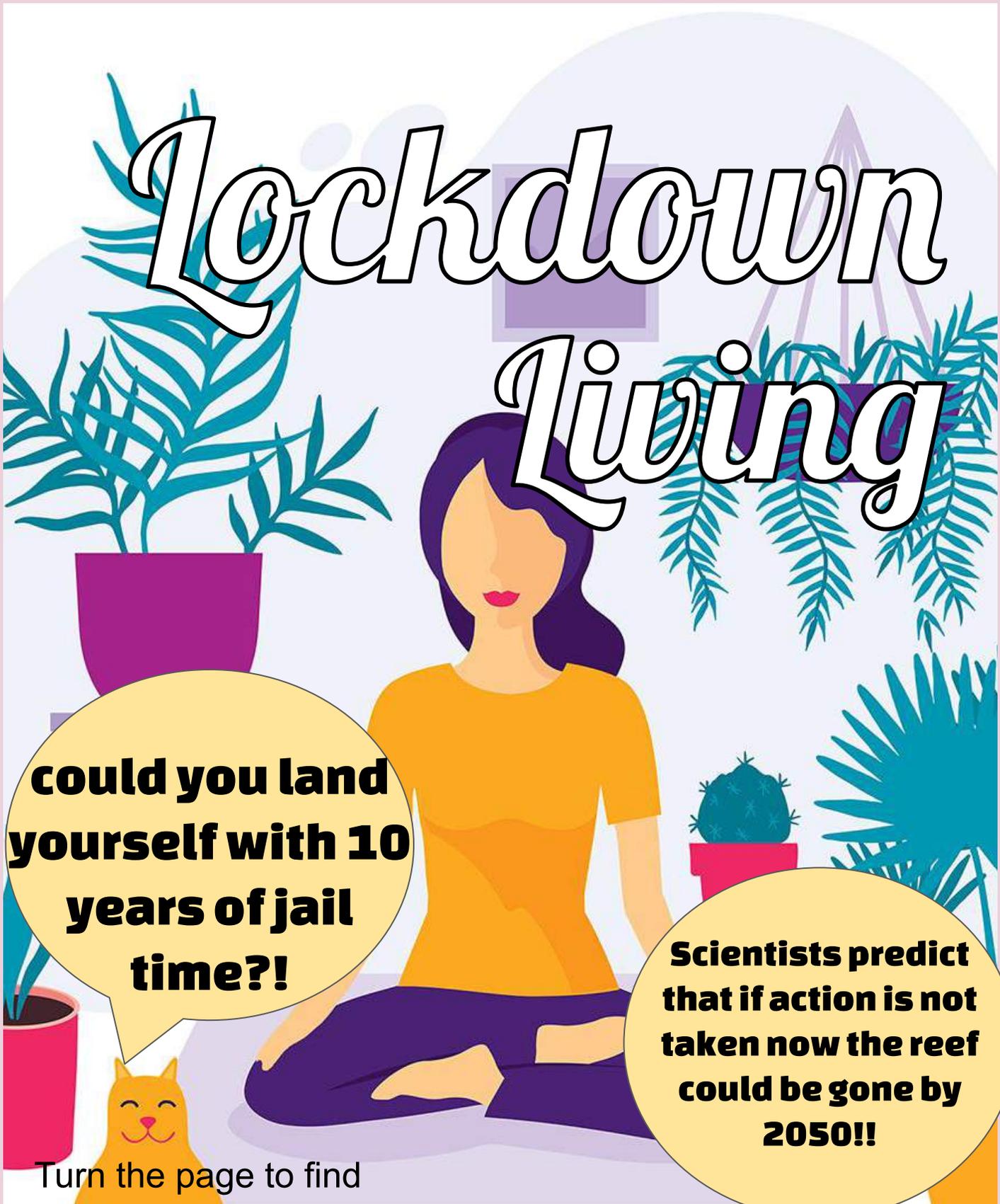


# Lockdown Living

A stylized illustration of a woman with dark hair, wearing a yellow top and purple pants, sitting in a meditative pose on a light purple mat. She is surrounded by several indoor plants: a large green fern in a purple pot to her left, a cactus in a pink pot to her right, and other green foliage in the background. The scene is set against a light purple wall with a window and a hanging plant.

**could you land  
yourself with 10  
years of jail  
time?!**

**Scientists predict  
that if action is not  
taken now the reef  
could be gone by  
2050!!**

Turn the page to find  
out more...

A small, stylized illustration of a smiling orange cat sitting on the floor.

Find out more on page  
3...

# *In this month's edition..*

Pages 1-2: Catch up on your daily dose of gossip.

Pages 3-4: Find out what is going on in the world around you, without leaving your home!

Pages 5-6: Your weekly horoscope: find out what the universe has instore for you!!

Pages 7-9: Learn how to manage your physical health in the midst of this pandemic.

Pages 10-11: Another announcement from the stars, maybe it's a sign! Check out your horoscope for the week beginning 15th Feb

Pages 12-14: Don't forget to take care of your mind as well as your body.

Pages 15-16: Fast fashion

Pages 16-17: 100 Years of Women's Fashion

Page 18: Does diet and exercise impact your mental health?

# Time for a catch up...

We have been stuck at home for a while now, let's have a look at what's been going on around us

## Covid & Travel

### **A maximum 10-year jail term for lying about recent travel history.**

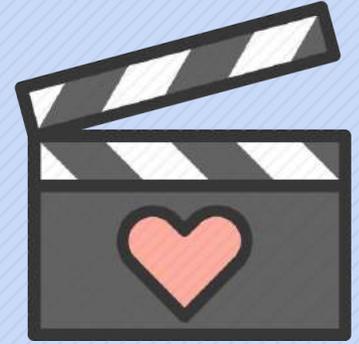
Transport Secretary Grant Shapps said the British public "would expect pretty strong action" and the maximum sentence reflects the seriousness of the crime. Around 1,300 people a week are arriving into the UK from the 33 red list countries - including Portugal, Brazil and South Africa - at the moment. Anyone coming into the UK must show a negative covid test or they must isolate for 10 days. Although, people arriving in England from "red list" countries must isolate for 10 days in hotels anyway, costing £1,750. It follows concerns that existing vaccines being rolled out in the UK may struggle to control new virus variants identified around the world, however if you do not follow this law after arriving from a "red list" country you will carry a fine of between £5,000 and £10,000. The 10-year jail term would be the maximum penalty for anyone found to have lied about their travel history on the mandatory passenger form filled in by travellers when they arrive in the UK.



**Article by: Sophia Williams**

## Harry styles lands another acting role

Harry styles will act alongside Emma Corrin who plays the role of Diana in the crown's fourth season. The film is called my policeman. Backed by Amazon Films, it will feature Corrin, Styles and a third actor playing Tom, Marion and Patrick in their youth, and three stars — still to be cast — as the characters 40 years on. It will be set in 1957 and the 1990's. Harry and Emma will play a young couple who become caught up in a polysexual menage a trois. Emma Corrin will play Marion, who falls for her best friend's big brother, Tom Burgess (Harry Styles), a policeman in post-war Brighton. The third member of the love triangle is Patrick Hazelwood, who's as besotted with PC Burgess as Marion is. This film is based on Bethan Roberts's 2012 novel. Harry Styles is a famous pop star, a previous member of 'One Direction' and now an extremely successful soloist, he was also once named the most handsome man in the world. He has also starred in the famous war film Dunkirk and is currently on set filming for 'don't worry darling' alongside director and actress Olivia Wilde. They hope to begin shooting for 'my policeman' from April 2021.



**By: Sophia Williams**

## Meghan Markle and Harry now 'multi-millionaires' and richer than Kate and William

Harry and Meghan have been financially independent since leaving the royal family over a year ago. They have a podcast deal with Spotify and a historically profitable contract with streaming giant Netflix both Harry and Meghan have done well for themselves and our now multi-millionaires proving most of the general public and in fact their own family members wrong, showing that they can make it by themselves. The pair also signed up to the same high-profile public speaking agency as former President Barack Obama and his wife Michelle Obama, demonstrating how the Sussexes are positioning themselves on the global stage. They have bought themselves a mansion in California worth \$14 million. It is a 14,563-square-foot home sitting on 5.4 acres of land. The main house includes a library, office, spa with a separate dry and wet sauna, gym, game room, arcade, theatre, wine cellar and five-car garage. The estate also boasts sweeping lawns, tiered rose gardens, tall Italian cypress trees, blooming lavender, century old olive trees, a tennis court, tea house, children's cottage and a pool, according to the listing. It is apparently a private location which has always been important for them ('It's a very private and exclusive area, a place where you can escape with an ocean in front of you and the mountains behind you.') and will hopefully be a loving home where they will raise baby Archie who turned one during lockdown.

# What in the World?!

Read on to explore the current world issues..

## Coral bleaching

Scientists have reported that large parts of Australia's great Barrier Reef have been bleached for the third time in five years due to the warm waters. Coral reefs protect coastlines from damaging effects of wave action and tropical storms.

Global warming has threatened one of the world's most important ecosystems. The warm water places stress on the coral which causes its colour to weaken and lose its colour and severely bleached coral can die. The great barrier reef is the world's largest coral reef system and contains thousands of species of fish and mollusk . Scientists predict that if action is not taken the reef could be gone by 2050.

**By: Rachel Mullan**



## Inauguration

On the 20th of January 2021 Joe Biden was sworn in as the 46th president of the United States. Due to the coronavirus pandemic there was limited attendee at Washington DC. Lady Gaga sang the National anthem beautifully at Joe bidders inauguration and Amanda Gorman read a very powerful poem. Donald Trump refused to acknowledge Joe Biden's victory. It is tradition for President soo attend their successors Inauguration, however the th President Donald Trump did not attempt instead he and his family addressed supporters and headed to Florida at around 9am that morning. Was Donald Trump the first President to not attend the inauguration? No other Presidents have missed their successors inauguration for example Richard Nixon did not attend Gerald Ford's inauguration in 1974.



**By:Rachel Mullan**

## Biden

Within hours of Joe Biden being sworn in he has signed a historic 17 executive action - 15 will be executive order, most will be major reversals from Donald Trump's policies. He has quickly signed executive action on coronavirus, climate change and racial and gender inequality. He has made it mandatory to wear a mask and practice social distancing on all federal government property. A new office will be set up to coordinate the responses of the pandemic and the us will halt process of withdrawing from the World Health organization which was administered by the former president. The former president withdrew for the Paris Climate Agreement but now the Joe Biden will be rejoining it and has pledged to make the fight against climate change a top priority of his administration. President Joe Biden has ended the travel ban on some majority Muslim countries and has scarped Trumps ban on trans military recruits.

# Weekly horoscope

It's written in the stars...

## Aries (March 21–April 19)

WEEK OF FEB 8, 2021: Cool your jets as the week begins -- competitively speaking, that is. You need to put the proverbial 'other guy' first on Monday if you want to keep things copacetic. On Tuesday and Wednesday, expect to become lost in your own thoughts. You've got a lot on your mind right now, but a little opportune introversion could be just what you need.

## Taurus (April 20–May 20)

WEEK OF FEB 8, 2021: Look for some unexpected fun in your routine as the week begins. Monday might seem dull and dreary, but count on friends and coworkers to come to the rescue. On Tuesday and Wednesday, moodiness might get the better of you if you're not careful. Make sure you keep a lid on any overly intense emotions (especially jealousy and possessiveness).

## Gemini (May 21–June 21)

WEEK OF FEB 8, 2021: Follow-through is overrated as this week begins. You've got so much energy and creativity on Monday that you need to devote yourself to starting projects and initiating action. Let somebody else sort out the details later

## Cancer (June 22–July 22)

WEEK OF FEB 8, 2021: The start of your week might not go quite as smoothly as you'd like. Watch for conflict on Monday (especially at home) and use your natural empathy to help keep the peace. On Tuesday and Wednesday, expect an emotional storm front to roll in. While flaring passions can be a good thing, you'll have a tough time making decisions (and, of course, sticking with them).

## Leo (July 23–August 22)

WEEK OF FEB 8, 2021: People will be falling all over themselves to agree with you as the week begins. You've got the charm (and the energy) on Monday to start a mass movement -- or even just get a small but important project started. On Tuesday and Wednesday, look beneath the surface. You can trust your intuition to uncover other's true motivations.

## Virgo (August 23–September 22)

WEEK OF FEB 8, 2021: Expect an unusual surge of impulsiveness as the week begins. You'll want to splash out extravagantly on Monday -- but don't be surprised if you can't decide exactly how or when. On Tuesday and Wednesday, give your curiosity free rein. That intellectual inquisitiveness can help you learn a lot from others right now.

## Libra (September 23–October 23)

WEEK OF FEB 8, 2021: Every week should begin like this! You're full of confidence and charm on Monday and people just can't get enough of you. Flirt with abandon. On Tuesday and Wednesday, expect to feel some unusual stinginess. But you can put that financial focus to good use -- take time out to reassess your long-term plans and budgets.

## Scorpio (October 24–November 21)

WEEK OF FEB 8, 2021: Don't hesitate to kick around ideas as the week begins. You'll find that you're exceptionally philosophical and insightful on Monday, which is the perfect match for your introverted, introspective mood.

 **Sagittarius** (November 22–December 21)

WEEK OF FEB 8, 2021: You must be doing something right, because everybody loves you as the week begins. Make your desires known on Monday and don't be surprised if others help you see those wishes fulfilled. On Tuesday and Wednesday, your usual easygoing nature might give way to moodiness if you're not careful. Slow down and be patient with yourself, even if that means taking time out for quiet introspection

 **Capricorn** (December 22–January 19)

WEEK OF FEB 8, 2021: Get something started as the week begins! You're full of initiative and energy on Monday, so it's a perfect time to kick off a new project. On Tuesday and Wednesday, you'll have an unusual mastery of the details. Use this super-powered perspective to organize your priorities and lay out ambitious plans.

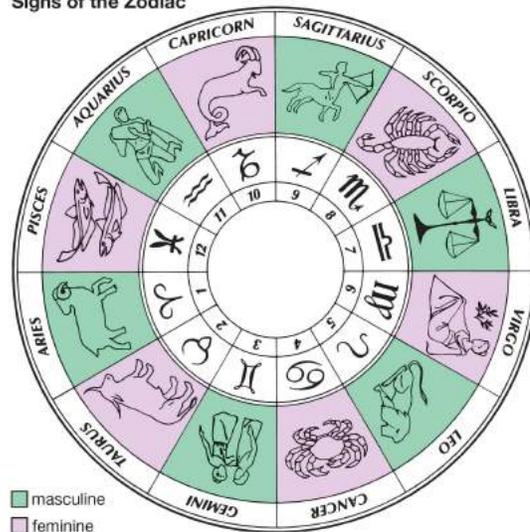
 **Aquarius** (January 20–February 18)

WEEK OF FEB 8, 2021: Try something new as your week begins. Your intellectual curiosity and natural friendliness should lead you to new people -- and new experiences -- on Monday. On Tuesday and Wednesday, expect to shift into lower gear, both emotionally and mentally. You might need some time to yourself right now to sort out your long-term goals and ambitions

 **Pisces** (February 19–March 20)

WEEK OF FEB 8, 2021: Watch out for problems in a partnership as the week begins. You need to keep an eye out for conflicting details and demands on Monday -- you're the one who has to strike the balance. On Tuesday and Wednesday, don't hesitate to stand up for yourself, especially in legal and financial matters.

Signs of the Zodiac



# Let's get Physical

Take this time as an opportunity to get your physical health in check

## Physical health and how to maintain it

### What is physical health?

Physical health is the well-being of the body and the proper functioning of the body to maintain optimal health, which is a normal condition for individuals of both physical and mental condition who are not suffering from any form of sickness. Physical health is correlated with mental health because good physical health leaves a better personal feeling in the long term.

### 5 Benefits of Regular Physical Activity:

#### 1. Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all.

#### 2. Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. Regular exercise helps prevent or manage many health problems and concerns, including: high blood pressure, type 2 diabetes, depression, anxiety and many types of cancers.

#### 3. Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

#### 4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

**5. Exercise promotes better sleep** Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

By: Jessica Hogg



## Healthy Eating - Keto Diet:

You can maintain your physical health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. And the types of food contains fruits, vegetables, whole grains, dairy, and a source of protein. Balanced nutrition is really good for your health. A keto diet is an eating plan that focuses on foods that provide a lot of healthful fats, adequate amounts of protein, and very few carbohydrates. The goal is to get more calories from fat than from carbs. The diet works by depleting the body of its sugar reserves. As a result, it will start to break down fat for energy. This results in the production of molecules called ketones that the body uses for fuel. When the body burns fats, it can also lead to weight loss. Here is an example of a day of keto diet based meals for breakfast lunch and dinner:



By: Jessica Hogg

### BREAKFAST: THE “NO EGG” BREAKFAST

- 30g sugar free sausage
- 0.24 litres of bell pepper (roasted in 1 tbsp olive oil)
- 30g pepper jack cheese

### LUNCH: BLT SALAD WRAP

- 3 large leaves of sliced romaine lettuce
- 6 pieces of bacon
- 55g of grilled chicken
- 5 small cherry tomatoes
- 30g of monterey jack cheese
- 2 tbsp mayonnaise



### DINNER: PORK CHOP WITH MUSHROOM SAUCE AND STEAMED ASPARAGUS

- 110g pork chops
- ½ tbsp olive oil
- 90g mushrooms
- 1 tbsp butter
- 1 tbsp minced garlic
- 1 pinch of ground thyme spice
- 3tbsp heavy whipping cream
- 175g steamed asparagus.



# Sleep

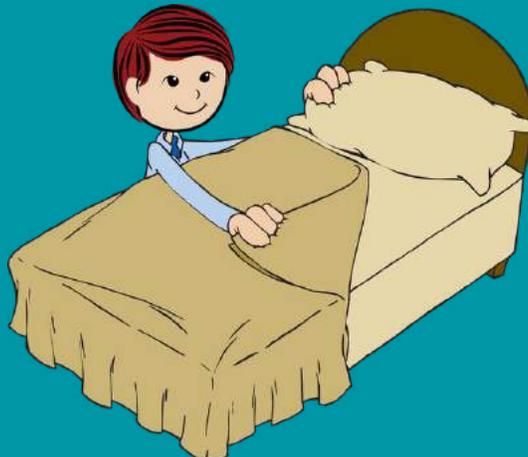
Do you know not getting enough sleep is linked to fat? Lack of sleep is one of the largest risk factors in obesity. In a short study on sleep duration, researchers found that adults not getting enough sleep were 55% more likely to be obese worse than that, children were actually 89% more likely to be obese not getting enough sleep.



Besides this, lack of good sleep can lead to excessive daytime sleepiness, tiredness, poor memory, anxiety, and depression.

So getting enough good quality sleep is crucial for all. How much sleep you need also varies from person to person but the following picture provides you a general guide.

<b>AGE</b>	<b>RECOMMENDED AMOUNT OF SLEEP</b>
Infants aged 4–12 months	12–16 hours a day (including naps)
Children aged 1–2 years	11–14 hours a day (including naps)
Children aged 3–5 years	10–13 hours a day (including naps)
Children aged 6–13 years	9–11 hours a day
Teens aged 14–18 years	8–10 hours a day
Adults aged 18–64 years	7–9 hours a day
Adults aged 65+ years	7–8 hours a day



**By: Jessica Hogg**

# Weekly Horoscope

It's written in the stars...

## Aries (March 21–April 19)

WEEK OF FEB 15, 2021: As you near the finish line on Monday, thrust your neck forward so that you're ahead when the picture snaps. Whatever it takes. That's your motto. Spend Tuesday basking in the sweet glow of success. The risks you assume in any situation -- work, romantic, whatever -- are totally worth it in the end.

## Taurus (April 20–May 20)

WEEK OF FEB 15, 2021: It's funny: The way you stand says a lot about how you're feeling. You're standing tall on Monday, feeling grounded, steady and particularly connected to the earth. This is a good place to be in.

## Gemini (May 21–June 21)

WEEK OF FEB 15, 2021: Monday is a tough day -- as Mondays so often are -- but that changes quickly. Many of the questions swimming around in your head as the week gets going are answered by Tuesday or Wednesday. An intellectual conversation on one of those days sets you thinking in a radically new way about a subject you've long considered yourself an expert in. Ideas... Exciting!

## Cancer (June 22–July 22)

WEEK OF FEB 15, 2021: The Monday blahs have a hold on you at the start of the week. If you don't feel like going out, well, find a way to stay indoors. You have a million projects to occupy yourself with -- the last thing you need to grapple with right now is, you know, other people.

## Leo (July 23–August 22)

WEEK OF FEB 15, 2021: Making a good impression is a key concern of yours on Monday, but so is not coming across as arrogant. It's a delicate balance. One way to strike that balance is to avail yourself to someone else. Help a friend out. Force your ego to the sidelines for as long as you can, because by Wednesday it may explode to the fore. Ego clashes aren't pretty, so do what you can to avoid them. Be patient

## Virgo (August 23–September 22)

WEEK OF FEB 15, 2021: A lovely weekend leads to a romantic Monday. If you're single, that might change. You may even meet someone through work. The fun you have on Monday leads to a desire to organize your life on Tuesday -- while you're enjoying yourself, you want to have a clean house! Notice the way your routine changes subtly when you're in good spirits, as you will be on Wednesday.

## Libra (September 23–October 23)

WEEK OF FEB 15, 2021: There are limits to what you'll be able to accomplish on Monday, as a sentimental mood has you feeling oddly unbalanced. But by Tuesday, this weirdness dissolves in a headlong rush of romance and goodwill. On Wednesday, you understand the people around you better than you have in a while, and Thursday has you so busy, the hours fly by.

## Scorpio (October 24–November 21)

WEEK OF FEB 15, 2021: Normally you're a rather sensitive being, but Monday has you thinking like a CEO. You're all business, and determination and shrewdness define the day. Sign the dotted line. Get this project going. If only you could get projects underway so easily at home on Tuesday and Wednesday. You have the urge to rip part of the roof off and install a skylight, but someone else thinks a skylight is a bad idea... et cetera.

♐ Sagittarius (November 22–December 21)

WEEK OF FEB 15, 2021: The way you look at things is startling and unique. And the way you communicate on Monday is startling as well... and plenty direct! Tuesday and Wednesday, perfect strangers are carrying on fascinating conversations with you wherever you go. Actually, you're carrying the conversations, but who's keeping score -- you just have a talent for these things

♑ Capricorn (December 22–January 19)

WEEK OF FEB 15, 2021: The week begins on a great note. Your plans are working, and everyone you see smiles big in response to your own huge grin. You're rather impressive these days! Financial issues may affect your mood slightly midweek -- it's not that you don't have cash, it's just that you're indecisive about what to do with it

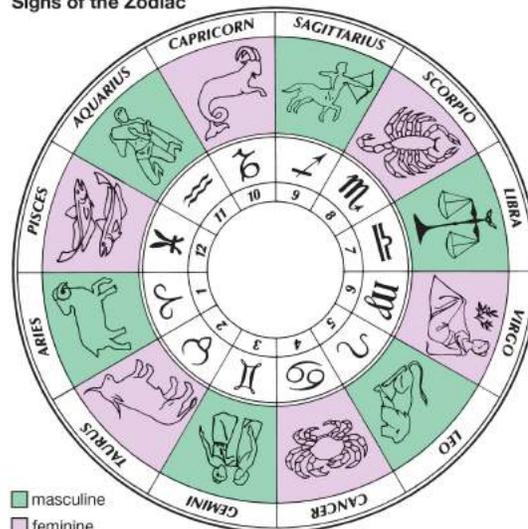
♒ Aquarius (January 20–February 18)

WEEK OF FEB 15, 2021: Monday is one of those days when you have to trick yourself into staying on task. Reward yourself throughout the day for your discipline. At the end of the workday, you may return home tired, but that's only because your body is gearing up to glow extra brightly on Tuesday and Wednesday. You spend the middle of the week inspiring your friends and instigating exciting changes, all while spending as little as possible.

♓ Pisces (February 19–March 20)

WEEK OF FEB 15, 2021: A friend in a high place pulls strings for you at the beginning of the week, and you can't believe your luck. Life is good. But you feel a bit like the star of a movie that doesn't have a director. In the absence of strong leadership, then, turn your efforts toward helping others midweek -- it will be totally rewarding.

Signs of the Zodiac



# Don't forget to take care of your mind



*as well as your body!*

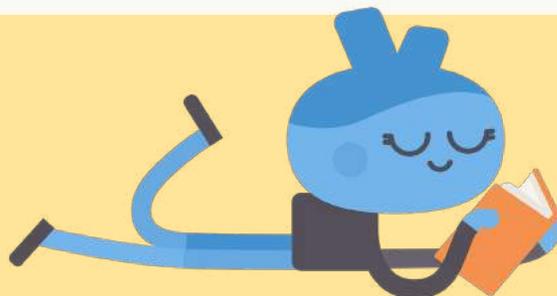


## How to stay positive in lockdown.

Do you often find yourself feeling blue, as though a dull shadow is hanging over you? It may feel as though each day is mimicking the last, like you are trapped in the movie 'Groundhog day'.

With all the disturbance and chaos around the world right now, now may not seem like the right time to talk about being positive. However, every cloud has a silver lining, right? So we must work to find that silver lining. Now more than ever. Positive energy lives all around you, in the air that you breathe, in every person you pass and in yourself and once you start to see this, all the negativity covid has brought upon the world will begin to disappear, out of focus as we draw our attention to the positive aspects of life. There are many steps you can take to find this positivity during lockdown, and I will guide you through them. Start by adjusting your mindset, changing the way you interpret the word "lockdown", it is a scary word, associated with prisons and feeling trapped with no control. Breathe. Calm down, and realise that *you* are in control. The easiest way to regain that feeling of freedom and control is simply forming a daily routine. Wake up early, giving yourself a refreshing feeling while adding on hours to your day, using this time to be productive, perhaps taking up a new hobby. You may wish to follow your school time table, ensuring that you get your work done. Maybe take a daily walk, after school hours. Lastly it is important to be flexible in your daily routine, leaving time to relax the mind and take care of yourself. Hopefully you follow this advice, making a vastly positive impact on your lockdown experience.

**By: Rachel Stewart**



# Practicing mindfulness

What does it mean to be peaceful? By definition; free from disturbance; tranquil. But what does it mean to *you*?

As a student, balancing your social life, a job, school work, physical health and more can become overwhelming. You can quickly feel trapped beneath this heavy load, that is why it is important to take time out of your day, 5 or 10 minutes, to find your inner peace. And we can do this through the act of meditation.

Meditation dates back to as early as 5,000 BCE and is a practice in which you clear the mind and focus your thoughts through a series of techniques-the most common being breathing exercises. In 2011, a team of scientific researchers found that meditating often actually has a physical impact on the brain. How strange! The area of the brain that is responsible for creativity and learning was proven to physically increase in size while the area that controls negative thoughts of stress, anxiety and depression decreased in size. After a few weeks of mindful practice you will see vast changes in your behaviour, mindset and how you interact with others. Feelings of happiness and gratitude will begin to guide you as you become more accepting and kind towards others. So take the time to nourish your mind, diving into a state of relaxation and watch as your life unfolds with ease.

To get started I recommend the series 'Headspace: a guide to meditation' on netflix.

**By: Rachel Stewart**



# *Mental illness: You are not alone*

**By: Rachel Stewart**

Mental illnesses are nothing to be ashamed of, in fact they are much more common than you might think. It is important to remember that you are not alone, although you may feel like no one understands but, in reality, there are millions of others out there feeling the same as you do. That is not to belittle how you feel by any means, but just to give you a wider perspective. Instead of looking inwards, judging this feeling of helplessness, shift your view towards the world. Towards everyone suffering, exactly like you. This may give you a sense of security in knowing that there are people that feel the same and together, everyone can grow stronger. Happier. Healthier. Now let's put that all into perspective, looking at the facts. The most common mental disorder, according to [mentalhealth.org.uk](http://mentalhealth.org.uk), is a mix of depression and anxiety, with 7.8% of people meeting criteria for diagnosis. As well as this, 4-10% of all people in England will experience depression in their lifetime.

I encourage you to take some time, bringing these statistics to life, as you read about Dan's battle with depression.

## **Dan's Story:**

My story? Well, I only realised that I had symptoms of clinical depression recently. And probably that I've had it a lot longer than I thought. I was always of the belief that depression was a result of a traumatic event, a loss, stress, unhappiness at home, being bullied, those types of things. But it turns out you can just have bad brain chemistry. My brain just doesn't produce enough serotonin. It dawned on me that I no longer enjoyed the things I used to love. I couldn't remember the last time I laughed. And I mean the belly-cramping, nose-snorting kind. Reading, drawing, playing games, and going for walks didn't make me feel the way they used to. It was starting to affect my work, and I showed little interest or put any effort into my relationship of 9 years. This was the person that I had spent 3 and a half years travelling the world with. The person who I had bought my first home with. We were doggy parents to a beautiful German Pointer puppy now, and I showed no interest or enthusiasm for making lasting memories or a lovely home together. I just existed. Going through the motions day after day until oblivion. Even though I was always there, she must have felt so alone.

That's not living, that's wasting time.

-Dan

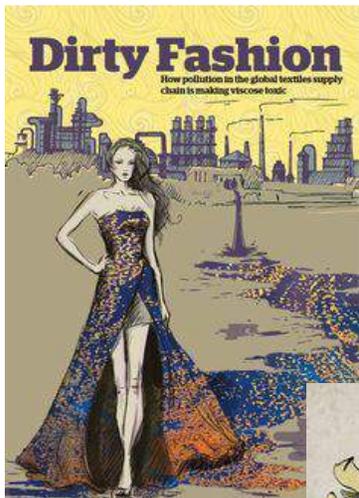
# Fast Fashion-This Hidden Killer-

The fashion industry has made a drastic transition in recent years to a new industry model known as fast fashion. Fast fashion is a business model that uses inexpensive materials and labor to rapidly turn out clothing collections and can be described as cheap, fashionable clothing that samples ideas from fashion shows and/or celebrity culture and converts them into online and almost overnight clothing available in stores. It also represents the increasing demand of customers inside retail for speed and value. It means that customers can get their hands on a continuous cycle of trend-led clothes, all year round, instead of waiting for new seasonal collections.



## Impact of fast fashion on the environment and people

The second most polluting industry on Earth, right behind oil, is fashion, a \$2.5 trillion industry. The pressure to decrease costs and speed up manufacturing time means that, in the name of profit, environmental corners are cut. The negative effect of Fast Fashion involves the use of inexpensive, toxic textile dyes, with the fashion industry the world's second largest clean water polluter after agriculture. Every second, the equivalent of an entire garbage truck of textiles is sent to landfill or burned, and The Copenhagen Fashion Summit reported that fashion is responsible for 92 million tons of solid waste dumped in landfills each year. Fast fashion emits 1.2 billion tons of CO2 per year, more than air travel and shipping combined. Fast fashion produces 20% of global wastewater, contaminating rivers, oceans, drinking water and soil. 60% of clothes are made of synthetic materials derived from petrochemicals. In addition to pollution, fast fashion companies also exploit their overseas workers to maximize profits. Fast fashion is bad for workers, especially young and underage women. These women work long hours with minimal pay and they work in unsafe working conditions.



## Are you wearing fast fashion?

Popular high street brands such ZARA, Primark, H&M, Boohoo, Misguided and many others are contributing to the environmental and societal destruction caused by fashion. Even when you think spending more money means less harm has been done, that is a huge misconception. Your favourite pair of Levi jeans need 10,000L of water, that's enough water to hose your lawn for 9hrs straight. Zara alone churns out roughly 840 million garments every year for its 6,000 stores worldwide, often at sub-poverty wages for its workers. Once-thriving rivers in China, India, Bangladesh, wrecked by wastewater effluent from factories, have transformed into biologically dead zones replete with cancer-causing chemicals.

## Where to shop and how to help

When buying clothes you have to ask yourself where did these clothes come from? Am I contributing to a large corporation that doesn't care about the environment or their workers? These are the first steps to stopping fast fashion in its tracks. Just because you are no longer buying fast fashion doesn't mean you have to deprive yourself of clothes. Shop in charity shops, vintage shops and take part in clothes swaps. The idea of wearing second-hand clothes can take a while to come round to. Second-hand shops are significantly more budget friendly than buying new. Get to know a conveniently located charity shop, purchase some great items and give back the mistakes you will inevitably buy because they seemed like a bargain at the time. Shop at an ethical online store. Some stores claim to be “eco



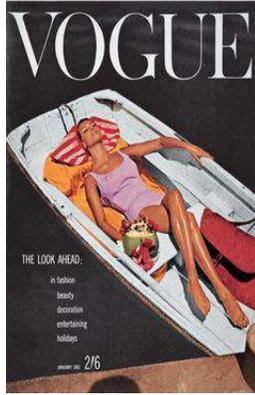
friendly” and “sustainable” but this can sometimes be false and misleading, ethical online stores such as EcoRoots, Earth Heroes, Made Trade and Accompany are a few online ethical stores. Other ways to avoid fast fashion is to buy less but buy better. The UN considers fashion to be the second most polluting industry in the world. Rather than buying three tops for £15 each, consider buying one for £45 and get more use out of it. Ethical fashion often does cost more; this reflects the true cost of using materials that are less damaging to the planet, made in factories that are safe to work in, have better eco-credentials and pay fairer wages to their employees. But, it doesn't have to cost a crazy amount more, see Another way to avoid fast fashion is to take the 30-wear pledge. Emma Watson and Livia Firth both endorse the 30-wear promise. Before you buy something, ask yourself: “Will I wear it a minimum of 30 times?” You may be surprised at how often the answer is no. But, if the answer is yes, buy it and enjoy it!



# 100 Years of

## Womens Fashion

Fashion is constantly changing and us with it. If it is a change in social values, politics, culture, or technology, the present moment in history has always been indicated by fashion. So how does fashion define us then and now.



### 1940's

With World War II dominating the first half of the 1940s, fashion stalled. During the war, both men and women were frequently seen in their uniforms and, if they were not, their types of dress were influenced by rationing and useful clothing. After the war, Christian Dior launched the New Look in Paris, returning women's fashion to an overtly feminine silhouette. 1940s fashion accessories such as hats, gloves, handbags, and jewelry completed an outfit, while natural makeup with bright red lips painted a happy face during difficult times.



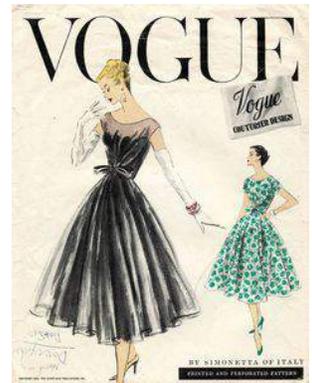
### 1920's

Twenties fashion is often remembered for its glitz and glamour, though underlying this was a move toward simplicity in dress. By the beginning of the 1920s, following the First World War, the world was already reeling. For a night in the town, the iconic flapper dress, sleeveless, knee-length, and often beaded, embroidered, or sequined, was a more flamboyant choice, particularly for those who lived the Lost Generation's lifestyle.



### 1950's

Women's fashions of the 1950s reflected a complicated mix of conservatism and glamour "a girl next door" freshness as well as alluring femininity. Women who had lived through the privations of the Great Depression and World War II were now able to afford new styles and embraced them all, from the elegance of grand, sweeping skirts to shorts and trousers. Despite the mature, conservative look of major designers, a new feeling for casual attire crept onto the scene, as women increasingly began to wear pants, shorts, sportswear, and shoulder-revealing sundresses.



### 1930's

Women's fashion seamlessly developed into the feminine silhouette of the early thirties from the boyish look of the previous decade. Hemlines descended down to ankle length with the stock market crash in 1929 and with the opening of the new decade, and waistlines went back to their natural position. Daywear returned to romanticism and femininity as eveningwear became dominated by the body-skimming silhouette. They had waists that were well defined and they dropped between the mid-calf and just above the ankle.



### 1960's

Fashion in the 1960s became progressively more casual. Womenswear followed three broad trends: a continuation of the previous decade's ladylike elegance, the youthful styles of Mary Quant and the Space Age influence, and the late 1960s "hippie" style. Innovative designers and more informal modes of shopping drew a dividing line between the generations, creating a new market for youth fashion. Our collection tracks the different aspects of this fast-accelerating style revolution, with striking pieces from many of the decade's most influential designers.



# 1970's

As the Swinging Sixties turned into the 1970s, the influence of boutique stores and diffusion lines made ready-to-wear clothing increasingly accessible. This meant a focus on handmade fabrics and decorations in the early 1970s. While daywear looked back to the past, evening wear was totally new. Although it may have been called the "Polyester Decade," the dance floor was dominated by satin, sequins and velvet. Women's evening wear became increasingly glamorous as the disco became increasingly common.



# 2000S

Many clothing trends in the 2000s were born out of globalization, the rise of fast fashion, and celebrities' growing influence as style icons. As with all decades, looks and trends varied as the '00s went on, so if you're tasked with putting an outfit together, don't assume your tracksuit straight from 2001 will work for every occasion. The 2000s were also home to trends that hit big and burnt out fast. In the early 2000s, technology and Y2K had a major influence on fashion



# 1980's

In the 1980s, bigger meant better across the board in fashion. Clothes were used to define personalities and make big statements. Except that a lot of lace was used in the 80's and now lace is mostly for lingerie, the fabrics used in the 80's were not much different from the fabrics used today. All clothing was mass-produced, but the consumer would most frequently make changes to their clothing to make it as quirky as desired.



# 2010'S

Hipster fashion, athleisure, a resurgence of austerity-era pieces and alternative fashions, swag-inspired outfits, unisex elements of style influenced by grunge and skater fashions in the early 1990s were established in the 2010s. Many of these styles have carried on into the next decade. The later years of the decade witnessed the growing importance of social media influencers paying to promote fast fashion brands on Instagram in the western world.



# 1990's

In our collective wardrobes, a clash of trends screamed for our attention, while others were so subtly chic that they are still sartorial staples: slip dresses, Doc Martens, chokers, crop tops. Though padded shoulders, puffed shirts, big hair and an obsession with designer wear were all about volume in the 1980s, style was distinctly low maintenance in the early 1990s. Barely-there silk skirts, replacing the frills of the '80s for minimalist comfort, spaghetti straps kept up. By the middle of the decade, however, glamazons had given way to a more relatable type of beauty.



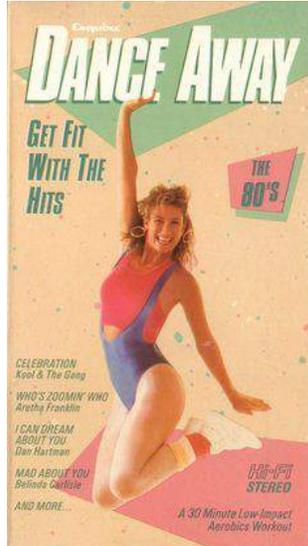
# 2020'S

More sustainable and ethical clothing chains have arised as well as an increase in popularity of thrift shopping. More people are becoming more conscious about where their clothes are coming from and the impact it has caused compared to other years where fast fashion was a huge environmental destructor. Mom jeans from the 80's, slip dresses and plaid skirts from the 90's, and shiny black tones and reflective metallics filled the color palette from the 2000's. 2020 has given more freedom for your own form of fashion expression.



# Does diet and exercise really affect your mental health?

In many ways, the mind and the body are linked, so it makes sense that how we handle our bodies can have an effect on our mental health. What is a diet like for you? " and "How much do you exercise? " These are common questions in a therapy session and if your mental health isn't perfect, the answer to these questions could be the root of your struggle. Essential mental health habits are eating well and exercising. So, what does leading a healthy lifestyle mean, and how can it affect your mental health? Health experts inform us that it can make all the difference to eat healthy meals and exercise a few days a week.



## So what are the benefits?

What you eat will make a big difference when it comes to mental health. Research shows that your mental health is protected by a diet rich in foods such as berries, vegetables and seeds. Making healthy food choices will boost your fitness and physical and mental wellbeing. Exercise improves mental health by lowering anxiety, depression, and depressive mood, and improving self-esteem and cognitive function, exercise improves mental health. Symptoms such as low self-esteem and social isolation have also been shown to be alleviated by exercise. Your body releases chemicals called endorphins when you exercise. These endorphins interact with the receptors that decrease the pain perception in your brain. Similar to opioids, endorphins also induce a positive sensation in the body.



## So what to do

To improve your diet you could plan ahead, stop skipping meals and include plenty of fruit and veg in your diet. This can be done by trying to make some extra meals to store. You could make enough to last for several days, and freeze them in portions to use at times when you don't feel like cooking. Eating balanced meals a day helps to keep your energy levels steady. Fruit and vegetables are a great source of vitamins and minerals. Add dark green and orange fruit and vegetables to your shopping. Include things like beans and lentils. If you are struggling to find the motivation to exercise, reach out to a friend or family member to exercise with so they can offer support or join a sports club/ gym where you can seek professional advice and guidance inturn improving your overall health and wellbeing

