republican or Democratic?

By Noarii, Josh and Hayley (Year 7)

We have seen the recent events of the tragedy of Donald's arrest and corrupt way of thinking. But the most important thing is: smarts or experience?

Donald John Trump is 77 years of age and is an American businessman, investor, television personality, author and the 45th President of the United States. He has the experience of being a president and a businessman with a net worth of \$2.6 billion USD. He has 5 children, 3 wives and 10 grandchildren. Trump followed in his father's footsteps into the world of real estate development, making his mark in New York City.



Image taken from: [https://c.ndtvmg.com/2020-10/76lcspj8\\_donald-trump-joe-biden-split-afp\\_625x300\\_22\\_October\\_20.jpg](https://c.ndtvmg.com/2020-10/76lcspj8_donald-trump-joe-biden-split-afp_625x300_22_October_20.jpg)

Joe Biden is 81 years old. He is known for being the 46th president, and he is the oldest president alive today. He became president on January 20th 2021. Biden is widely recognised for his work writing and spearheading the Violence Against Women Act, and, more famously, in a YouTube video he has become known as Sleepy Joe. Joe Biden suffered from a stutter at school and endured the bullies. No one really helped him so he fought his own suffering. Biden has travelled to 23 countries. He has also done a lot of helpful things to the US, for example: making costs of things decrease and changing the climate.

In the end, it seems clear that Biden has the upper hand and a good reputation, whilst Trump has a bad one, a.k.a. the wall.



## Traveling and Where to Go During the Holiday Season

By Anna (Year 7)

Traveling is a big part of most or even everybody's lives for business, relaxing, impulse trips or just to try the food, but the big question is: where is the best place to go to make sure you have the most relaxing or activity-filled time?

The first stop is the Maldives. Although I haven't been to the Maldives, it could be the most beautiful place you could ever see. For most places, you'll say there's amazing beaches, but here, the whole place is basically a beach in the clear yet turquoise Indian ocean of South Asia. And if that hasn't convinced you yet, then here are some facts. The island is just 1.2 metres above sea level; it consists of 1192 coral islands to make the image you already had of it even more eye-catching.

Over four thousand miles away, we go to Greece. Unlike the Maldives, I can tell you first-hand that Greece is known for its breathtaking beaches (which is a very important part of a holiday),

islands and history. Most people think when you go to Greece, the only place to go is Athens, but that's not true. It's estimated that there are over 116 to 227 islands that are inhabited, meaning you could still go to Greece even if you don't want to just go to a city. Just think: you could dance around an island with the Mamma Mia experience on an island!

Our last and final place to visit is Thailand, 'the land of smiles'. Thailand is a wonderful place with amazing views you can spot from anywhere you look. And if you are worried about everything being too expensive, don't worry because Thailand is actually a cheap and still stunning place to go. Thailand is almost like its own type of wonder of the world with many beautiful landmarks all around, like the Grand Palace which was made in 1782. Or visit the Erawan National Park with its 7 tiered beautiful waterfall!

So, if you get a chance to travel the world, definitely visit one of these sight-filled countries with all their cultures on offer. Take every opportunity to open your eyes to the world around you!

---

# The History of the Rubik's Cube

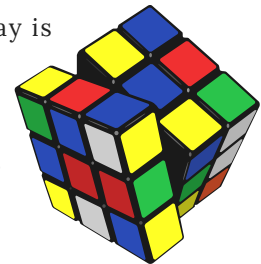
by Zaynab (Year 8)

*To everyone wondering what these confusing cubes are all about, this is an article for you! From its history to the basics on how to solve them, this article will provide you with all you need!*

At first glance, the original cube seems simple, including nine coloured squares on each side of the cube. With at least 6 colours on every cube, (blue, orange, green, red, white and yellow) it has gone from nobody knowing or caring about it, to becoming a world sensation! Did you know that the world record to solve the whole 3x3 cube is 3.13 seconds - isn't that fascinating?

In addition to its popularity, there are many different ways and formulas used to solve the cube. To solve the puzzle, you must twist the cubes so that eventually each side has all of one colour. The challenge is the crazy number of potential methods used to solve the cube as there are more than 43 quintillion of them. To master the cube, you must learn a sequence of movements that can be performed in any order. From 3x3, 4x4 and 5x5 all the way to 21x21, the

amount of methods today is unfathomable. The solving of the cube isn't just moving pieces, it also requires a lot of thought which is what makes it so fun!



These popular puzzles of entertainment have also made it to the competitions. In professional competitions, hundreds or even thousands of people go into a massive hall and solve different cubes under watch and timer! There are some competitions in which people solve the cubes with only one hand, sometimes blindfolded or even with a time limit!

If you would like to learn how to solve these miraculous boxes of fun in less than a week, then please, by all means we would love any of you to attend the new rubix cube club which is hopefully coming out very soon!



# The Psychology of Opinions

*“The Earth is flat, global warming isn’t real, and vanilla is the best ice cream flavour.” A deep dive on the psychology of opinions and personalities, and why some feel so strongly about them.*

by Daria (Year 10)

Have you ever come across a friend who tries to persuade you that this TV show is the best, or that your music taste is so much worse than theirs? Has this conflict of opinion ever resulted in actual conflict? Most of us have likely been there, and this is because of what I’m going to be outlining in this article: the psychology of opinions. Psychology, what a boring topic! Except that without psychology, we would mentally consume each other and not be able to put up with anything – it is the reason we know why a baby’s first word is likely to be something heard every day, the reason we know why who broke up with whom, the reason why we know what is causing the mental health crisis of today. Do you want to know more about how the people around you think? If so, this article will explain everything for you.

There are a range of factors that influence opinions, but the most prominent one is the social circle that you are surrounded by. As many of you might have heard before, a person is likely to mirror the actions of the people they surround themselves with – but this also applies to opinions. Often, when someone is surrounded with friends that have opposing opinions to them, one of three things occurs (although this varies): they either feel like they must defend their own opinion and prove that theirs is ‘right’; they do not care and they have developed an emotional barrier to people’s responses, which is only healthy to an extent as it minimises emotional wounding but can reach complete desensitisation; or their personal/internal opinion gets influenced by their friends’ external opinions. Furthermore, with the added presence of social media and mass media, opinions have become gradually more tainted! Even if we don’t consider the amount of misinformation that social media carries, we would still see that with such easy access to viewing thousands of opinions (and easy access to writing/publishing personal opinions), your own opinion is not necessarily your own anymore; it is a puzzle of

hundreds of opinions – especially if you are easily influenced. This does not go to say that social media is 100% negative, since it clearly isn’t if we have the ability to access so much at our fingertips, but there is a clear correlation between the increased influence in public opinions and social media presence (shown by surveys and sources such as the article published by ‘nature.com’).

There are also creative aspects that may influence the brain to be receptive to certain ideas more than others, which can also give us more understanding on the personality or emotional state of a person. For example, music has an incredible impact on the brain: it can promote neuron production and improve memory, it can stimulate emotional responses, and it can reduce anxiety and depression – this has resulted in practises such as music therapy to be invented. All of this links back to how different musical interests equate to differing emotions and opinions in the long-term, since each music style has varying pace and therefore can trigger



different emotions. For example: rock music can increase adrenaline and induce both excitement and anxiety, but classical music can induce both calm emotions and overwhelm due to the complicated texture - it all depends on the person. Furthermore, literature exposure is also an interesting factor, since people that are exposed to a larger amount of literature tend to have a more philosophical and empathetic mind, due to the exploration of different situations and inner thoughts of a variety of characters.

After understanding the building blocks of how opinions and personalities are formed, there is one main idea linking to personality left to understand, which is the reason for conflict occurring with opinions: levels of opinionation. What this means is that depending on one's personality and characteristics, they may be highly opinionated (they have strong opinions) or vice versa. Although having strong opinions can be a virtuous quality, it can also be someone's downfall, since it can be seen as arrogant, and in these negative cases, opinionation is actually proven to be a common defence mechanism for those with low self esteem! This is only one of the many reasons why conversations can often turn into debates - or maybe you just have a passion for your opinion with no hidden agenda - but the fact that opinionation is a self defence mechanism for many shines light on the patterns of external behaviour and internal mindset.

Overall, everyone has opinions and it is what makes us human - and sometimes it is actually beneficial to have debates about differing opinions and exposing yourself to other viewpoints - but especially in the growing world of social media, arguments regarding each others' viewpoints can reach unfathomable levels, and so it can be useful to keep in mind that the attitudes and behaviours presented to society by someone are not there 'just because', but are a combination of what they have learnt and adapted from others, what content they consume, and what they truly think about themselves.

# How to Fill an Empty Notebook

by Hayley (Year 7)

*Need any ideas for your notebooks? Stuck on what to do? You're reading the right page! As you read this, you can collect some aesthetically-pleasing notebook ideas and make your notebook look stunning and nice. Have fun with these and be creative!*

## Why I think notebooks are very useful:

I think using notebooks is very useful because it can help structure your day-to-day routine. It can also be reflecting (looking back at something to get a sense of your younger self) through good and bad times.

You can do lots of things with it like note-taking for exams, journaling, creative writing or drawing. What I like about it the most is how it can 'simply express things naturally'. On the first page of your notebook, it could be all about yourself, your ambitions and more. Add some birthday dates of friends and family.

If you are more into artistic things, don't let the lines stop you from drawing: this is your space to channel your own creativity. You can draw lots of pictures that inspire you, for example, from artists' artwork that make you think. Or, if you are not really into art, you can craft some poems or doodle inspirational book quotes.



Have lots of dreams you have thought about before? Why don't you write them down so that you don't forget? You can also decorate it with night time stickers to make it look more nicer.

Music enthusiasts love to make song playlists like top 2023 songs. Write the songs that you listen to the most and come to your mind first. Don't think, write. You can also write habits that you often do as a way of keeping track of healthy ones and unhealthy ones.

## How to make your notebook attractive:

- Use washi-tape to make a bit of a border.
- Decorate by drawing pictures.
- Use creative headings.
- Add stickers.

This list can go on for ages, but these are what comes into mind. If you have an empty-looking hardback cover, consider customising it with anything you like!



There are thousands of notebook ideas out there! It doesn't have to be these ones. Mostly, I love to make a wish list for what I want in the future, that links into what you see, get from influencers or its appearance. Hope you have a fun time using these tips!



# CELEBRATING LITERACY: POETRY

## Pastiche of Macbeth and 'Remains'

by Katie (Year 11)

And once, I even saw the blood trickle down his face.  
He pressed his hands there - I watched it split over and stain  
the bridge of his nose like rivers. Where I'm from, there are rivers;  
here there is just wind that screams and echoes and screams again.

Well, I convinced myself and nobody else  
that the two of us were of the same mind:  
I wanted things, I told him,  
"When you durst do it, then you were a man," and I swear

I saw my father in that cursed king's life;  
I saw the dunkest smoke of Hell on the other side.  
So we washed our hands raw a dozen times  
and the old man's in bed, wide-eyed stare, unaware.

Not quite the image of agony,  
something worse. I go by  
in the wake of cowardice, and I take these daggers -  
morning comes, I faint, and i'm not much better.

End of story, except not really.  
The blood-shadow stays on our hands, and even on the throne.  
I stare at it week after week.  
The was just the first: I blink

and he bursts through the door into the banquet hall,  
raving about sleep, and ghosts, and echoes and screams.  
I dream in waking state, I wash my hands a dozen times -  
and he'd buy the perfumes of Arabia, bit it won't bring them back alive.

It's there in my head when I close my eyes,  
stabbed, unseamed, seas incarnadine -  
not there, where I stand. The doctor watches in shock.  
I'm half-awake, yet more conscious than not -

I silence the guilt. A desperate escape  
from my bloody hands and their bloody fate.

# If life were written by a mere pen

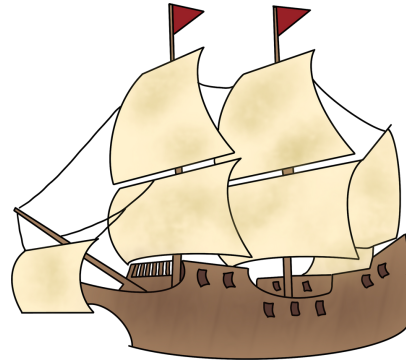
by Rihana (Year 7)

I'd write down stories of my memories,  
doodle my time with the skies and seas.  
Scribble the mellow of the captain's horn,  
by then I'd known it was the break of dawn.

I'd draw the anchor of the ship,  
jutting down for a little kip.  
Talk about my time in the sea,  
dream about what life could be.

But who would care if I slipped and drowned,  
maybe one day someone will be proud.  
But who would care if the ink ran out,  
I've been raised to be filled with doubt.

That anyone would care about a sailor like me,  
who's never been out; who's home is the sea.  
Wearing my cap high like a crown,  
hiding my feelings as the ship sinks down.



Dear Agony Aunt,  
I have been struggling with exams, and it's all piling up. I feel like no-one's really there for me and I wish I could talk to someone about my emotions. I feel like I am trapped and everyone seems too far away to help. I really need help and advice from you. I honestly do not know what to do and have tried talking to so many people but they feel like a downcast compared to them. I am really struggling on managing all of these overwhelming emotions and I do not know how to cope with everything. Please can you help me?

Thank you,  
Terrified Tim



Dear Terrified Tim

I completely understand what you're feeling and one thing you need to know is that you are most certainly not alone. Did you know that according to 82% of teachers, exams have the biggest impact in pupils' mental health? When you have a lot of exams in a very short space of time, it is very natural to feel overwhelmed and one of the ways you can deal with this is by breaking up everything you have to do into small short tasks. For example, in science, if you have an exam, you should break up all of your revision tasks into small sections so everything can be easier.

It is also important to boost your mood and obtain a positive mindset so you achieve all of these tasks. There are some very simple mood boosters that I can recommend - call someone you love and have a nice chat, go for a walk in nature or even listen to your favourite playlists.

I hope these tips help you, and please don't feel afraid to talk to someone - they will help you.

Best of luck,  
Agony Aunt.