

BULLETIN- YOUTH CORNER

YOUTH ACTIVITIES FOR THE REST OF THE YEAR

September: Youth Camp, Health Walk

November: World Day of the Poor, Youth Week, Aseda Nii Ayeyi Concert

December/January'23: Reunion

Detailed information would be provided in due course. #ANTICIPATE

OBLIVION

Where would I be?

Working tirelessly.

Being the center of attention.

Smiling through it all.

Raising shoulders.

Looking down on people.

Showing off.

Wasting resources.

Clubbing and partying all day and all night.

No time for family.

No time for the World's Best Artist; God.

Not even "Thank You, God".

Days, weeks, months and years pass.

Swallowed by death, inevitably,

What will be my legacy on earth?

Where would I be?

-Adelaide Octavian

CRIES OF THE HEART

Seated idly,

Folded palms resting beneath the chin,
Overthinking,
About something that,
Isn't worth bringing into reality.
“God, when?”
A question asked by many when faith fades away.
Trials and temptations,
Obstacles and setbacks troop in.
And alas, confusion.
Moving back and forth between life's events,
One falls to the ground,
Hands up to the sky,
And tears rolling down the cheeks,
Thinking out loud,
“Will all be well?”
-Adelaide Octavian

SPEAK UP

Most of the time, we have to speak up to be heard. We can't stay quiet and expect others to know what is going on with us or in our minds. No one is a mind reader and can know what's going on in our minds or what's troubling us. If someone is hurting you, speak up, if an injustice is being done against you, speak up, if something wrong is being done, speak up. Don't complain to just about anyone who has ears to hear, yet stay quiet around those who can do something about the situation. If we assume that people should know what's going on with us, they will probably guess wrongly. Our happiness and safety are our own responsibility. As a matter of fact, we are our own responsibility and we need to take care of and look after ourselves. We can't expect anyone to take on that responsibility and if someone does, then that's great. We should be grateful to them. The thing is, if we don't speak up and ask or demand what's ours, it may pass us by or be given to someone else and we would have no one else to blame but ourselves. Speaking up may be difficult and sometimes quite scary but when done well under the right circumstances, it will be so worth it.

-Nana Serwah Appiah

MANAGE THEM

We all have at least one person in our lives whom we'd rather avoid. They may be colleagues or family: people we can't avoid even though we want to. They are extremely difficult and sometimes highly unreasonable. No matter the favorable conditions you create for them, they are not content. They either complain about everything or oppose everything. They can be very unpleasant to be around and generally make life very difficult for those around them. Unfortunately, these people can't be avoided and we need to manage them somehow. The first thing we can do is try limiting our physical contact with them as much as possible. We can also resolve to not let anything they say or do get to us because they can make us do or say things we normally wouldn't and cause us to regret later. We can also resolve to put on a smile and be nice to them no matter how unpleasant they are. After all, as the saying goes, "kill them with kindness". If we react to their bad behaviour, we are just giving them an incentive to do it again. When we keep ignoring their bad behavior and treat them well in spite of it, who knows, they may realise the error of their ways and stop. There is no need increasing our blood pressure or having a horrible day just because of them. All in all, a positive attitude will help us to survive them until the day we no longer have to have them in our lives.

-Nana Serwah Appiah

GROWING PAINS

Every beginning is hard, just like a mother going through the pains of labour to bring new life into this world or a seed breaking through the earth to germinate and grow. The start of every great venture is often fraught with challenges and hardships. Whether you are learning something new like a language or general school work or starting a business or new job, you're bound to encounter some difficulties in the process. Maybe, your new boss doesn't realise that your way would be easier, less time consuming and less expensive or your teacher doesn't understand why you can't work out the so called simple equation. You may be starting a business and have so many hurdles to cross before you can start making a profit or you have just started working out and eating healthily but keep falling off the wagon. The most important thing is to not give up because it's all part of the process. Nothing worth having comes easy, so if this new venture is important to you, you must be willing to go all the way and do everything possible to succeed. Always keep in mind that if others have done it, you can too. Just keep at it and work hard and all your hard work will pay off.

-E. Serwah Appiah

WHAT YOU NEED TO KNOW ABOUT ASTHMA

Your airways are responsible for carrying air into and out of your lungs, but what happens when they don't function properly? **Asthma**, a chronic condition that constricts the airways, preventing air from reaching the lungs and causing uncomfortable and sometimes dangerous symptoms. For some, asthma symptoms are an inconvenience, but for others it causes life-threatening attacks that can interfere

with everyday life.

Asthma triggers

The **exact cause of asthma is unknown**. It however has some hereditary component, hence runs in some families but also affects others with no family history. There are some situations or things which can lead to an attack and we call them **TRIGGERS**. During an attack, the muscles around the airways contract, reducing a person's ability to breathe properly and causing symptoms like coughing and wheezing.

These "triggers" vary from person-to-person, but luckily, many of them can be avoided. Asthma triggers include: Tobacco smoke, Respiratory infections, Exercise, Allergens (pollen, pets, mold), emotions, Medications, perfumes. Some individuals experience asthma flare-ups in certain places, like in the gym, at work.

Asthma symptoms There are several symptoms that are characteristic of an asthma attack, some of which may signal a serious medical emergency. The common symptoms are cough which is usually the first to occur, difficulty breathing, wheezing and chest tightness. As disease worsens, there might be restlessness, chestpain, sweating and confusion. These symptoms occur during an attack only. The individuals are otherwise well. The frequency and severity of attacks indicate the severity and how well controlled the asthma is.

If your asthma symptoms become more frequent or bothersome, your difficulty breathing worsens or you need to use your quick-relief inhaler more often, it may be an indication that your asthma is getting worse and you have to see a doctor. Asthma can be life threatening, so seek emergency medical treatment if shortness of breath is rapidly worsening, there is no improvement after using your inhaler or you experience shortness of breath during minimal physical activity.

Treatment

The first step in controlling asthma is avoiding your triggers, but that's not always possible. The **first thing to do during the onset of an attack is to use your inhaler**. Asthmatics know when an attack is developing. If symptoms worsen while on the inhaler you rush to a nearby facility for care, don't delay in reporting to a hospital. **ALWAYS HAVE YOUR INHALER ON YOU**. Replace it when it gets finished or missing. Hold it like your phone. It's advised asthmatics frequently visit the hospital for assessment and review of medication. Don't wait till you get an attack before coming to the facility. And remember, **never leave home without an inhaler**, not for your wedding, exams or to go to church.