

UITGAWE 21 • 6 OKTOBER 2017

# DEPRESSIE101

JOHAN@DEPRESSIE101.CO.ZA • WWW.DEPRESSIE101.CO.ZA

**STRESS & SOCIAL MEDIA**

fuel mental health crisis among girls

**GEWELD**

SNELLER VIR DEPRESSIE?

**oefen!**

en slaan depressie vir 'n 6

**HIKE/BIKE EN MAAK 'N VERSKIL**

# STRESS & SOCIAL MEDIA

fuel mental health crisis among girls

# 17 500

**GIRLS  
17 & YOUNGER**

admitted to hospital due to self-harm  
**PER YEAR**



**1 IN 4 GIRLS AGED  
14 & YOUNGER**

affected by **negative emotions** (loneliness, self-hatred, feeling unloved) that they are depressed.

**self-poisoning:** ingesting pills, alcohol or other chemical substances rose from 9 700 to 14 600.

**SOCIAL MEDIA SUCH AS SNAPCHAT AND INSTAGRAM CAN BE DAMAGING AND EVEN DESTRUCTIVE TO GIRLS' MENTAL WELL-BEING.**

There's a pressure for young people to keep up with their peer group or they will be left out and socially excluded. Use of social media was also contributing to sleep deprivation, a possible symptom of mental illness and also increase the risk of one developing, including depression.



**BODY  
dissatis  
faction**

is associated with higher levels of dieting, unhealthy weight control behaviours like skipping meals and smoking cigarettes, and also lower levels of physical activity.

**GIRLS WORRY**

Girls **worry** extensively about things of concern: their friendships, appearance and fall-outs (in groups). This is a risk factor for depression.

Die inligting is gebaseer op navorsing wat in **ENGELAND** gedoen is. **Daar is egter voldoende bewys dat dit ook in baie ander lande (beslis ook in SA) die geval is.** Al hoe meer meisies sukkel met angs en depressie.



# SOUTH AFRICA TODAY

## Gangsterism, violence & depression



Today I am raped, tomorrow I am robbed, and the next day I am raped again. I was a shadow. I couldn't eat properly, I couldn't walk to the shop, I couldn't sleep. It was terrible.

## THE COMMUNITY

### A 5-year-old girl's revenge plan

"I am just waiting to be old enough for a gangster. Then I am going to be his girlfriend. Then I am going to get rat poison and slowly poison him because he killed my mommy. I have no-one. I am going to kill him."

*"Bullets het mos 'ie 'n adres  
'ie. Djy wetie waantoe hule gani."*

### Mothers

are depressed because their children die. They can't go to work. They have no one to help them protect their children. When violence erupts, gang members warn the mothers to stay indoors, limiting their movement. Children must be kept in the house or else the gangsters' stray bullets will hit a child. It's never the gangsters getting hurt. It's always innocent people.



## By die skool

### Leerders

kom soggens bedwelmd by die skool aan. Wanneer onderwysers hulle probeer dissipleneer, word die onderwysers uitgelag. Onderwysers is ooggetuies van hulle klasse wat verwoes word: ontlasting teen die mure, kru taal op die swartborde, skoolbanke en boeke onherstelbaar beskadig.

### Meneer April\*

*(beslis nie die enigste onderwyser nie) is al telkemale afgeboek vir stres wat aanleiding gee tot hoë bloeddruk, depressie en diabetes. Dit skryf hy toe aan die bendebedrywigheide in die omgewing waar hy werk. Hy kry sielkundige behandeling en hoop dit sal hom vorentoe help om weer sonder stres en vrees te kan gaan werk.*

[\*skuilnaam]

The effects of violence on children may drastically change their emotional and mental state which could ultimately lead to more issues within communities.



## **SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER**

(a mental health condition that is triggered by a terrifying event) such as flashbacks, severe anxiety and uncontrollable thoughts about the event, can negatively impact on a person's functioning. Parents will extend these negative consequences to their children, as they are constantly exposed to violence and other challenges. They are likely to be unable to provide support for their children.



## **GETRAUMATISEERDE KINDERS**

is meer ma-vas, kry nagmerries en raak meer aggressief en gewelddadig. Dis enkele tekens dat die geweld die kind die een of ander tyd getraumatiseer het.

Die kans is groot dat getraumatiseerde kinders swak vaar op skool, die skool verlaat en by bendes betrokke raak. Hierdie bose kringloop bring mee dat 'n gemeenskap se geestesgesondheid altyd daaronder sal ly.

## **DIE KINDERS VOEL MAGTELOOS**

wanneer hulle elke dag met die geweld gekonfronteer word; daarom moet hulle deur positiewe rolmodelle omring word.

***Parents must listen to their children and provide them with constructive activities e.g. do something positive for their community. Playing games or sport gives them a sense of achievement and hope.***



## sit less, move more & *exercise!*

It's the **ultimate** way to challenge **depression, disease and early death.**

LAAT JOU HART EN  
LONGE 'N BIETJIE  
HARDER WERK  
oefen  
½ uur/dag  
5 dae/week

### Staan op en oefen en

- verlaag die moontlikheid van hartsiektes, beroerte, kanker en diabetes
- hanteer angs baie beter
- gee jou selfvertroue 'n hupstoot
- verminder jou kans op 'n heupfraktuur

# 66%

van die **WILDLIFE TRUST** se vrywilligers (wat deel was van 'n studie) het slote gegrawe en *bird feeders* in die buitelug gebou. Hulle geestesgesondheid het **na 6 weke** aansienlik verbeter.

Besoek [www.theguardian.com/lifeandstyle](http://www.theguardian.com/lifeandstyle) en kies oefeninge wat jou leefstyl die beste pas. Dis iets wat enigeen kan doen om sy/haar geestesgesondheid gesond(er) te hou.





NOORDE

**Sondag 29 Oktober 2017**  
**Van Gaalen's Kaasmakerij**

Hier is 'n gulde geleentheid om te begin oefen en moenie "ja maar" nie, skryf in!