

OVER REACTING



Contents

1. Why do we like sour foods?	4
2. Why does food change our mood?	6
3. Psychology Fun Facts	8
4. Interview with Emma Collison	9
5. Superhero Science	13
6. Word search!	15



Welcome to the first edition of 'Overreacting'!

The science magazine led by our very own team of Year 10!



LEMONS

They like their lemons



HAVE YOU EVER WONDERED WHY WE LIKE SOUR FOODS?



- When you eat sour foods, the acid in it triggers a response in the taste receptor cells found on your taste buds.
- There are studies that suggest there is a relation to the release of serotonin.
- Serotonin is a compound that can affect mood and functions such as appetite, sleep and memory.
- The acidity from sour foods harms the enamel on your teeth and the enamel can dissolve immediately after eating it.



EMOTIONS AND FOOD

Psychology behind food



*HAVE YOU EVER
WONDERED WHY SOME
FOODS CHANGE YOUR
MOOD?*

Kale is a source of ALA (alpha-linoleic acid). This omega 3 acid is essential for brain health and reduces risk of type 2 diabetes and depression. So next time you fail, eat some kale!

Studies also show that people who eat meat are often less happy than those who don't. This may be because meat contains high amounts of omega 6. However, studies also show that meat-abstention is related to risk of depression, anxiety and self-harm.



How to Increase Your Social Status at School



- 1 Assert your dominance. T-posing will let other students know you are superior.

PSYCHOLOGY FUN FACTS



- Most of us suffer from Phantom Vibration Syndrome; the feeling that your phone is vibrating when it's actually not.
- Hitting snooze on your alarm can make you more tired than if you get up straight away.
- Your body is weakest at 3-4am. This is the time that most people die of natural causes (eg. heart attack).
- You're more likely to fall in love with someone if you first meet them in a dangerous situation.
- Comedians and funny people are actually more depressed than others.
- People look more attractive when they talk about the things they are interested in.

<div data-bbox="68 116 786 237" data-label="Section-Header"> <h1>Interview:</h1> </div> <div data-bbox="68 328 963 419" data-label="Text"> <p>Emma Collison-Ani</p> </div> <div data-bbox="142 489 1174 560" data-label="Text"> <p>Speciality Doctor in Neuropsychiatry</p> </div> <div data-bbox="904 631 1034 701" data-label="Text"> <p>TW!</p> </div>	<div data-bbox="1631 26 3061 147" data-label="Section-Header"> <h2>What is your experience with patients suffering from mental health?</h2> </div> <div data-bbox="1569 197 3092 711" data-label="Text"> <p>We all to varying extents have mental health- from good mental health to bad mental health. The statistics show that any time 1:4 of us suffer significant mental ill health. Most people suffering from mental health problems had personalities, aspirations, dreams before they became mentally unwell for whatever reason and I always bear this in mind.</p> <p>I see people who have mental illness, and yes sometimes they can be very distressed but almost everyone I have met wants to get better and get back to a normal (or as near normal as possible) life.</p> </div>
<div data-bbox="37 826 1476 883" data-label="Section-Header"> <h2>What does a typical day for a mental health worker look like?</h2> </div> <div data-bbox="15 963 1538 1518" data-label="Text"> <p>I am a specialty doctor in a neuropsychiatry unit- my unit looks after people who have developed mental health problems following brain injuries (e.g. from trauma/ accidents, brain tumors and brain surgeries, brain infections etc). Typically my day starts at 9 am, we have a morning meeting with everyone to go over the previous 24 hrs and make sure we are set for the day. From 9.30 am I usually have ward rounds on my various wards, or other meetings or speaking to families of my clients. In the afternoons I tend to spend time with my clients, speaking to them, checking their physical and mental well being.</p> </div>	<div data-bbox="2020 826 2641 883" data-label="Section-Header"> <h2>How do you evaluate risk?</h2> </div> <div data-bbox="1569 983 3092 1477" data-label="Text"> <p>There are many different kinds of risks I bear in mind- for example risk to self (eg. self harming/ suicidality) risk to health (eg. not taking medications, not eating or drinking adequately, neglecting oneself), risk to others (aggression) to mention a few. One of the most important risk indicators is previous history and understanding the situations/ triggers for risk behaviours. Another important factor is a patient's mental state and relating that to risk.</p> </div>
<div data-bbox="298 1572 1196 1628" data-label="Section-Header"> <h2>How do you cope with work pressure?</h2> </div> <div data-bbox="31 1719 1454 1921" data-label="Text"> <p>I am very privileged to have a job I absolutely love. But as much as I love my job there are times when I do get stressed. I enjoy taking walks, reading (and oddly, cleaning) to de-stress.</p> </div>	<div data-bbox="1889 1572 2834 1628" data-label="Section-Header"> <h2>How do you deal with difficult patients?</h2> </div> <div data-bbox="1569 1719 3092 1921" data-label="Text"> <p>The key is good communication, keeping calm, allowing the patient to state their view- often a compromise can be reached. There is nothing more important than working together to achieve a desired outcome.</p> </div>

What is the highlight of your job?

When my clients get better and are discharged from hospital- I always shed happy tears.

What is written in a psychological assessment?

Often a full psychiatric history, mental state examination, various assessments undertaken (eg. neurocognitive assessments, neurodevelopmental assessments, etc.), a psychological formulation and recommendations.

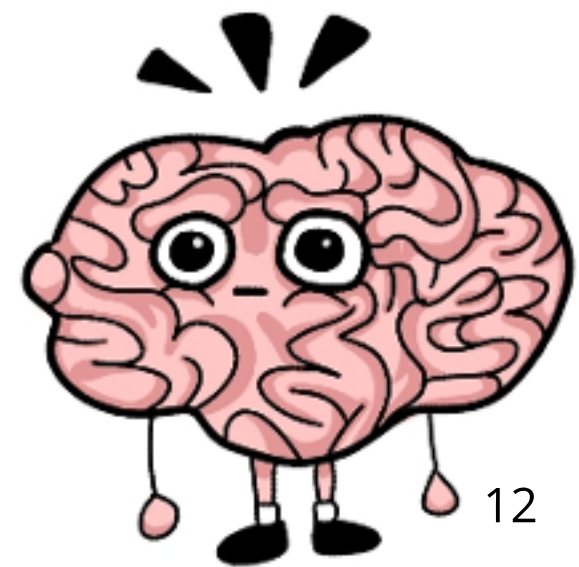
Has lockdown significantly affect you job?

Unfortunately, yes. A lot of activities which were available pre-Covid-19 are now much reduced or just not available any longer, the access to community was severely curtailed as many of my clients needed to shield. Staff have also been affected by Covid-19 infections needing to self isolate. For a while some of my clients were very frightened by the whole doom and gloom of the pandemic. Things are getting better now though still not back to normal.



Thank you to Mrs Collison-Ani for doing this interview with us!

We are sure that this will be both very interesting and helpful to those wishing to pursue a career in medicine, psychology, or just anyone with a passion for this topic.



S U P E R H E R O

C This is the first of our series, Superhero Science, exploring the science behind favourite superheros. This week we will be looking at the Hulk, and to relate to this editions topic of psychology, how he switches between man and monster.

E *Hulk?*

N So who is the Hulk? The Hulk is a fictional superhero created by Stan Lee who becomes to be the jacked green humanoid we know him as due to his accidental exposure to gamma rays. C Bruce (his real name) physically transforms into the Hulk when he is subjected to emotional stress either at or against his will that is mostly shown as anger!

E *How does this relate to real life?*

One theory suggests that Bruce Banner has Dissociative Identity Disorder. Previously known as Multiple Personality Disorder, DID relates to extreme cases where different identities exist in a single person. There can be anywhere from 2 to 100 different personalities, only one of which is the original person, matching with the birth name, age etc. In the films, there are two distinct identities. Hulk and Banner.

In the comics, there are many: Joe Fixit, Professor Hulk, Devil Hulk, Grey Hulk and the classic Green Hulk. These different identities inside just the Hulk were supposedly started when a printing error occurred with the original Grey Hulk. This forced Marvel to change him to the Green we now know so well. The two different colours eventually formed completely different identities. Grey Hulk is crafty, sinister and able to speak in full sentences, while the Green Hulk, as portrayed on screen, is angry, naive and speaks in fractured sentences in the third person.

TW

Another theory explains that Bruce Banner had a lot of neglected trauma from his childhood. This was a result of growing up with an alcoholic father; Brian Banner, who deeply hated his own child, however his mother had a great amount of affection for Bruce. Eventually Bruce's father became abusive towards him and when his mother intervened. Brian murdered her; as a result of this happening in Bruce's childhood it is thought that he possibly developed a split personality to help deal with the pain and rage he feels.



P	E	R	C	E	P	T	I	O	N	D	S
E	A	Z	P	L	E	L	A	M	O	E	O
S	N	O	I	T	O	M	E	M	I	P	P
S	X	L	M	O	S	I	S	H	S	R	S
I	I	K	E	L	T	I	T	L	S	E	Y
M	E	C	D	O	M	T	H	B	E	S	C
I	T	D	U	I	A	N	G	E	R	S	H
S	Y	S	T	R	E	S	S	A	P	I	O
M	F	P	I	W	H	S	U	E	E	O	L
N	O	F	T	H	D	E	Y	P	D	N	O
R	G	L	T	E	A	J	L	S	N	V	G
H	D	U	A	D	N	I	M	P	Z	M	Y

Anger		Perception	
Anxiety		Pessimism	
Attitude		Psychology	
Depression		Stress	
Emotions		Mind	
Help		Optimism	

CREDITS



Lemons:

Vivien and Freya

Emotions and Food:

Vivien

Word search:

Mia

Interview:

Sahitya

Superhero Science:

Mia and Rishika

Psychology Fun Facts:

Sahitya

App Recommendations:

Varnikaa, Rishika and Mia

App Recommendations



Nuna

Free with in-app purchases

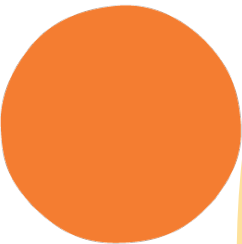
- 24/7 personalized mental support app.
- Improve your mood with evidence-based CBT chat therapy
- Tools such as "Challenge Thoughts" and "Shift Your Focus"
- Gratitude Journal to build a positive mindset



Be Okay

Free with no in-app purchases

- *'Your personal comfort zone'*
- Regain control of breathing
- Listening to calming sounds
- Easy to call loved ones in times of distress
- Keep records of anxiety and panic attacks to identify triggers and better deal with them
- Syncs with health app to track mindfulness minutes



Headspace

Free with in-app purchases

- Meditation made simple
- "Stress less. Sleep soundly."
- Guided meditations to release stress
- Stories and music to help you sleep
- Mood-boosting workouts



Fabulous

Free with in-app purchases

- Gives access to creating scheduled routines
- Helps keep work, health and self organized
- Different routines for different times of day