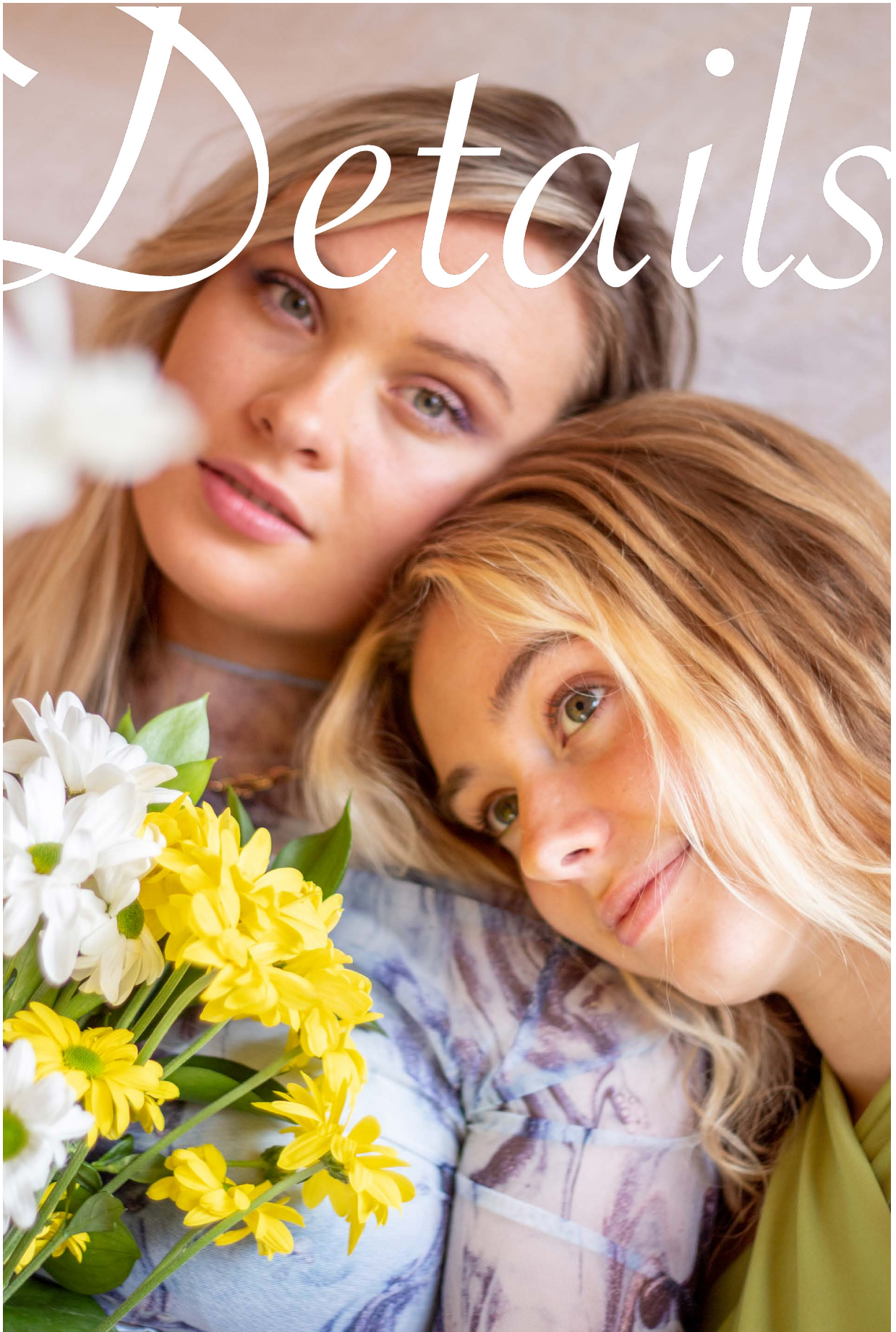


Details





Photographed by [Caitlyn Raymond](#)
Modeled by [Ellya Crosby](#) and [Emily Rees](#)

What is the hardest lesson you've ever had to learn?

I asked this question to the people around me...

"Failure is necessary."

"The hardest thing to gain back is trust."

"People will come and go in your life."

"You can't keep everyone happy."

"Your health is the most valuable asset."

"Never take anyone for granted."

"Life is short."

Throughout our life we learn and grow. Regardless of our age or expertise or mindset... Sometimes the lessons are harder than others. Sometimes it's in a classroom. Sometimes a book of fantasy or even from a conversation with friends. As humans we don't

understand how much we truly learn on a daily basis. Critical to our survival. It's true what they say, 'knowledge is power'. Learning these lessons in life gives us memories, experiences, heartbreak, triumphs and ultimately makes up the highs and lows of life. What was the last thing you learned? When you start consciously thinking of these lessons of life you begin to apply them in a more practical and deliberate sense. You're able to recognize danger and possibility. With no risk you gain nothing. With no opportunity you gain no knowledge, you learn no lesson. After the incredible rollercoaster of life we are able to say, "I made it through because of the lessons I learned."

One of the hardest lessons for me to learn was this: "Good people

are not hard to find, but YOUR good people may be rare." There are plenty of good people out there but that doesn't necessarily mean they are for you. It's unfortunate, but not everyone is meant for you and not everyone that is meant for you is meant for you forever. I learned, and continue to learn, that for select times I have select people. I am surrounded by good people but rarely do I have MY good people. Moving countries,

schools, or jobs can be difficult because of the end of a chapter and the beginning of new characters. But this is the time for growth. The people in your life are in your life for a reason, a lesson. From that lesson you grow and move on to the next lesson. That's life. That's the beauty of life. We continue to learn therefore we continue to grow.

As you read through this issue



LETTER FROM THE EDITOR

Caitlyn Raymond

@magazine_details

@caitlyn.foreignflowers

I hope you see the beauty in learning. Learning in and out of the classroom. Learning through people and for yourself. I encourage you to consciously think about the life lessons you've learned so you can

apply them with love.

Thank you to my incredible team. I appreciate everyone involved and couldn't have created this issue without you!

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BIG, DREAM BIG

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Modeled by [Ellya Crosby](#) and [Emily Rees](#)

74. *Lou Giddings*

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THE PLAYLIST

“*Note*”

THIS PLAYLIST WAS CREATED WITH EVERY ASPECT OF THE MAY 22 ISSUE IN MIND. THROUGHOUT THE MONTH, AS YOU LISTEN TO THE PLAYLIST, **NOTE** DOWN THINGS THAT YOU OBSERVE AND LEARN THAT MAKE GROW YOUR CONFIDENCE IN YOURSELF AND IN LIFE. CLICK NOTE TO BE TAKEN TO THE PLAYLIST ON SPOTIFY.

COLORADO

Milk Chance

JEALOUSY, JEALOUSY

Olivia Rodrigo

BRUTAL

Olivia Rodrigo

MIND OVER MATTER

Young the Giant

ROCKY

Still Woozy

TREAT MYSELF

Victoria Justice

DANCING QUEEN

ABBA

AS IT WAS

Harry Styles

OVERDRIVE

Conan Gray

WHAT THE HELL

Avril Lavigne

FIGHTER

Christina Aguilera

ITS ALRIGHT, ITS OK

Ashley Tisdale

BOUNCE BACK

Big Sean

THEREFORE I AM

Billie Eilish

MAKES ME WONDER

Maroon 5

KIDS

Current Joys

HURRICANE

Bridgit Mendler

HEART OF GLASS

Miley Cyrus

WTF DO I KNOW

Miley Cyrus

BY HERSELF

FVDFVTE

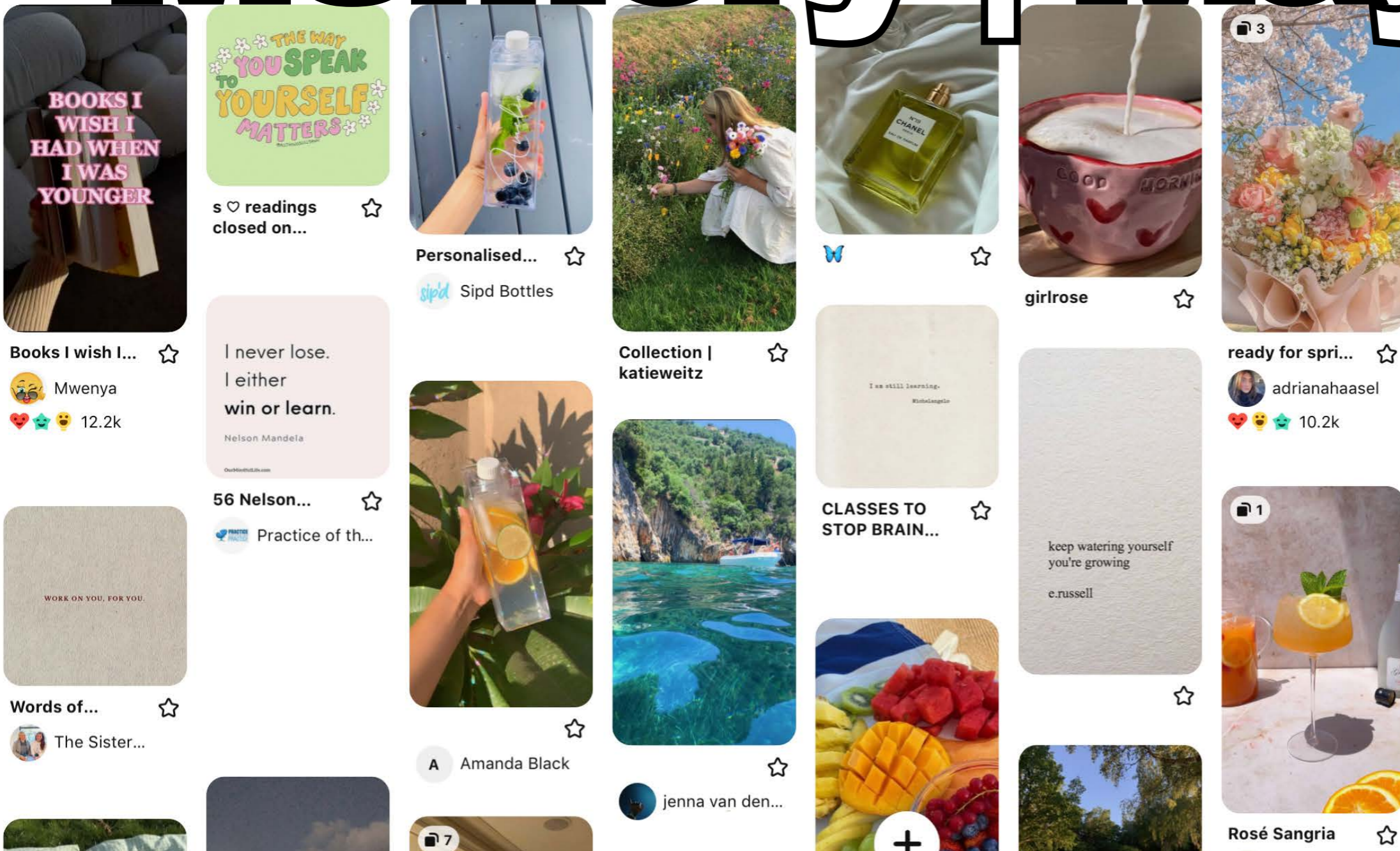
VIVA LA VIDA

Coldplay

PART OF ME

Katy Perry

Memory | May '22



This Pinterest board was created with the vibes we want to see in the beautiful month of May in mind. We hope throughout this issue you find in the inspiration to be gentle with yourself while you learn and grow.

Check out the full Pinterest moodboard by clicking "Memory | May '22"



The
MAY
Guide





Photographed by [Caitlín Greenwood](#)

May .
May .
May .
May .
May .
May .
May .



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Modeled by [Abbi Partridge](#) and [Ellie Reid](#)



Dear 16 year old me,

Written by [Tia Giles](#)

I AM WRITING TO YOU FROM 2022 – A DATE THAT PROBABLY SEEMS INCONCEIVABLE TO YOU RIGHT NOW BUT TODAY IS THE DAY AFTER OUR 20TH BIRTHDAY (SCARY, I KNOW!). I REMEMBER 16 BEING A CONFUSING AGE. YOU'RE TACKLING GCSE'S, HAVING AN ENORMOUS AMOUNT OF PRESSURE PILED ON YOU BY TEACHERS WITH UNREALISTIC STANDARDS, TRYING TO LIVE THE LIFE OF A TEENAGER ALL AT THE SAME TIME. YOU'RE STILL RE-BUILDING THE CONFIDENCE YOU'VE LOST IN PEOPLE AND IN YOURSELF. BUT I KNOW YOU WILL GET THERE AND LOOK BACK AT HOW FAR YOU'VE COME WITH A GREAT AMOUNT OF PRIDE. YOU HAVE LIVED OFF THE OPINIONS OF OTHERS FOR FAR TOO LONG AND HAVE WRESTLED WITH BEING AFRAID TO BE WRONG AND PREPARING YOURSELF TO APOLOGISE WHEN RIGHT. IF TURNING 20 HAS TAUGHT ME ANYTHING, IT'S THAT LIFE IS TOO SHORT TO PUT WHAT PEOPLE THINK OF YOU ABOVE THE OPINION YOU HAVE OF YOURSELF.

YOU WON'T REALISE IT YET, BUT THAT LITTLE VOICE IN YOUR HEAD THAT SCREAMS IMPOSTER SYNDROME, WILL HOLD YOU BACK IN YOUR ENDEAVOURS IF YOU CONTINUE TO PAY ATTENTION TO IT. I KNOW IT'S EASIER SAID THAN DONE BUT YOU WILL LEARN THAT WORRYING DOES NOT PREPARE YOU FOR TOMORROW, IT SIMPLY SAPS THE JOY OUT OF TODAY AND IT WILL WASTE YOUR TIME. DON'T WORRY THOUGH, YOU WILL PROVE EVERY SINGLE PERSON THAT CURRENTLY DOUBTS YOU, WRONG AND YOU WILL PROVE YOURSELF TO BE MUCH STRONGER THAN YOU KNOW. GOING TO UNIVERSITY IS PART OF HOW WE BECOME MORE CONFIDENT AND STRONGER WITHIN OURSELVES. WE ENCOUNTER LOTS OF CHALLENGES, BUT THIS IS WHAT MAKES US THAT MUCH STRONGER. THESE CHALLENGES ARE NEEDED TO ALLOW GROWTH, LEARNING, AND FLOURISHING. BECOMING A UNIVERSITY STUDENT SEEMS LIKE A SCARY PROSPECT NOW AND A ROAD THAT WE NEVER THOUGHT WE WOULD TAKE, BUT WE MAKE OURSELVES INCREDIBLY PROUD.

APPLYING WHAT WE LEARN AT UNIVERSITY TO RIGHT NOW, MY ADVICE WOULD BE TO PUT A STOP TO THE IMPOSTER SYNDROME BEFORE IT LIMITS YOUR CHOICES. LIFE IS TOO SHORT TO WASTE IT ON UNREALISTIC COMPARISONS AND AS THEY SAY, ALL THAT GLITTERS IS NOT GOLD. NOT EVERYTHING YOU SEE ON SOCIAL MEDIA, FOR EXAMPLE,



IS A TRUE REFLECTION OF WHAT SOMEONE IS LIKE OR THE KIND OF LIFE THEY ARE LIVING – YOU NEVER KNOW WHAT SOMEONE IS GOING THROUGH, SO ALWAYS CHECK UP ON THE PEOPLE YOU LOVE. I'M TELLING YOU NOW, THE OPINIONS THAT YOUR GCSE TEACHERS HAVE ON YOU REGARDING YOUR ACADEMIC ABILITIES ARE FALSE. YOU MAKE IT TO UNIVERSITY – WITH EVEN BETTER GRADES THAN THE PEOPLE WHO YOU HAVE PREVIOUSLY COMPARED YOURSELF TO. THE ONLY COMPARISON YOU NEED TO MAKE IS WITH YOURSELF. YOU WILL WORK HARD AND ACHIEVE EXCELLENT GCSE GRADES AND EVEN BETTER A-LEVEL GRADES – YOU PROVE EVERYONE WRONG. LET THIS BE YOUR DRIVE TO EXCEL AND DON'T LET DOUBT STOP YOU FROM REACHING THE PLACE YOU WANT TO BE.

SO, THAT DANCE SHOW THAT'S COMING UP? DO IT AND DO IT WITH CONFIDENCE. THAT OUTFIT YOU WANT TO WEAR ON MUFTI DAY BUT ARE TOO SCARED TO BE DIFFERENT? WEAR IT. THAT HOUSE PARTY INVITE? SAY YES. YOU DESERVE EVERYTHING GOOD AND I WISH I HAD KNOWN THIS YEARS AGO.

THERE'S A PART OF ME THAT WANTS TO WARN YOU FOR WHAT LIES AHEAD, BECAUSE I WON'T LIE TO YOU, IT'S A ROUGH MENTAL JOURNEY. I WANT TO WARN YOU RELATIONSHIP WISE AND TELL YOU WHO NOT TO GET INVOLVED WITH, BUT I REALISE NOW THAT I WOULDN'T CHANGE MY EXPERIENCE. WE LEARN FROM IT MASSIVELY – THE HIGHS AND THE LOWS TEACH US A LOT ABOUT OURSELVES AND WHAT WE DON'T WANT IN A RELATIONSHIP AND THAT IF WE LOVE OURSELVES A LITTLE BIT MORE, OUR STANDARDS ELEVATE NATURALLY. THERE WILL BE TIMES OF GREAT CHALLENGE BUT PLEASE REMEMBER THIS:

DON'T EVER STOP SHOWING UP. I ENCOURAGE YOU TO KEEP GOING AND REMAIN FOCUSED ON WHAT MAKES YOUR SOUL TRULY SHINE. SCHOOL, I REALISE, IS HARD. YOU'RE IN THE PROCESS OF PICKING WHAT YOU WANT TO DO NEXT AND WHAT WILL ULTIMATELY DETERMINE YOUR FUTURE UNIVERSITY OPTIONS. I'M GOING TO SOUND COMPLETELY MAD WRITING THIS TO YOU NOW BUT IN JUST TWO YEARS' TIME, WE ENTER A GLOBAL PANDEMIC THAT LEADS US INTO BECOMING THE BEST VERSION OF OURSELVES, GIVING US TIME TO HEAL AFTER LOSING OUR BEST FRIEND. JUST TRUST THE PROCESS. YOU DON'T HAVE TO HAVE IT ALL FIGURED OUT, OR KNOW WHAT YOU'RE GOING TO DO NEXT, OR ACHIEVE THE UNREALISTIC STANDARDS SCHOOL HAS SET UPON YOU OR UNDERSTAND YOUR CHOICES IN LIFE. YOU SIMPLY MUST TRY TO ENJOY EVERY MOMENT AND STOP SPENDING YOUR DAYS WORRYING ABOUT WHAT THE FUTURE MIGHT HOLD – BECAUSE I REALISE NOW, AT THE RIPE AGE OF 20, THAT THIS IS THE ULTIMATE ROBBERY OF TIME.

FINALLY, OPEN YOUR EYES AND APPRECIATE LIFE – FOR IT IS FAR MORE PRECIOUS THAN YOU MAY THINK. BE GRATEFUL FOR EVERY SINGLE PERSON WHO YOU HAVE AND BE OPEN TO THE PROSPECT OF NEW EXPERIENCES AND NEW FACES. WE HAVE WASTED FAR TOO MANY YEARS BLENDING INTO THE BACKGROUND AND QUITE FRANKLY, IT'S TIME WE STARTED TO GET OURSELVES OUT THERE AND MEET NEW PEOPLE. DON'T WASTE TIME ENTERTAINING PEOPLE WHO NO LONGER SERVE YOU OR YOUR GOALS AND WHO ALWAYS PUT YOU DOWN OR MAKE YOU FEEL LESS THAN YOU ARE. EQUALLY, NEVER COMPLAIN ABOUT WHO YOU HAVE IN YOUR LIFE – YOU WILL MISS THEM LIGHTING UP YOUR PHONE ONE DAY.

BUT FOR NOW, CONCENTRATE ON WHERE YOU ARE. GET THROUGH YOUR GCSE'S AND A-LEVELS AND BELIEVE THAT YOU CAN DO WELL. INVEST IN YOUR FRIENDSHIPS WITH PEOPLE AND FIGHT THAT VOICE THAT TELLS YOU WON'T MAKE IT. WHEN LIFE DOES POSE ITS CHALLENGES, REMEMBER TO HOLD YOUR HEAD UP HIGH AND CONTINUE MOVING WITH A PMA (POSITIVE MENTAL ATTITUDE) – THAT'S OUR SPECIALITY.

YOU ARE WORTHY, PRECIOUS AND SMART. NEVER REGRET OR APOLOGISE FOR BEING A GOOD PERSON. EVERYTHING YOU ARE WORKING TOWARDS NOW WILL BE WORTH IT.

VIRTUAL HUGS,

your 2022 self x



Photographed by [Caitlyn Raymond](#)
Modeled by [Ellya Crosby](#) and [Emily Rees](#)

ADAPTATION (NOUN)

THE ACTION OR PROCESS OF ADAPTING OR BEING ADAPTED.

WRITTEN BY [SIERRA YAMASAKI](#)

Throughout one's entire life, they are hearing about adapting, about how someone adapted so well to this or they did not adapt well to that. You may even have people telling you, "You need to learn how to adapt." What exactly is adapting though? Merriam Webster's dictionary defines adapting as "to make fit often by modification." That's a great definition, but if you're anything like me...it tells you absolutely nothing. You're probably saying to yourself, "How do I make myself fit by modification?" Great question. Hopefully when I'm done explaining adaptation what it is (and this definition) will be a whole lot clearer to you.

Adaptation is being able to encounter new/different circumstances and change the way you do things, think about things, etc to successfully overcome or continue with whatever you are doing or even just life. Adapting is being able to say that this is

the situation and this is what I need to change to continue to be successful. Now you are probably saying, "That's all? I thought it would be a whole lot harder than this." Well, you thought right. It is. It sounds very simple, but it is one of things that you will find is easier said than done. Let me give you an example from my own life where I had to adapt.

I have a six year old little sister. Her name is Felicity. When I was eleven/twelve, my mom became pregnant with her. About six months into that pregnancy we found out that my little sister has Trisomy 18 (Edwards Syndrome). This is a genetic condition that is, simply put, lethal. All children (and adults) who have it are considered terminal at all points in their life. We were told that it was unlikely she would live to birth. If she did, it was unlikely for her to live more than an hour after birth. Only five percent of those that make it past the first hour, make it

through the first week, less than five percent of those make it to a year, and less than one percent that make it to a year, will make it to ten years, and... well, you get the picture. That's a lot to take in as a twelve year old especially since we had literally just moved to a different city, I had no friends, and I wasn't close to my parents. I was struggling, and I wasn't adapting well. Everybody thought I had it because I am amazing at putting on a mask and pretending I am the strongest person in the world, I take everything in stride, and nothing affects me. Nothing could be further from the truth. I hadn't adapted, and I was secretly dealing with anxiety and depression. Fast forward three years, we were living back in Las Vegas, I had watched my sister almost die alone (because my parents were both out), and my anxiety and depression was worse. I hadn't learned how to adapt and that was secretly destroying me while everyone thought that I was okay. I started going on mission trips and met people who started showing me (probably without realizing it) how to adapt. The mission trips taught me how to adapt when plans changed because they could change at any second on mission trips. My mission leaders got to know me and learned some of my story. They started helping me and being there for me when I needed them which also, in a weird way, helped me to adapt. I made two really good friends who were also there, shared their experiences,

and started showing (most likely unknowingly) helped me to adapt as well. I can't say that after all this time, I have fully adapted to knowing the fact that even though my sister is fine today, she could easily go downhill (healthwise) and not be here in a few days, but I've adapted enough so that I'm not just surviving and holding on anymore.

I spend my days, doing school, working, and spending time with my sister. Now that I've been able to adapt...a bit...I'm able to enjoy spending time with my sister and all my family a lot more because I no longer have the "What will happen tomorrow with her?" continually whispering in the back of mind like I used to.

Adapting is being able to look at a situation in your life and being able to say this is what I can do or change to make it so that I continue to do well in my life and form special bonds while making memories with people that will last forever. This can happen in many different shapes and forms. It can be cutting people or things out. Putting things or people in, or just changing your outlook. I've found that people are a major key for me personally. Make sure that you adapt, or if you find that you are struggling, that you go to someone and ask for help because if you don't, you might find yourself in a place where you never thought that you would be (mentally).

ARE FRIENDS REALLY PLACED FOR A PURPOSE?

Written by [Sierra Yamasaki](#)

Throughout life, you will find that certain people will be placed in your life at certain times because you can help them or they can help you. Many times, you will find that

you both benefit each other in some way, shape, or form. I can think of many examples of this in my own life. One of the ones that stands out the most is a close friend who is pretty

much my sister, Caitlyn. I first met her while fundraising for my Panama mission trip (she was going too). I saw her at the fundraisers, but I didn't really get to know her until my sister and parents had to go out of town for an important appointment for my sister. I got the fun of doing school, taking care of my house, my siblings, and doing school with my siblings all by myself (and I was barely 16 at that point). All of that on top of trying to prepare for the mission trip was a bit much especially since I was also worried about my sister. Caitlyn offered to come and take me and my brothers to the park so that they could get some energy, and I could take a small breather. Even though I didn't know her that well at that point, I wasn't going to argue. I gratefully accepted, and she ended up not just taking us to the park that day, but also hanging out and coming over several of the following days. In a short period of time, we became very good friends. Caitlyn has helped me more than I can even describe here. She's taught me to control some of my anxiety about my sister, helped me with my siblings, been there when

I have needed advice or just a shoulder to cry on, and helped me grow in so many other ways as a person. I couldn't be more thankful for her, and I certainly hope that I have benefitted her in some way as well. This is just one example of how someone was placed into someone else's life in a specific time to bring about good and growth. Watch for those people that have been put into your life, and truly appreciate them and thank them. Also watch the people around you, and see if you have possibly been placed into their life to benefit them as well.

Photographed by [Caitlyn Raymond](#)
Modeled by [Ellya Crosby](#) and [Emily Rees](#)





Photographed by [Abi Webb and Craig Ashby](#)

RECIPE OF THE MONTH

POMELO Y TIERRA

RECIPE BY [CAITLYN RAYMOND](#) (SUITED FOR THOSE OF LEGAL DRINKING AGE)

I've recently developed an interest in mixology, ever since I started working at a bar/cocktail restaurant and began to explore the way flavors can compliment each other in ways you never would have thought. After a few months of the basics I started creating my own cocktail creations and entered this recipe into a global competition held by No3 Gin.

When I tasted No3 Gin for the first time I was instantly transported to Summer 2019. This cocktail was inspired by my incredible time in Panama where I served in the middle of the jungles as a medical missionary. Grapefruit is a common fruit grown in Panama, and the clove represents the beautiful connection I made with the Earth and its

soil, truly embracing everything that the unknowns of the world offered. The flavors are a direct link to the sweet and bitter adventure of a lifetime. The challenges and triumphs are portrayed in the citrus juices and earth spices. During my time in Panama I heard the most incredible stories of thankfulness and fear. I experienced excitement, joy and pain. I learned about the wonders of the world that are hidden in the ground and in the people around us, and thus created a cocktail that can be understood as the overall picture of life; a stunning and wild adventure filled with bitter-sweet moments that make up each piece of the puzzle.

Enjoy this cocktail with the understanding that the world has so much to offer us, and teach us.



INGREDIENTS

1/8 Grapefruit Flesh*
25ml Melted Honey**
20ml Giffard Pample Mousse Grapefruit Liqueur
30ml No3 London Dry Gin
4 Whole Cloves
1 Dash of Ms. Better's Bitters Foamer

*Thin slice of half grapefruit to garnish

**To create melted honey, combine approx. 12ml of honey (2 teaspoons) and approx. 12ml of hot water (2 teaspoons)

METHOD

1. In a shaker glass, combine grapefruit flesh and melted honey and muddle.
2. Add in whole cloves, No3 Gin, grapefruit liqueur, and bitters. Dry shake for approx. 10 seconds.
3. Add ice cubes and shake again for approx. 30 seconds.
4. Find strain into coupe glass.
5. Garnish with thinly sliced grapefruit.
6. Enjoy in the sun!



CHAPTER 22

"Do you think Nesta can find the Trove?" Azriel asked Cassian as they relaxed in the sitting room that separated their bedchambers, flames crackling in the hearth before them. The night had turned chill though that they needed the fire, and Cassian, who'd always loved fall the pricks in the Autumn Court, savored the warmth.

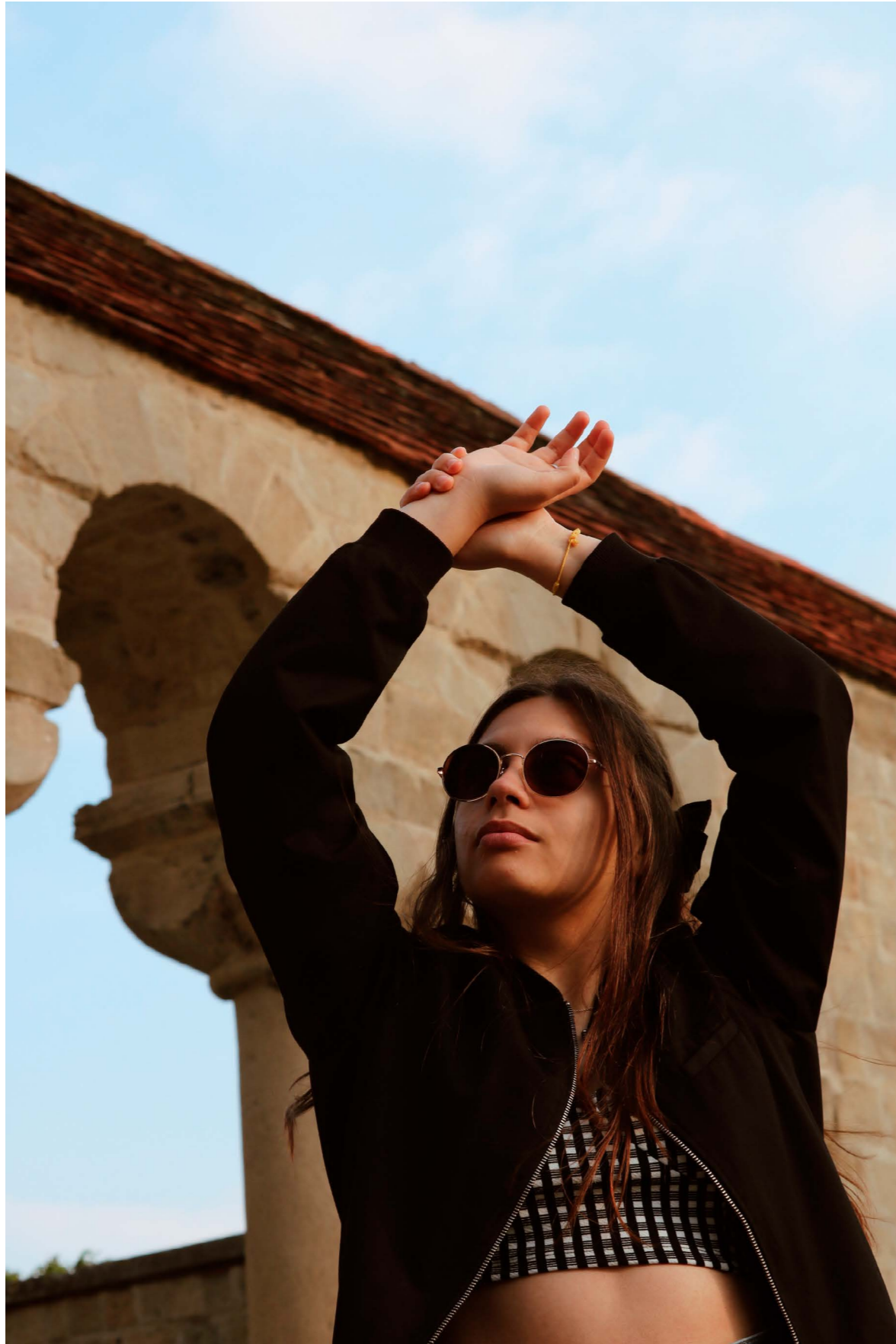
"I hope so," Cassian hedged. He couldn't stomach the thought of putting herself in danger, but he understood her motivations surely. If he'd had to pick between sending one of his brothers into danger or doing it himself, he would always—*always*—choose himself. Though he'd winced at every harsh word that had come out of Nesta's mouth to Elain, he couldn't fault the fear and hope behind her decision. Could only admire that she had stepped up, not for the good of the world, then to keep her sister safe.

Azriel said, "Nesta really should do a scrying."

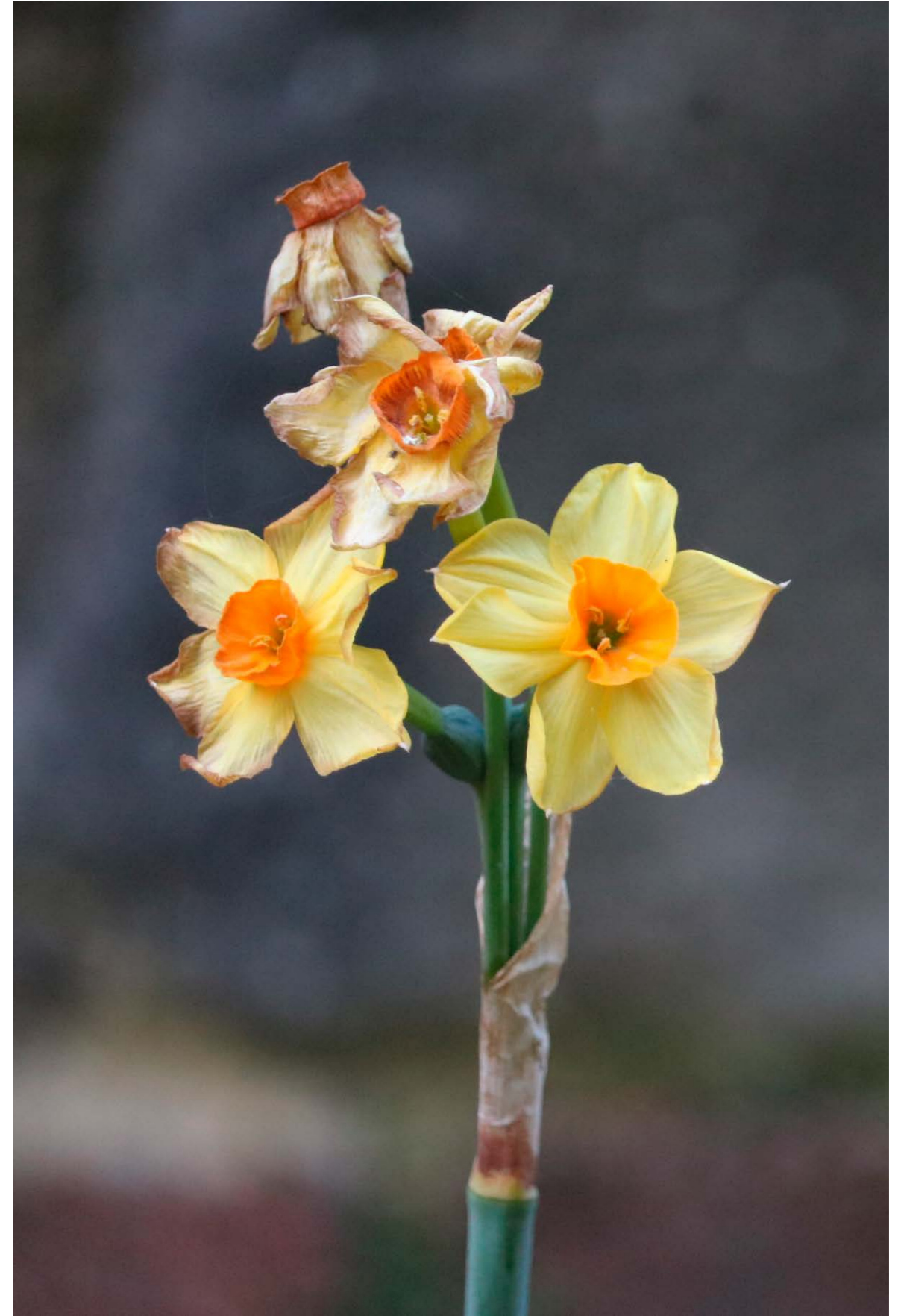
Cassian gazed across the space between their two armchairs. They'd sat in them, before this fire, so many times that it was an unspoken rule that Azriel's was the one on the left, closer to the window, and Cassian's

Photographed by Abi Webb and Craig Ashby
Modeled by Abbi Partridge and Ellie Reid





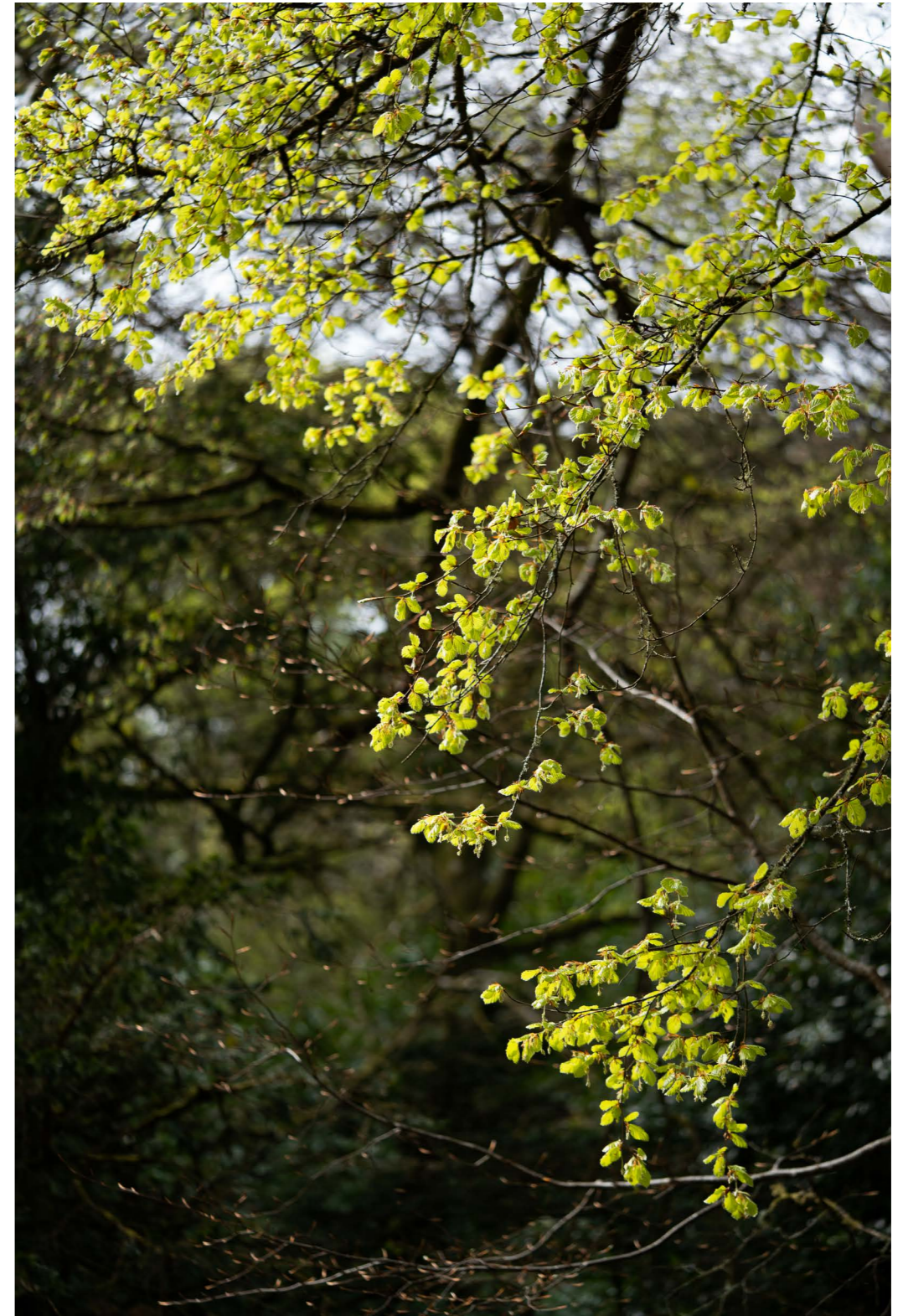
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Modeled by Sophie Brennan



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Modeled by Sophie Brennan



Photographed by [Caitlín Greenwood](#)
Modeled by Rae Venning and Jack Szklarek



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Modeled by Ellie Reid



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Modeld by Abbi Partridge

Advice

Answered by [Annie Zygmunt](#)

with Annie

Read the full answers on our website under “Advice with Annie”.

Advice with [Annie](#) is our advice column (more like page) where you ask and we answer!

“Hi, I’m Annie! I’m 22 years old and recently finished studying Creative Writing at the University of Winchester.”

To ask for advice, DM us on [Instagram](#) or send us an [email](#) with the question you wish to be answered!

We will let you know if it is selected for the issue, podcast segment or website!

How can I grow in confidence?

Topic: Confidence is Key

I’ve gained some weight over the winter, and my confidence has dipped down a lot. How can I begin to feel better about myself again?

First of all, gaining weight is nothing to be ashamed of. I understand that it may be difficult to deal with, as it is often a struggle I have with myself too.

Here are a few short tips that I can advise you on:

1. Stand before a mirror each day or night, look at yourself and repeat a mantra. Anything positive will do. Positive affirmations have been found to significantly improve confidence.

Try one or even a mix of these:
I am confident and strong.
I am in full control of my life.
I deserve good things.
I am more than enough.
I am beautiful.
I deserve to be happy.

My favourite mantra /positive affirmation is “I don’t chase, I attract. What belongs to me will simply find me.”

2. Practice self-care.

Whether it’s taking a bath, shaving, putting on a face mask, drinking tea, or watching a movie (or all of the above!), try doing something that you enjoy that might make you feel better.

Try doing 3 different things, for different purposes.

A. Something to stimulate your mind - reading, sudoku, writing, etc.

B. Something to stimulate the rest of your muscles - jogging, gym, at home workouts, etc.

C. Something to relax - bath, movie, day in bed, etc.

3. Continue to take proper care of yourself and your body. Make sure you get enough steps in every day, drink enough water, eat enough meals a day.

Without the proper nutrition, your body will start to shut down, just like it would without oxygen.

Even though it may be tempting to skip a meal or two, I would advise against it - but bear in mind I am not a nutritionist or any kind of health professional. This is all just from my own experience.

So when you’re not feeling hungry, try to switch out a larger meal into a smaller meal or snack. A protein bar means your body is still getting enough protein, and since they’re small, they can make for a

great snack. They also come in all different flavours! Alternatively have some fruit, fruit juice, or smoothies. You get to pick the ingredients and the amounts if you make them at home.

4. Last but not least, try going to the gym. I know I already mentioned working out in point two, but gym is actually a great way to make you feel like you’re in control of your weight.

I love going to the gym, especially when I’m having a bad day. Again, you get to have full control of what you do, what you use, and what you don’t.

I’m a big fan of working on my legs and booty. Squats, hip Abduction, hamstring press, and a lot more machines and exercises that you can find online. And not just for legs and booty, but also for other exercises.

On the days where I don’t feel like I have enough strength to do weights, I spend that time focusing on cardio - usually this consists of treadmill and stair master, but there’s also others, such as the rowing machine.

5. Surround yourself with people who love and support you. Family and friends. People who love you for you, because of who you are, because I guarantee you it doesn’t matter to them what you look like.

At the end of the day, you have to be pretty on the inside for people to see who you are.

What are the best resources to learn to cook as a student?

Topic: Learning to Cook

Anything that is free or cheap! Which, let's be honest, is actually a lot! How? All thanks to the internet.

There are quite a few apps you could probably find on your phones app store - most of which would be relatively cheap to buy (cook book on the go!), giving you access to plenty of recipes anywhere you go without having to carry a thick book.

Of course there is also the option to download some of the apps and access some of the recipes for free. However, I've found (having tried doing so in the past myself) that you tend to only get one to two recipes for free in such apps before you have to pay for the rest.

In that case, if there is a context page, you can still make the most use of the

free content by noting down the names of the recipes to look up on the internet.

This brings us to the next point - Google! Downloading apps may be time consuming, and as I mentioned, they're not all free (or have paid content even though the app itself is 'free'). In this case, Google is your best friend.

Aside from being free, Google allows you to look for certain cooking level recipes (such as beginners), recipes with certain ingredients (for when you're really feeling like having some aubergine for example), dietary requirements (great for if you're vegetarian or vegan), and even for how long you can spend on cooking (quick recipes are always student friendly!). The best thing is, these recipes are also great for on the go reading and research. Since they're on your phone, you can either screenshot the recipe and ingredients, or leave the site open to look at whenever you need.

However, if you like being old fashioned and reading recipes from a book rather than the internet, there are always bound to be cook books in charity shops. Just as cheap, and environmentally friendly!

How do I deal with rejection?

Topic: Relationships and Rejections

It can be really scary to put yourself out there. To meet new people who probably do things a little bit differently than you do. But you go out, you meet new people, you get along very well, and then you realise you may potentially have a crush on one of your new friends.

No matter how long you have known each other for, there will always be that fear of rejection. Sometimes it's just that, fear. You like them and you want to make a move, but you're worried that if they reject you, your friendship will no longer be the same.

But you do it anyway. You tell someone that you like them. More than a friend. That your platonic relationship just isn't enough...And they reject you.

They may not feel the same, already be in a relationship, or not be open to dating at this time.

So how do you deal with the rejection? Let's start with the fact that there is nothing wrong with being rejected. There is nothing to be embarrassed over.

The person who has rejected you is most likely a friend, so first thing you should do is talk to them and tell them that you understand. Then you have two choices...

Choice one is telling them that you don't want anything to change in the friendship. You want to stay friends, and you don't want things to be awkward. Neither of you will forget about what happened, but you may be able to move past it. To still be friends as if nothing happened.

Choice two is the slightly harder one. It is realising that you won't be able to be plain platonic friends with them, at least not while you still have feelings for them. Here you may choose to save yourself the pain, and let them go. After all, "if you love somebody, you should let them go. If they return, they were always yours. And if they don't, they never were."

Just be honest. Be honest with yourself about what it is you would like to do next, and what you can handle. If you know you can't handle being their friend without hurting every time they mention someone they like, don't put yourself through this pain for the sake of their friendship and their happiness. You are allowed to be selfish when it comes to your happiness.

I know it's hard, but you just take a deep breath and think about which path works best for you.

TOPICS OF PAST QUESTIONS:

CONFIDENCE IN CLOTHES
BUDGETING
TIME MANAGEMENT

TRAVELING
FASHION ON A BUDGET

RESILIENCE 2022

The Sustainable Fashion Show and Auction in Winchester



18 year old Winchester student, Thomas, is truly resilient for sustainability. I got the opportunity to sit down with Tomas at a sustainable coffee shop (of course), Open House Deli, in the heart of Winchester to talk about his up-and-coming sustainable fashion show and auction in collaboration with Naomi House and Jackspace, a well known charity shop in town. Thomas and Kate, founders of the Sustainable Fashion Society at their school, gathered roughly 45 students and many more professionals from Winchester College, St Swithun's School, Peter Symonds College, and all over town to participate. Planning this

event from mid-January 2022, their innovative minds come together to create the show of the year.

“The idea behind the fashion show is to combine several aspects...the first of those is sustainability. We are trying to change the way that, especially young people, look at how we can purchase clothing and how we can support a circular clothing economy, and also freedom of expression. So how we can kind of try to break down gender clothing norms and how we can kind of make it really interesting how we dress and just from using kind of basic clothing that people

use every day. A really good example of that is we are using some really nice shirts and turned them into skirts. You might not think to do it normally but it works really well, and another aspect is supporting charity. We are working with Naomi house and Jackspace— all of our clothes are coming from there— so we are reusing clothes from the charity shops and seeing what's new with them. The last this is just kind of partnership. I think this is the first event in a long time that's been across the 3 Winchester 6th form colleges.”

Written by [Caitlyn Raymond](#)

The Resilience Fashion Show and Auction will be held on May 5th, at 6pm at Winchester College's Flint Court, where every aspect has been thought of in a sustainable light, including the meal provided. “We are doing Gobi Dhansak, which is a zero carbon meal and that's going to be provided by the Winchester College Catering Team... We've worked quite hard to make sure everything about the show is as sustainable as it can be. I wanted to have some sort of food because obviously at 6pm that's kind of the time people are eating and it kind of



Click here to purchase tickets to the show, donate, or to learn more about sustainability

shows the students at Winchester that we can do really nice sustainable food.”

This event and planning period doesn't go without its mountains. Thomas explains to me that “one of the biggest challenges has definitely been trying to make it interesting but also trying to be sustainable. There's a lot of clothes in charity shops that are completely standard items of clothing... some of those we take and see how we can turn those into more interesting outfits. For one of my favorite outfits we've taken kind of a really normal cocktail dress and put a really big leather jacket over it... so while they're two quite nice, but quite normal, items of clothing when they're put together they work in a completely different way, and we really

wanted to show a broad range of styles, and the difference in people we have at all the schools. It's also been trying to do some of the more mainstream stuff with the more fringe stuff and combine it all in the same place. Which has been... I don't know if it's been hard but it's been interesting.”

“The easiest part, for me, has been persuading people why it's a good idea. That's because it's been a passion for such a long time. I really really believe in it. I believe in all of the people who are taking part. I think we've got some fantastic designers, we've got some fantastic models and so I've found it quite easy to convince people why this is some thing which you should be interested in.”

From all the incredible aspects of of the show and auction, the main thing you can take away from the event is that you can always be more sustainable. It doesn't have to be expensive and you can actually dress better while doing it.

“I've learned so much from [the whole process of] it, so I say if you've got an idea and you want to learn more about sustainability, or if you've got something to do with sustainability, then really do just absolutely jump into it. With the fashion show we have met lots of resistance along the way and the thing is to just power through it and to really believe in ourselves and believe we have something good here. And you find so many people along the way that gradually have that one link that means you can do something a bit more or just generally be really supportive. So yeah, just jump into it two feet first.”

“It's been really interesting from a professional viewpoint. We've had to look at permits for doing an event like this and a ticketing system we had to set up. We've also had to be quite careful about changing rooms. I was very keen

that we had changing rooms for all non-binary students as well as female and male so we've been setting those up and it's been another line of safeguarding as well. And some of its been tedious but it's been really interesting for me to look at. I'm really glad that we have done it to support those students.”

“Originally it wasn't 'Resilience'... at first it was going to be 'Difference', and then it was going to be 'Distance'... and it's 'Resilience' because it's really about standing up against norms which don't really suit who we are and what we are doing. It's about, from a sustainability viewpoint, the way climate change is going, and from a freedom of expression standpoint, it's about being resilient about who we are and how we want to express ourselves.”

You can purchase tickets for the show or donate to the cause through the Resilience link, <https://linktr.ee/resilience2022>. Come show your support for the students and professionals taking part in the education and promotion of sustainability and sustainable fashion, hosted right here in Winchester!



Photographed by [Caitlín Greenwood](#)
Modeled by Rae Venning, Sophie Brennan, and Jack Szklarek

KEEPING MOTIVATION IN CHAOS

Written by [Sierra Yamaskai](#)

Chaos. Everyone would agree that the world is in complete and utter chaos right now between Covid, Russia attacking the Ukraine, rising prices, everything is in chaos. It seems the world is being torn apart bit by bit yet at the same time, people (especially young people: teens, young adults, etc.) are trying to build it up. For many young people, they are juggling school/university, part time jobs, sports, and at times even a small business or a potential small business. They're doing all of that and trying to be the best that they can be, and do what they can to make this world a better place,

but when they look around they feel extremely discouraged and oftentimes lose much (if not all) of their motivation. How can a young person remain motivated with what they do even with all the chaos happening around us? Let's see if we can pick a few ideas to help us remain motivated.

Before we start taking a look at these ideas, though, I want to answer a question which I know will pop up. That question is, "Okay, so you came up with some really good sounding ideas, but how would you know that they actually work and don't just sound

great?" The answer is because I am experiencing it and having to fight for motivation as much as you all are. I just turned eighteen years old. I'm a senior in high school, figuring out college stuff, work full time as a manager at a Papa Murphy's, have a crocheting business which I have been working on building for the past year and a half, am working on becoming a successful freelance writer/journalist, and am setting up an investment profile. Trust me when I say I get it. I fight for motivation every single day. These tips I am about to give you aren't

just things that sound like they might work but have actually worked for me, and I hope that some if not all of them will help and work for you too. So let's take a look at some of these.

My first tip to stay motivated is to get enough sleep. Problems (both yours and of the world) seem exponentially bigger than they are when you are sleep deprived. You will also find yourself getting more stressed, anxious, and less motivated when you are not getting the sleep which your body needs.

My second tip to stay motivated is to eat right. If you are binging on junk food; not eating fruits, vegetables, etc.; or just not eating at all, you are losing quite a bit of energy that you could have. Since you've lost that energy we're back to where we were with not getting enough sleep. Problems seem bigger, we're more anxious, stressed, and less motivated because of it.

My third tip is to just take a break. Take a minute and stop worrying about everything. Forget for a minute about what is going on

in the world. Stop worrying about the school assignment that is almost due, how you're going to do at your next sports games, the three million orders you have for your business, and all the stuff happening at your job. Just forget it all. Take a walk, go to the gym, read a book, hangout with a friend, watch television. Do something fun that relaxes you. You'll find that if you do, you will come back with more energy, a clearer head, and more motivation than you had before.

My final tip is to figure out why you do what you do.

Why are you going to college? Why do you play that sport? Why are you working that job? Why are you running (or trying to start) that business? If you figure this out, you'll have all the motivation you will ever need. Now I am not saying that you will not ever feel unmotivated or not wanting to do anything ever again because you will. What I am saying, however, is that once what you are doing is put into perspective and you have a reason for what you are doing, you're going to keep going. People who have a reason or a cause

do not quit. They may feel beaten, disheartened, frustrated, tired, or upset, but they will always find the strength to keep moving and pushing forward to that goal or for that reason why. If you figure out why you do what you do, no matter how tired, frustrated, or beaten you feel, you will find motivation to push you forward and to new heights that you

were not at before. So how do you remain motivated in a world that is turned completely upside down, in chaos, and everything seems to be crumbling? You remain motivated by getting enough sleep, eating properly, stepping away from everything, forgetting everything, relaxing, and figuring out why

you do something. Remember, if you figure out why you do what you do, you will unlock an endless well of motivation which will not run out even in the toughest of circumstances. These are things which I have found keep me from losing my motivation, and I hope that they will help you keep your motivation as well even in this chaotic world.



Photographed by [Caitlín Greenwood](#)
Modeled by Rae Venning



Photographed by [Caitlín Greenwood](#)
Modeled by Sophie Brennan and Rae Venning

ALL YOU CAN DO IS TRY

Written by [Tia Giles](#)

Photographed by [Caitlyn Raymond](#)

Modeled by [Ellya Crosby](#) and [Emily Rees](#)

Unfortunately, in life, we can't always please everyone. There will be endless circumstances that lead us towards the dreaded crossroads - whether we choose ourselves and pursue our own happiness or sacrifice ourselves instead in the hope of pleasing others. But at the end of the day, all we can really do is try our best.

It's May, and that can only mean one thing for university students...it's assignment season. Around this time, you can expect to find tears, meltdowns, questionable fashion sense and an infinite amount of procrastination techniques. Some students are simply blessed with the ability to keep calm and complete their assignments with ease (please, if you're out there, teach me your skills!) but the concept of 'trying your best' remains different for everyone. For example, 'trying your best' could simply mean getting out of bed

in the morning or looking after yourself in ways that you perhaps wouldn't usually. Equally, it could refer to trying your best academically - whether that be with an assignment or a task that you've been set to do.

But then, there's still the fear that 'our best' simply might not be good enough. It's a tough pill to swallow when you have spent the days, weeks, even months working on a project or assignment and the returned grade fails to reach your expectations. I remember when I completed my maths GCSE - a subject that was my definition of hell - I worked so incredibly hard for it, attending tutoring sessions every week in the hope of achieving a B to let me get onto the psychology A-Level course. I remember opening the slip of paper in the school toilets with a girl from my class and seeing a large letter 'C' staring back

at me, hearing the girl celebrating in the cubicle next to me with a B. I remember crying for days about how I failed to achieve the grade I wanted/needed. I had begun to accept that perhaps my 'best' was just simply not good enough to match the expectations and requirements that I had set myself.

Looking back on this moment now, I realise that I was far too hard on myself. In the end, I was only two marks off achieving a B, which was frustrating, but I had forgotten that I had still completed what I needed to do: pass. My point of this story is that 'trying your best' is all you can do. I walked away from my maths GCSE knowing that I physically could not have done any more than I did - which should've been the only thing that mattered.

Since then, as I have gradually ticked off my assignments across my two years of study, I have understood that I must celebrate the little wins and, in turn, learn to celebrate myself. Ways you can do this? Well, let me tell you...

The little things add up - even the smallest of achievements deserve a celebration and it shouldn't matter what it is or how you celebrate, it will help fuel you for achieving even bigger and better things! Be gentle with yourself - understand and recognise when you are being too harsh on yourself. You can't

do everything and be everywhere at the same time so sometimes saying 'no' might be the best option to take time for you and to protect your mental health. Don't burn the candle at both ends - workload, especially around assignment season, can be incredibly overwhelming and draining. Know when you are reaching burnout and take note of how this can be prevented in the future. Speaking from experience, taking a break and practising self-care is one of the ways to achieve this but also, talking to your friends or people who are going through a similar thing can really help. Remember, the majority of us are in the same boat when it comes to assignment stress! Why not have a look at one of our previous articles about hustle culture and how you can resist the temptation of adhering? Dream big - even though you might not have achieved all your goals presently, having big goals and dreams can help to encourage you in wanting to try your best - even at times where you might lack the motivation to do so. Keep a journal/planner to track your progress with how far you are to achieving them - the sky's the limit once you realise your potential! Remember: you're trying your best! Nobody is perfect, we all have wobbles and times that test our patience and question our potential. You've got this.

Whatever trying your best means for you, if you know you are giving something your all, no matter how big or small - that's all that truly matters.



Written by [Annie Zygmunt](#)

Big Person Job

So you're finished with education and now it's time for your next step in life. Time for a big people's job!

What do we mean by that exactly?

A big person's job is what some of us call a job that you get after university (or after school / college if you're not going to university). A job where you're, let's face it, probably going to stay for a very long time. One that will probably help you move out into your own place, or get that driving licence and car.

I have recently graduated from University

(officially in October) and am now (at the time of writing this in April) still looking for my Big Girl Job. I had a temporary 6 month job (Government Kickstart Placement Scheme) from August to February, where I managed an accounting company's social media, and wrote their blogs.

The thing is, despite having graduated from university, I have been struggling with finding a post-graduate job. I have been looking and applying to places similar to my degree, but also things outside of that such as retail and hospitality. So far, I haven't had much luck at all.

I know I'm not the only one struggling either. I have talked to people who did the same course in the same year as me who are also out there struggling with finding their Big Person Job.

In fact, if you research the success of employment for university graduates, you'll get statistics such as the expectancy rate for the majority of graduates having found a job within 15 months of graduating, or that during the time of the statistics being taken, 7.7% of the students were unemployed but searching for a job.

But if you think about it, 15 months without

a job is a lot. That's over a year's worth of either sitting around doing nothing, or being constantly rejected from every single job you apply for; and you can apply to a lot of jobs in the space of 15 months. That's a lot of rejection...

I am currently one of the people within that 7.7% of unemployed and searching, but I have high hopes of finding my Big Girl Job soon. Mostly because I'm very open about trying out new jobs.

I like trying out new things, and am not 100% sure what type of job I wouldn't mind doing for the rest of my life. I have my hobbies, but

they don't make any money as of yet, and probably won't for a very long time still (if ever), which is okay. It's okay because I enjoy them either way, even without being paid. That's the kind of job I would like to have. One that I enjoy, rather than just put up with.

If you're also one of those people who is unemployed (whether you're a recent graduate or not), I want you to not lose hope about finding a job. Like one of the most popular movies we were all probably raised on (High School Musical) said, we're all in this together.

No matter how hard it may seem in the moment, no matter how many rejections we get, we have to keep in mind that our future job is out there. Be it a temporary job that will bring us money while we look for the perfect job, or be it said perfect job. The world is our oyster, and our future job is an underwater cave - hard to find, but so satisfying when you do find it!

But how? How do we find this awesome underwater cave that is our future job? You can do it the 'old-fashioned' way, by

bringing your CV into different places. Sadly, due to Covid and also privacy and safety measures, many places no longer take physical copies of peoples CV. It's a risk in case they leave the CV out and someone gets access to your information such as name and phone number or email address.

This is why most places nowadays use good old technology. A lot of companies looking for employers now do so online. Indeed and LinkedIn are the two I am most familiar with. They're also my preferred sites to job hunt at. However, sites such as Reed, TotalJobs, and Google itself also offer the ability to search for and apply to jobs.

Using those sites gives you the chance to look for specific companies, as well as specific roles, and even a specific city (or certain distance within it) of where you're willing to work at. Most of the sites will also tell you how often they would like you to work for (ie Monday to Friday, 8am to 5pm) as well as the wages - these are usually either in hourly or annual amounts.

One tip I have (as someone who has had a lot of different, temporary jobs in the past) would be to read the contract carefully. Make notes for yourself if you have to, or ask for a

copy of the contract that you can hold on to. Reading through the contract, make note of the amount of hours offered, the hourly wages, amount of sick / holiday days allowed per how many days worked, if either or both are paid for and if so for how long, as well as the amount of time you have to give notice before leaving. The latter is a 'just in case' things don't work out. For most jobs the typical leaving notice is about 2 weeks, in which case you have to let your managers know 2 weeks in advance if you are planning on leaving. This gives them some time to find a replacement and have them trained to take over your role.

When you do eventually find your Big Person Job, the one that you enjoy no matter what, be sure to celebrate. Celebrate your luck and achievements. Celebrate because in this time where jobs seem to be far and few, you've got one!

Then, since it is a Big Person job, start doing Big People things. Things like taxes, and savings. Things that may seem and sound boring, but that make you realise just how big and capable you are, and then feel proud. Why?

Because you're allowed to feel proud of your achievements.



Photographed by [Caitlyn Raymond](#)
Modeled by [Ellya Crosby](#) and [Emily Rees](#)

Written by [Rosie Lewis](#)

MindGrowSoul

From her home office in Bristol and from my home office in Hampshire, Lou and I wave at each other down the lens of a Teams call. Lou Giddings is the founder of Mind Grow Soul, an online shop and business that dedicates its time normalising mental health and offering tools to help with self-care and building positive habits. After a brief chat about our days – we both work nine-to-five jobs and run businesses outside of that – I jump straight in with wanting to know more about Mind

Grow Soul. Immediately, you can see her eyes light up. “The business, at its foundation, is a mental health business built on practical techniques – things that you can do long term to help improve your mindset. I think, in the back of my mind, when I create a new product, it is all about sort of rewiring your brain to help you carve new positive thoughts, help you rewrite sort of the limiting beliefs that might be holding you back, which I think is the stem of a lot of mental

health issues.”
The

products in question are the cornerstone of Mind Grow Soul. Lou laughs as she nails the perfect descriptor – “yeah, it’s mental health stationery!” Mind Grow Soul stocks a gratitude notepad, intention setting planner, and a variety of affirmation cards aimed at different areas of self-care. One set of affirmation cards are made to be placed on your mirror to encourage self-love and positivity. But the bestseller is certainly the Manifestation Journal. “The biggest seller is actually the first product I ever made. It’s designed to be used for six months. It has instructions at the beginning written by me all about what is manifestation, how you can get this journal

LOU Giddings



MindGrowSoul



to work for you. I designed it with sort of the thought in mind that people can use it from start to end. So you start with writing where you are currently, how your life is going, what you're happy with, what you're working on and all that jazz. And as you go through, you complete it month by month. I wanna say it's like manifestation boot camp!" If you flick through the journal, you are greeted with warm quotes and line drawings, as well as a comprehensive introduction to manifestation.

This raises the question – what is manifestation? Essentially, it is all about turning thoughts and dreams into real life through actions and belief. This is done through everyday actions, such as starting each day with an affirmation, being clear and realistic with your goals, writing things out as if they have already happened. Lou describes it perfectly as an act of "rewiring your brain". You can, you will, you do. The online world is full of people using manifestation to manifest big life changes such as finding their dream partner or entering a world of money. But Lou says "it's important to remember that manifestation isn't just for your physical reality. I think it's really under slept on outside of that. It's also for your mental health, but that can also tie into physical. To me, I manifested my perfect therapist, and now I'm much more mentally sound because of that. It's little things like that. Lots of people think

manifestation is just manifesting a car, or a house, or a text back from whoever. But it's about manifesting and working on things that help your mental health too."

Personally, I am a beginner in the world of manifestation. But I've got my hands on my own copy of the Manifestation Journal so my journey is well underway. I mention that I've struggled with my mental health in the past and that I've learnt to bring management techniques into my life. This journal is now one of those techniques. Instantly, Lou and I are on the same page. "Yes, it all goes hand in hand! I started this business in January 2021, and before that, I had suffered with some awful low self-esteem for about five or six years. It sort of felt like I wasn't here in my body and I was being taken for a ride – like I wasn't in control what was going on. It was so detrimental. I had a lot of therapy, and nothing seemed to be sitting and making a difference long term." And then came manifestation. Like many of us, Lou had heard the term before but didn't really know much about it. It all seemed a bit airy-fairy. But she watched a YouTube video of someone's experience with manifestation – what it was, how it helped her mental health and her mindset and her physical world. "It was like a real light bulb moment. I was like, Oh my God, that's it. That's how you can get out of this awful headspace you've been in." After adding manifestation to her life, the script flipped. "I could control my own reality and thoughts. I am the one in control of my life, not my life in control of me. I used manifestation to help sort my mental health."

This is where the inspiration for the journal came from. When looking on Etsy for a manifestation inspired journal as a gift, Lou found the online marketplace came up short. There was no journal for beginners, or people who needed more information before they plunged into manifestation. So, she took it into her own hands. Mind Grow Soul was born.

Whilst Mind Grow Soul is a business perfectly formed in a popular niche, filling a hole in the market, its popularity has been spurred by everyone's favourite social media platform, TikTok. "Oh my gosh, I love TikTok so much," Lou grins. "I used to do a lot of Drama when I was younger, so being in front of a camera is it." With ten thousand followers, and videos racking up to thirty-thousand hits, it has also turned into a remarkable business tool. "I just wanted to make fun videos - if I could tie them into my business, well, fantastic! It was literally at the end of January where I made a random, off the cuff video. It got about ten thousand likes in the end. But I think I got 50 orders from that one TikTok alone. I was actually out that day and I came back and looked at my phone and I was like, Oh my God, Oh my God, what's happening?" This video started the journey that took Mind Grow Soul to the top of the Etsy rankings, and the business picked up momentum. Lou says "I think a lot of the business' following comes from TikTok because manifestation is quite a hot topic on there." It's true, I constantly find it filling my own For You

Page. From people talking about their experiences to the science behind it, it is a good starting point for anyone wanting to find out more about manifestation. Manifestation is one way to work on bettering yourself, and all of Mind Grow Soul's products can be used on that journey. A lot of people, including myself, struggle with working through the gap between who we are now and who we want to be. So, I raise the question – what is your piece of advice for someone who is in the process of learning how to become a better version of themselves? Lou pauses and thinks for a moment. "Ohh, now that's a good question. I think it's realising that the best version of yourself might just be that you can sit on the sofa and enjoy a nice movie in peace. It doesn't always have to be 'I'm an entrepreneur'. It so bad that learning how to be the best version of yourself is so attached to hustle culture and quickly making money. You know, I'm learning not to compare myself to others, people who are like 'I made six figures in six months by doing THIS'. Great of course, that's incredible, but then people think 'oh that is what the best version of me needs to me'. When actually, it's learning what feels good for you. It's not the vision that you think other people want view. It's what you want in your life."

That is the foundation of Mind Grow Soul. Products that help you to work on your best self by looking after yourself and your mental health. With the popularity of the current products

online, this has got me itching to find out more about the future of Mind Grow Soul. What's next? What new products are lined up? "Well, there's a few different categories we'll be working on. At the forefront is gifts for friends. I love sending my friends things when they're feeling down. And I think when you receive something from a friend, it just makes you feel incredible. Things that let them know you are thinking of them or even gifts that are quite practical, that's the next area. Then, I think I'll bring on more manifestation products, like add ons to the journal itself. And then the last one is more things about creating new paths in your mind, breaking the cycle of negative thinking, really getting to the root of where your issues are stemming from. That's probably the biggest area that I'm looking to expand into because my biggest brand value is that it's my products are useful long term." Whilst long baths and face masks as self-care are all well and good, they are a quick fix. Mind Grow Soul looks at the long term.

As we draw our interview to a close, I ask Lou one final question. Learning is a part of life. We are all constantly learning. I'm currently learning about manifestation and how it can help my life. What are you learning about?

"Oh can I give you two things? Firstly, I'm learning jujitsu." That elicits a big 'WOW' and 'oh that's so cool!' from me. "Aha yes, it's my hobby! Imagine me wrestling loads of men, fighting the patriarchy physically. It's a laugh. But probably the biggest thing I am still learning is how to balance everything in my life whilst still feeling happy. I work full-time, I run this business, and no-one is perfect. I'm still on my own journey of becoming mentally well and happy and working on myself. So I'm learning how to be happy whilst doing all this. Can I do MGS alongside full-time work? Or should I do something different? What about my personal life? What makes me the happiest? It's all very trial and error, but that's what I am learning".

As we sign off from the call, smiling and waving goodbye, I feel a shot of happiness. It's good to know that there are people like Lou and businesses like Mind Grow Soul in the world, using their own experiences to make life better for others.

To find out more about Mind Grow Soul and to purchase products, head to mindgrowsoul.com. You can also find Lou over at Instagram and Tiktok at [@mindgrowsoul](https://www.instagram.com/mindgrowsoul)

TAKES RISKS

Last night, I watched the film 'In Time' starring Justin Timberlake. The film revolves around your lifetime acting as a currency so some people can live forever, whilst others eventually 'time out' and die. And it got me thinking about all the things that I have done or have wanted to do but haven't due to my inability to take risks. I enjoy playing it safe – keeping money stored away so that I have to type this article out on my terrible slow-processing laptop; investigating and researching any opportunity before I take it and being too hesitant.

Hesitancy. In the UK, you can get a minor mark against you in the driving test for not going on the roundabout when you could or waiting too long to make a move. To the average person, hesitancy revolves around waiting for opportunities and passing things off. I, myself, am always a person to turn around and say:

Written by [Olly Halton](#)

“hey, there's always tomorrow.” I'm hesitant, for instance, to write my novel. I've been re-structuring it and re-designing it to the point where I'm not even sure if given the chance to finish and publish my work that I would be comfortable, let alone ready, to even face such a prospect. Sometimes, it makes me feel like my life has become a messy entanglement.

I'm incredibly jealous of the people who have their lives in order. My cousin is my age and now owns his own house on an impeccable salary that I could only dream of. Dream of because at my current job, I take people their burgers and often get referred to as 'kid' or asked if my job is a side hustle or a thing to do during University breaks and I must tell them that unfortunately my days of having something else to wake up for are behind me and the delivery of their garlic bread is all that consumes me now. And that's where after a tremendous amount

of waffling, I reach the point of this article: is it not worthwhile to do something worth doing – even if it is foolish?

Take risks. Why, because why not? In honest truth, it's quite the clichéd phrase to wonder if one were to die tomorrow what you would have lived for or have done with more time or what would you regret. If you have the time to think about what you would have done differently or what you regret, then you have the time to change it – to do something about it. After I had finished my degree, I wondered what next: I looked into working with my parents; my boss offered me an apprenticeship in hospitality; and even my uncle offered to make me the manager of his newly-owned hotel.

Take the risk, jump off the metaphorical ledge that's been holding you back – who would or even could stop you? If you can

see yourself in that new job or with that new partner or with the new hobby you've always wanted to do, then do it. Some people wonder if they could risk things like singing or dancing to be the best. Competitions are risks, but risk is reward as they say in gambling – no risk, no reward. You in or you out? You gonna fold?

People wonder about risks – big and small. All risks feel huge – a risk to yourself, your family, your finances, your day – risking that you won't like what happens. A risk could result in death, yes, but the reward from it could be huge. You could win big and get money or happiness or something that you would only ever have otherwise dreamed of. Unfortunately, I don't have a story that revolves around getting my dream job or plan or project that magnificently worked in my favour and made me rich and famous (not yet anyways *wink*). But a story I can tell you is the risk and reward that came from meeting my partner. Our story

isn't as unique as one might presume – anyone who has been in love knows the trials and tribulations of a relationship, the risk and reward of even being in love and being in a relationship. Ours differs though in the early days of our meeting. When I first met my other half, my father was incredibly immunity-compromised during the pandemic. Meeting my partner in person for months was a no-go and then after that it became a great risk to even touch – any way of getting something off of them could easily wind its way to my father. Gradually, the risk reduced and we were able to see each other better.

That's the thing sometimes if you wait the risk can decrease but equally with things like risking a job or a house move that could benefit you, putting the time off can make the risk, but also the reward vanish bringing us back to the hesitancy that can kill a risk v reward ideology. For instance, this very magazine: I felt

my personal writing abilities beginning to diminish and worried that I would no longer be able to write the quality articles that I once enjoyed writing and would have less time to do so which in turn created the sense of a potential risk – the risk of my work not being something that I was proud of as I once was of it. But, I took the risk and wrote this, this viewpoint into my psyche as both a person and a writer and someone who is petrified of any kind of risk – I have avoided dogs for most of my life for the risk and fear of them hurting me.

Risk and fear can be one of the same and conquering them is a pathway that can lead to similar results of confidence and surprise: “I never thought that was possible.” Without taking those steps, you'll never learn if you're going to fly or fall. So take risks – who knows, it could become the greatest decision that you ever made.



Photographed by [Caitlín Greenwood](#)
Modeled by Rae Venning



Photographed by [Caitlín Greenwood](#)

JOURNEY TO SELF LOVE

Self-love is such a journey buzzword online. It's a movement, a state of mind, a mantra, and even a fashion trend. In fact, if you look at the #selflove hashtag on Instagram, it's been used over 84.4 million times worldwide. Cor blimey. It's safe to say that the idea of self-love is now well and truly engrained in our current culture. On paper, self-love is about appreciating and valuing every aspect of yourself, from your body to your mind. But it's not that easy. Whilst there is a lot about self-love online (especially those colourful Insta graphics we all love to share on Stories), a lot of the content misses one important point. Self-love is a journey. Learning to love and value yourself isn't just something you can do with a flip of a switch. The love journey. Whilst self-love is

made up of making small changes over time. It involves changing your mindset and viewpoint, especially regarding a lot of taught behaviours.

Personally, I am on a self-love journey to accept and value my body. Good ol' society has taught me that women need to look and act to try! Now, I am unlearning all of those societal expectations and it certainly is a journey. I still have weight in my chest when I look in the mirror. But more often than that, I see a happy, smiling, beautiful woman. That is all part of my self-love journey. Whilst self-love is

so tightly intertwined with body neutrality and other acceptance movements, not everyone will be on a self-love journey with their body. Self-love can apply to any and every aspect of a person. be a trip to a gallery, shopping at the bookstore, or taking yourself out for a meal. It can even be going for a run, having a film night on the sofa, or getting out old paints and spending an hour attacking the paper with colour. To love yourself, you first need to know yourself. Work out what you like to do, what your hobbies really are, who you are, outside of work, life, and commitments.

With that in mind, the most important part of the self-love journey is making the first step. Unfortunately, there isn't a guidebook on how to start this journey because it is so subjective. So, let me give you some examples of how you can kick start your self-love journey.

Spend time by yourself
The journey of self-love is all about looking after number one. You can't do that until you know yourself. Schedule in one time a week where you can take yourself out on a date and just be with yourself. This can be a trip to a gallery, shopping at the bookstore, or taking yourself out for a meal. It can even be going for a run, having a film night on the sofa, or getting out old paints and spending an hour attacking the paper with colour. To love yourself, you first need to know yourself. Work out what you like to do, what your hobbies really are, who you are, outside of work, life, and commitments. Curate your feeds
Everything that you see online is curated. Even those content creators who seem real and relatable choose what they put out online. So, you should choose what content you consume. I got rid of anyone and any brand that made me feel low, jealous, worthless, like I should be spending money, like I'm not good enough, or that I'm not living

Written by [Rosie Lewis](#)

up to my expectations. You don't spark joy? Be gone. Any hint of negativity? Sashay away. On paper, I know that doesn't sound game changing, but oh it is. Social media is such an unavoidable part of the world nowadays, and it is common knowledge that it plays into feelings of low self-worth, especially in terms of body confidence or neutrality. But now, I have control over what I consume. Right now, I'm consuming positivity, reality, and my interests, and this has made a huge change in my mental wellbeing and has boosted my self-love journey. Some of my favourite self-love icons and accounts are Megan Jayne Crabbe, Stephanie Yeboah, and The Confidence Corner.

Treat yourself like you would a friend
If you spotted your best friend talking down to themselves, would you let them? Hell no. If my best friend said "You know what? I'm just so worthless", I wouldn't stand for it. I would list all of the ways they are loved and worthy, before helping to work out why they feel this way. Why would you do this for a friend, but not yourself? Huh? It doesn't make sense. If you catch yourself thinking negative thoughts, try to interrupt them. Think about what you would say if you heard your friend saying them and say them out loud to yourself. You would be surprised at the positive effect it can have.

The most important thing to remember about self-love is that it is truly a journey, and no one person is on the same journey. Just make the first step, whatever that may be to you. That is the best way to start learning to love and value yourself.



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BE PICKY WITH PEOPLE *and gentle with yourself*

Friendship and its associated problems seem to be almost synonymous with young people and their experiences of the world. We have all had friendships that have defined us, from the childhood friend who moved away, to the week-long friendship in secondary school that ended after a few too many sleepovers and perhaps a little bit too much time together, and the weird friend who lives on your periphery. It is a natural part of growing up to have chaotic stories with good friends. However, as people change, or when you find people who don't work to positively support you, friendship can turn sour, and so it is important to also understand how to protect ourselves from these negative situations and realise when it is okay to leave someone behind. Firstly though, we need to recognise the differences between a friendship

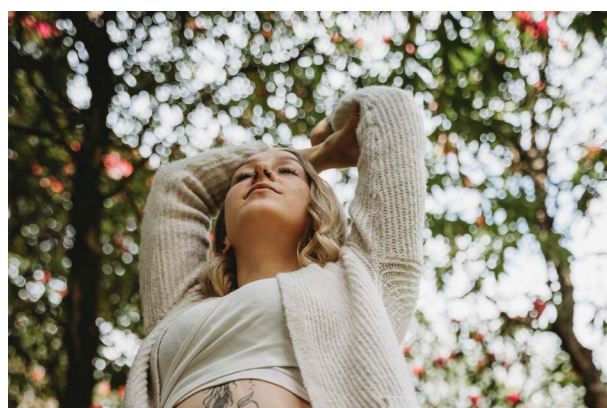
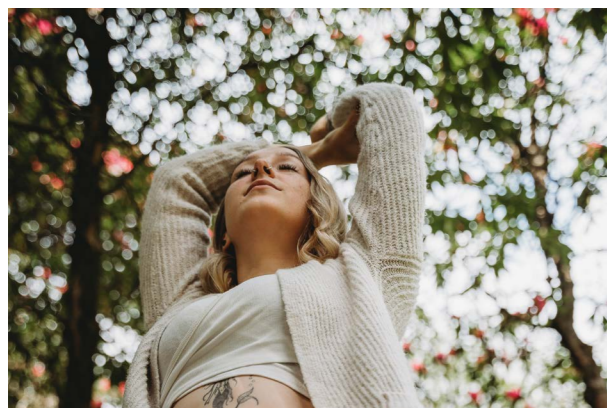
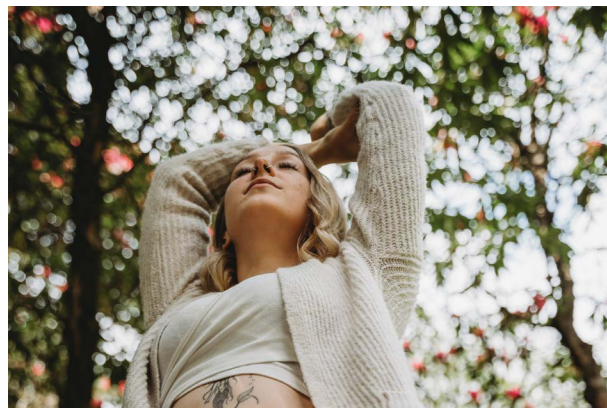


and an acquaintance, and why the distinctions between the two can help us understand difficult relationships. Acquaintances, although can sometimes sit in a weird grey area, tend to define themselves as a 'friend' you see semi-regularly but with no real depth. These are the people we sit next to in classes or even chat to every day on a commute. Friendship, on the other hand, has a more emotional level to it. These are the people we rely on for advice,

support, company, and understanding – and as a result hold a higher position of trust within our lives. This trust and depth associated with friendship (rather than acquaintances) is also the reason we can often find ourselves in toxic situations, especially when we are building our understanding of our interests, opinions, and the kind of people who work positively in our lives. I'm sure a lot of people can relate to this situation, or at least their own version of it. You meet a new friend and instantly hit it off, you hang out together and probably also find mutual friends – everyone agrees they're a nice person. Then after a short while, the first red flag appears. You brush it off, they're just out of sorts. It could be starting gossip about another friend, making comments about yourself, or doing some other (possibly mean) behaviour that could be easily explainable. You push it out of your mind, but then it happens again. And again. And then they start acting more 'clique-y', or even perhaps manipulative, or some other kind of destructive behaviours and you find yourself stuck, explaining away the situation, and perhaps feeling emotionally trapped. Others may still agree this person is nice, but ultimately at the expense of disregarding their negative actions. It is easy when you are younger to

believe the fairy-tale that the friends you have now are the ones you'll keep throughout life, and despite the way they treat you (or others around you) they are your friend. Although this may be the case for a few, for most other's it is not. Sooner or later, you grow apart, have problems, or simply just suddenly stop talking. I appreciate this may sound a little pessimistic, but these changes allow us to grow as people, moving through toxic situations and learning from the past – which can only aid us in the future. The toxic friends we meet in our youth equip us for difficult situations later in life. Personally, I always try to use the mentality that "people are sent into my life as a learning opportunity" when things go wrong or relationships break down, as it allows me to look more reflectively and objectively looking back. Despite this, there are also a few key lessons that you can practice before learning the hard way to be gentler on yourself in the long run. Firstly, and the one that needs to be stressed the most... it is okay to say no! Too many times I have found myself backed into a corner, not wanting to cause trouble, or wanting my friends to accept me more and so forcing myself to endorse their issues or excuse their behaviours and attitudes. This, however, always backfires and ends up with me feeling used, bad about myself, or guilty for situations. Learning to say

no allows you to not only attempt to avoid these situations, but also to help you prevent slipping back into old, people pleasing behaviour (ultimately allowing you to prioritise yourself). Leading on from this, it is important to prioritise yourself, don't burn yourself out or wear yourself down pleasing other people, make sure that you benefit from a situation or have boundaries on where to stop helping someone (this can be especially difficult in more 'attention seeking' toxic friendships, which are often built on a friend's willingness to offer help to be exploited). Finally, be picky with who you promote to the emotional and trusting level of friendship rather than the peripheral acquaintance. A way I do this is by viewing my friendships as marble jars, how much is each person putting in? Is it equal or uneven? How much do you get out of it and how much do they receive? If there is an unhealthy or prolonged imbalance then perhaps it is time for a discussion, or re-evaluation of that friendship. Ultimately, negative friendships are almost inevitable, but the fallouts and effects (with practice, learning, and time) can be often avoidable. It is important to recognise your value, what you can give, what you should receive, where your boundaries stand and allow yourself to prioritise what is important to you. Put more simply, be picky with people and gentle on yourself.





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Modeled by Ellie Reid



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Modeled by Abbi Partridge

DREAM BIG DREAM BIG DREAM BIG DREAM BIG

Written by [Olly Halton](#)
Photographed by [Abi Webb](#)
and [Craig Ashby](#)
Modeld by Abbi Partridge

Follow your heart to dream big. I realise that it's a cliché. Everyone says it, there's not really any proof that such a thing exists and the idea that it leads to your destiny is hard to believe – certainly an unknown reality. But the transformation of your dreams into active participation and planning – now that is something that can be done and can make that seemingly unachievable reality perfectly realistic. The first step to the dream plan is to have in your mind something that you want. Not a small thing like a chocolate bar or a drink you can easily purchase at a shop – I'm talking about one of those things that you sit and think: "I'd love to, but I couldn't possibly do that" or "made for others but not for me" or "in another life perhaps." Visualise something you want to work towards: a job, a relationship, a new house, a promotion, a car, a degree to hold in your hand, or a fresh start – you can work towards all of these things. You can work towards the big dreams. If you can dream it, if you can imagine it, then you can make it a reality with a push in the right direction. Whatever you do, don't lose sight of it –

keep making moves towards it. If you want that job: talk to people in the industry, have them look over your CV, mock-interview with them, and look at similar jobs in that industry. If you want that relationship: ask that person out for a coffee sometime or talk to their friends and find out what kind of music or movies they like. After all, everyone you idolise had to have started somewhere. Yes, sure some of them might have had access to things that you don't, but you can reach just as high with a bit of belief, hard work and determination. Famous actresses and actors once started out in secondary school performances; every driver once had to sit with an instructor who watched them stall the engine hundreds of times; and every ex-student had to take the plunge and apply to university and take assessments on topics that at the time probably sounded like it may as well have been written in a language they had never read. And yet, it all worked out in the end. It all made sense in the end. When my dreams seem to fail me, I think about my personal idols and the things they



have achieved. I'm not just talking about the people who have progressed human rights or saved lives or won fifty Oscar awards just to themselves. I'm talking about the people who dreamt big and I watched and now I'm ready to follow in their footsteps. My dad dreamt big and ended up doing a job he loves, and living a life he loves, married to a woman he loves with children that he loves. To me that's a dream that was dreamt big and was satisfied.

A big dream doesn't have to be being the first person on a distant planet or to build a time machine or to bring about the promised end of all wars and poverty. A big dream has to be something that you want really badly that you are willing to work towards. It won't always be easy, but it'll sure be worth it in the end. A big dream is something where you could hold the hand of little you and say: "hey, look what we achieved" and smile.



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