

This week felt like one of the more important shows I've done so far, as I chose to speak about a very serious topic. The whole week I prepared for my show, where I talked about mental health and how one can control stress in their everyday life. As a student-athlete and a young adult living away from home, there are many times I experience stress and other mental health issues that have the potential to affect me in drastic ways. I know many people feel this way for different reasons, so I thought it'd be important to speak about coping mechanisms and tools that could help relieve stress.

This week, I had to change my show day to Tuesday because I had a softball game on my usual Thursday. I began my show by giving my audience a recap of my week, as usual, and introducing the topic of mental health. I spoke about how the issue resonates with me and how others can gain impactful information from what I would discuss on air. I also made it a point to let my audience know that many of the things I was talking about on the show were things I've experienced and research I found on the internet. I then talked about examples of what could create stress or mental health issues in a person's life. I mentioned things like loneliness, time management, tasks and performance in the workplace, or even people we're surrounded by could affect how we feel daily.

"Anything that makes you happy or relaxed can get your mind off what's making you struggle so much." I started with this sentence when switching over to speak about coping mechanisms and tools that could help those escape their mental health issues. Family, friends, the gym, entertaining yourself with tv or movies, music, sports, and just leaving time for rest (for example, naps) are temporary factors that can incorporate into

a healthy mind and healthy life. These are things I have found helped me and something I believe could help others.

After this, I started speaking about the research that I did on this particular topic. *Nemours TeensHealth* provided readers with ways to deal with stress. They mention the usual tools like deep breathing, but in my discussion, I wanted to get deeper. The three tools I focused on were mindfulness, going to happy places, and visualizing success. When speaking about these tools, I gave examples of how I have seen them take effect in my life so my audience could know that it works, encouraging them to try them for themselves. When talking about mindfulness, I mentioned that they should focus on the present instead of worrying about the future or the past. When going to happy places, it is good to picture yourself in a peaceful place or event, taking the stress away from the body. Visualizing success was one of my favorite ones to speak about, as I had many examples of how it has worked in my life when I am in a stressful situation—generally using your thoughts, feelings, and beliefs to bring success to your physical reality. Lastly, regarding my weekly segment of a Throwback Thursday song, I played one of my favorites, “Yellow” by Coldplay. This week, that was the only song I chose to play, which forced me to focus more on speaking and maintaining insightful content throughout the duration of my show. It was the perfect song to play as it was an encouraging but mellow song that has helped me calm down in times of stress.

Overall, it was a productive week as a Warrior Radio intern and at Lynette Out Loud (LOL). I covered very important topics this week that had the ability to help anyone who was listening to my show. It was a change of pace compared to the past times I’ve

been on the air, but I learned a lot about how to speak on a serious matter and how to arrange my points best to make the overall message much more effective.