

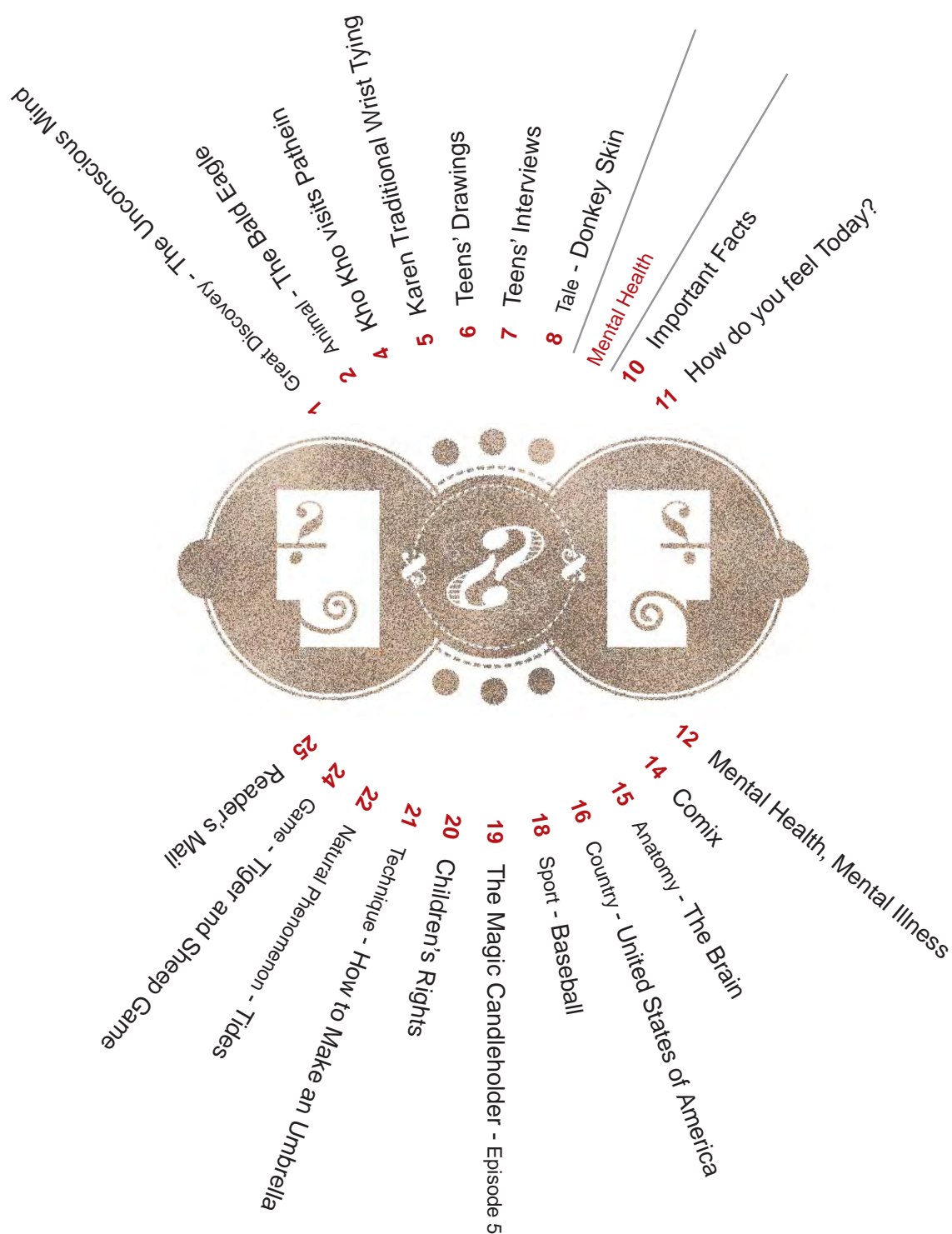
HEALTH

Junior
messenger

5

စိတ်ကျန်းမာရေး
MENTAL HEALTH

June 2006



Editorial

Did you know that in North America, Europe, and increasingly around the world, mental illness is the main cause of disability? In the United States, serious mental illness affects three to five million children, from age five to seventeen!

Mental Health is an important and fascinating subject. In this issue of HM Junior, we will focus on mental health: how to deal with mental health prob-

lems, how you can help others, and how the human brain works.

This month, we'll travel to the United States, where we'll discover a treasure of wonders. Hurry to p.16 to read about this huge country! Come discover its bald eagles, its love of baseball, and the complexities of its oceans. Enjoy your trip!

HM team.

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The Unconscious Mind

Have you ever wondered why you behave in a certain way? How is it that you dream, you fall in love, you have creative ideas?

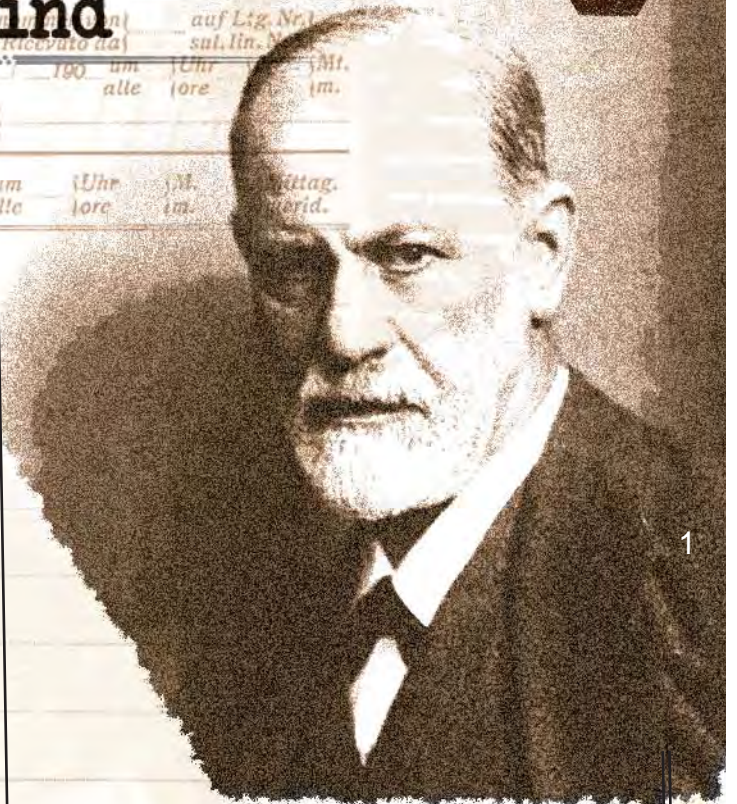
Sigmund Freud - a famous Austrian Doctor (1856-1939) - is the originator of Psychoanalysis. This could be defined as a technique for exploring the human mental processes. Freud believed that we are not entirely aware of what we think, and often act for reasons that have little to do with our conscious thoughts.

Freud observed that the mind was not a homogeneous thing. According to his theory, the **conscious mind** is what we are aware of at any particular moment (our present perceptions, memories, thoughts, feelings...).

The **preconscious** is anything that can easily be made conscious: the memories we are not currently thinking about, but can quickly bring to mind.

And the **unconscious** would include all the things that our minds cannot easily access, or that we are not aware of, such as our drives, instincts, or memories associated with traumatizing experiences.

For Freud, human behaviours find their origin in the unconscious. This is an important source of our motivations, whether they are simple needs for food, sex, or artistic creation. This is where our mind hides desires that we cannot bear to admit to ourselves.



ခေါင်းနှုတ်အမြီးဖြူလှောင်ယုန်ငှက် **THE BALD EAGLE**

Free as a Bird

There are four main types of eagles, but the most well known is the American Bald Eagle, a sea eagle. If you look on the back of an American 25 cent coin, you will see a bald eagle, the symbol of America. The bald eagle represents freedom and is the only eagle that is unique to North America. These are very large birds that, because of their size, do not have to worry about threats from other birds.

Eagles Everywhere

Wherever you find a large body of water such as a river, lake or seacoast, there is a chance you will spot a bald eagle. Although they live in all American states, their natural homes are on the east and west coasts, where there are lots of fish. Sometimes, in order to find food more easily, they migrate to warmer areas in the winter and cooler areas in the summer.

Birds of Prey

Besides fish, an eagle will also eat small animals, such as ducks, turtles, rabbits and snakes. This is why they are called "birds of prey". However, unlike most birds, bald eagles do not have to eat every day.





Eyes and Wings

It is easy for a bald eagle to catch its food for two reasons. First, they have excellent eyesight. They can see fish in the water from more than 100 feet in the air, even while they are flying. They also have long, wide wings, making them very good at soaring and gliding. When an eagle spots its prey in the water, it gracefully approaches the surface of the water. Then, it quickly snatches the fish from the water with its strong feet, called talons. Their wings also allow them to fly higher than 3000m, and to glide for hours, using only the wind currents to keep them in the air.

Romantic Birds

Eagles make huge nests at the tops of tall trees. Even if they migrate for the season, they will return to the same nest year after year. Sometimes, the nest can be 3m wide and weigh 400kg, which is as heavy as a car! Throughout their lives, bald eagles will have only one mate. Only if their mate dies will they find another. So if you see an eagle soaring freely, high in the sky, they may be going home to their loved one.



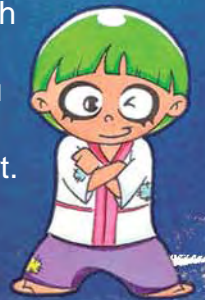
Kho Kho visits Patheingyi နီနီ.ကုန်းကြီးမြို့နယ်သို့ခရီးသွား

After a week at Ngapali beach, our Pigeon Kho Kho decides to set off again and go to Patheingyi. Once he arrives, he's not at all disappointed. Our dynamic pigeon visits wonderful places, takes many photos, and writes a postcard to his friend living in Maela camp.

"Hi, Po Kwa Doh. So nice to be in Patheingyi, the fourth largest city of Myanmar, in the south of Ayeyarwady division, where so much rice is produced! A guide had advised me to reach this export city by car, ship, or even plane, but I preferred to fly by myself with a flap of wings.

In Patheingyi, people are kind and brave. Most of them earn a living by agriculture. Like them, I travel by bicycle and have great fun riding around the city: the Myoma market, the Mawtinson and Shwemawdaw pagodas, and the Yekyi Yenauk lake are fantastic! I also went to Chaungtha and Ngwe Saung beaches. Not far at all. It would have been a pity not to enjoy them.

Oh, guess what? Patheingyi is very well known for producing the 'Patheingyi Hti', a unique parasol in Asia, made with bamboo, wood and silk. I'll be sure to bring you one! I wish you could also taste the famous, traditional 'Patheingyi Halawar' dessert. Maybe I can try to cook one for you, when I'm back in Maela! Bye Bye!"



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photography : Thibault Geenen

Karen Traditional Wrist Tying Ceremony

ကရင်ရိုးရချည်ဖြူဖွဲ့မင်္ဂလာပွဲတော်

During August's full moon, Karen people prepare for an important event: the wrist tying ceremony. In the Karen language, this ceremony is called *lah ku kee su*, and is organized once a year. Dressed in full traditional costume, participants bubble with excitement. Young people are ready to receive their blessings from the elders.

The ceremony is led by an elderly couple, a husband and wife, who have spent their entire married life together. This day is meant to ensure that families live together in a perfect union. Parents will pray for their children to have a healthy and fortunate life. They will call upon the spirits of the children to stay with their parents, grandparents and relatives. After that, the senior

couple will tie the white cotton threads around the wrists of the young children, praying for them to behave well and preserve Karen culture.

Seven materials are used during the ceremony:

1 glass of cold water, to clean the body and mind.

3 white threads, for good luck and protection from misfortune.

7 rice balls, for unity.

7 lumps of sticky rice, represent solidarity.

7 boiled bananas, for loyalty.

7 branches of flowers, symbolizing the ability to settle and grow anywhere.

7 pieces of sugarcane, symbolizing moral values.

Teens' Drawings

ယူငယ်လေး: ဆွဲရဲ့ ပန်း



Poe Nee Ni

12 yrs

Grade 3

Hsa Thoo Lei Learning Center



Saw Poe Kwa Lay

15 yrs

Grade 8

Hsa Thoo Lei Learning Center

Saw Peace

13 yrs

Grade 4

Mae Toa High School



Saw Sa Ma

14 yrs

Grade 5

Hsa Thoo Lei Learning Center



► Saw Yang Aung

14 yrs

Grade 6, Hsa Thoo Lei Learning Centre

How can you help people with mental health problems?

We can help people with mental health problems in many ways. We can share our time and talk with them, listen to their problems, give them advice, encourage them not to give up life, and give them a hand when necessary.

► Naw Moo Christ Paw

16 yrs

Grade 8, Hsa Thoo Lei Learning Centre

What do you think about mental health?

Mental health is important to everyone. If you have a mental health problem, you cannot be really happy. Because your thinking is different from others, it can be difficult to deal with people. Also, you can't concentrate on your study or work, and finally problems may arise in your family or community. When you have good mental health, your life is easier and you can achieve all you want to do.



TEENS' INTERVIEWS



လူငယ်စကားများနှင့်ဆွေ့ဆုံခြင်း

► Naw Mu Wah

16 yrs

Grade 8, Hsa Thoo Lei Learning Centre

What is the impact of mental health on a person's life?

It can affect a person's life in a positive or negative way. If you're mentally healthy, in a good mood, and have energy, then things happen. Concentration in study and work allows you to achieve your goals. But when you have mental health problems, you get really worried and discouraged. As you are mentally sick, you don't have enough energy to make things happen. It can also affect the people around you.

► Saw Pho Kwa Lay

15 yrs

Grade 8, Hsa Thoo Lei Learning Centre

What are the causes of mental health problems?

There are many factors. It can be insults coming from others, a lack of love in your family, people ignoring you, or too many difficulties in life, like poverty. If someone is frequently the target of bad words or gossip, he or she will think about it again and again, and maybe in the end will have difficulties with normal activities, like sleeping or eating. As the person won't be happy, she will not communicate with others anymore... and will be seen as a person with a mental problem.

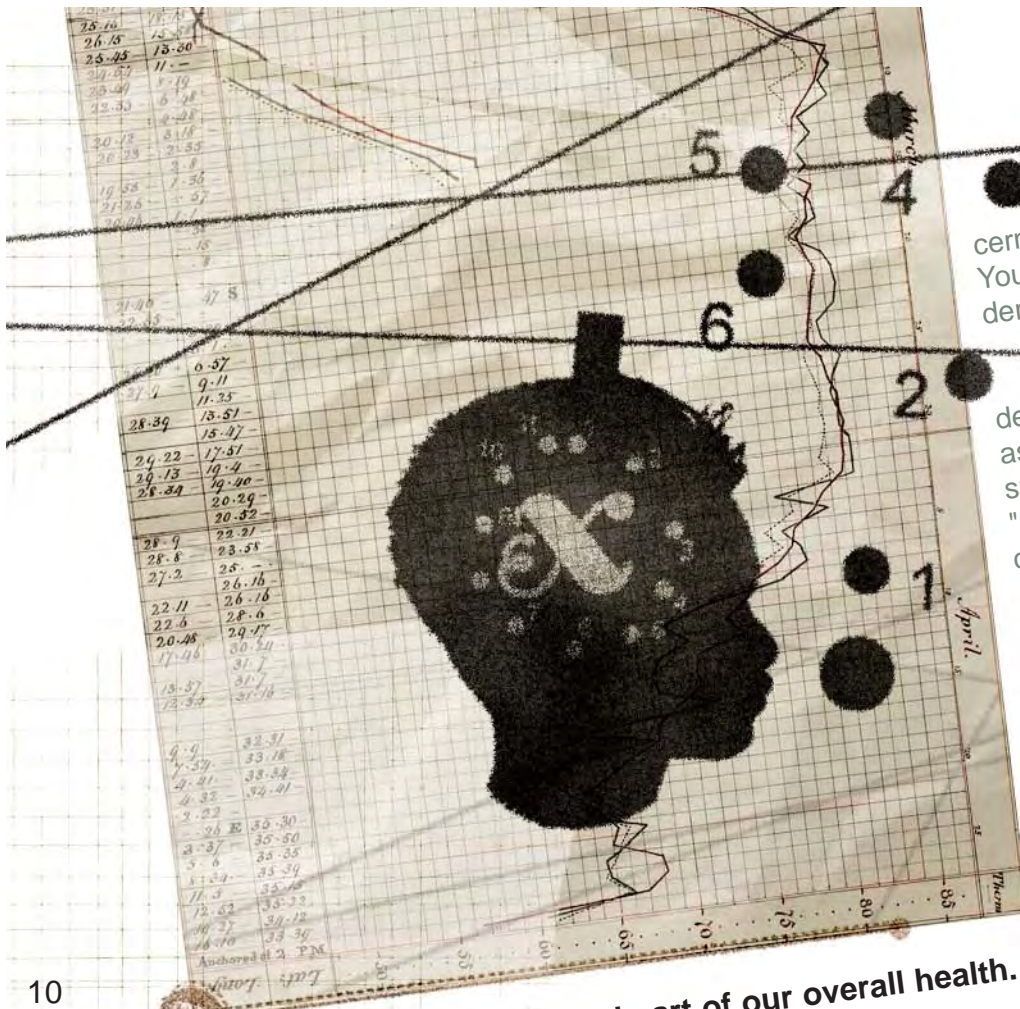


Donkey Skin မြည်းအရေခွံ

Once upon a time, there was a king whose donkey dropped not dung, but solid gold. This rich king was in love with his adorable wife, and was the father of a beautiful princess. One day, a fatal disease struck the queen. Just before she died, the king made her a promise; he would only remarry if he found a woman even more beautiful than her. Desperate, he searched as much as he could, but only one woman was handsome enough: his own daughter! What could he do? Ask the princess to marry him? Beside himself with sadness, that's exactly what he did.

Horried, the princess ran to her godmother. "Ask him for the skin of the donkey! He will never be able to meet that request," she said. A good idea, yet the woman didn't know how madly the king loved his daughter. The gift was immediately brought to her! The godmother then had another idea, "Promise the king you will marry him, and then escape! The donkey skin is a perfect disguise; no one will guess who you really are." The princess wisely obeyed. She escaped, and soon became very poor. One day, as she was sleeping without her awful donkey skin, a prince saw her and immediately fell in love. But, as a prince, he couldn't marry such a poor girl. His parents would never agree! Then, unexpectedly, the prince became very sick. Finally, as he was near death, his family decided to organise the wedding. They invited many kings to attend. Among them was the father of the beautiful princess. What a comfort for the prince's family to discover that the girl was a princess! As for the princess' father, seeing his daughter filled with such joy made him forget his pain and crazy desire.





Mental health is an integral part of our overall health. It could be defined as:

A branch of medicine that deals with the achievement and maintenance of psychological well-being,

The balance between all aspects of our life: social, physical, spiritual and emotional, or

A state of emotional and psychological well-being, in which an individual is able to use his or her capabilities, function in society, and meet the ordinary demands of everyday life.

Mental health concerns everyone, worldwide. You can have mental disorders whether you live in a rich country or not. There is no "official" definition of this condition, as cultural differences - specifically - can affect how "mental health" is perceived.

"Mental health" and "mental illness" are not opposites! This means that the absence of a recognized mental disorder is not necessarily an indicator of mental health. One way to think about mental health is to look at how we feel about ourselves, how we feel about others and how we are able to meet the demands of life.

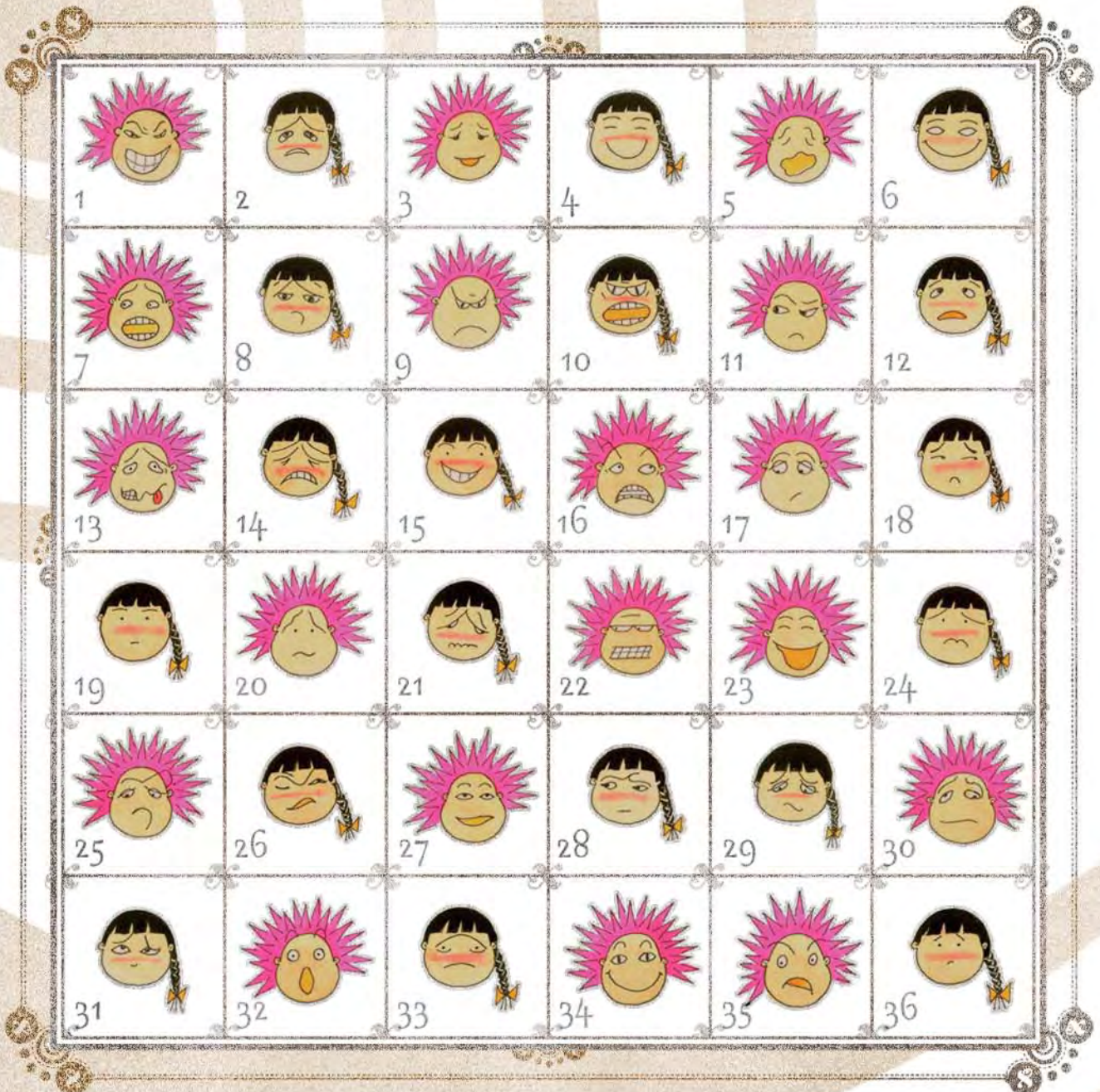
Important Facts
အရေးကြီးသောအချက်အလက်များ



Lat:

HOW DO YOU FEEL TODAY?

ခိုဇွဲဘယ်လိုခံစားရသလဲ?



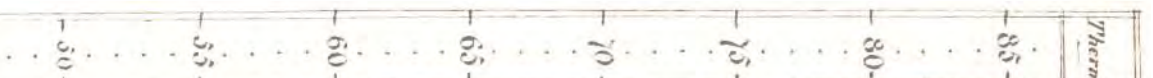
11

1 aggressive / 2 anxious / 3 bashful / 4 blissful / 5 bored / 6 confident / 7 frightened
 8 disappointed / 9 disapproving / 10 anraged / 11 envious / 12 exasperated
 13 frustrated / 14 grieving / 15 happy / 16 horried / 17 indifferent / 18 hurt / 19 meditative
 20 regretful / 21 miserable / 22 jealous / 23 joyful / 24 lonely / 25 puzzled / 26 suspicious
 27 optimistic / 28 paranoid / 29 perplexed / 30 undecided / 31 relieved
 32 surprised / 33 sad / 34 satisfied / 35 shocked / 36 withdrawn.



Long

Lat:



Young people can be depressed too

Everybody gets sad sometimes. Do you ever feel like your friends hate you, and you want to get away from them all?

Usually this feeling passes in a few days, and pretty soon you are back to your usual self. However, if this goes on for weeks, if you lose interest in friends and school -- tell an adult: a confidant, someone in your family, your teacher, or any medical staff you meet.

Depression can be treated. You would be surprised how much better you will feel.

Mental Health, Mental Illness

စိတ်ကျန်းမာရေးနှင့်စိတ်ဝေဒနာ

12

A Sense of well-being, ability to set and complete goals, satisfying relationships and ability to handle normal levels of stress, are all signs of mental health. But our mental health, like an organ, is vulnerable to disease. Disturbances in thinking, perception and behaviour can occur.

Anxiety and mood disorders, for instance, can lead a person to feel depressed, to exhibit extreme irritability, to experience sleep or eating disturbances. If suffering from a specific mental disease, a person may also have hallucinations, withdrawal, or incoherent speech. Many mental illnesses are treatable. With proper care and treatment, recovery is possible.

Mental illness is not the result of personal weakness or lack of character. It can affect people of any age, religion, or income, and may sometimes be the result of a person's difficult environment and experiences.

Mental illnesses often strike individuals during adolescence and young adulthood. Early warning signs of mental disorders can be:

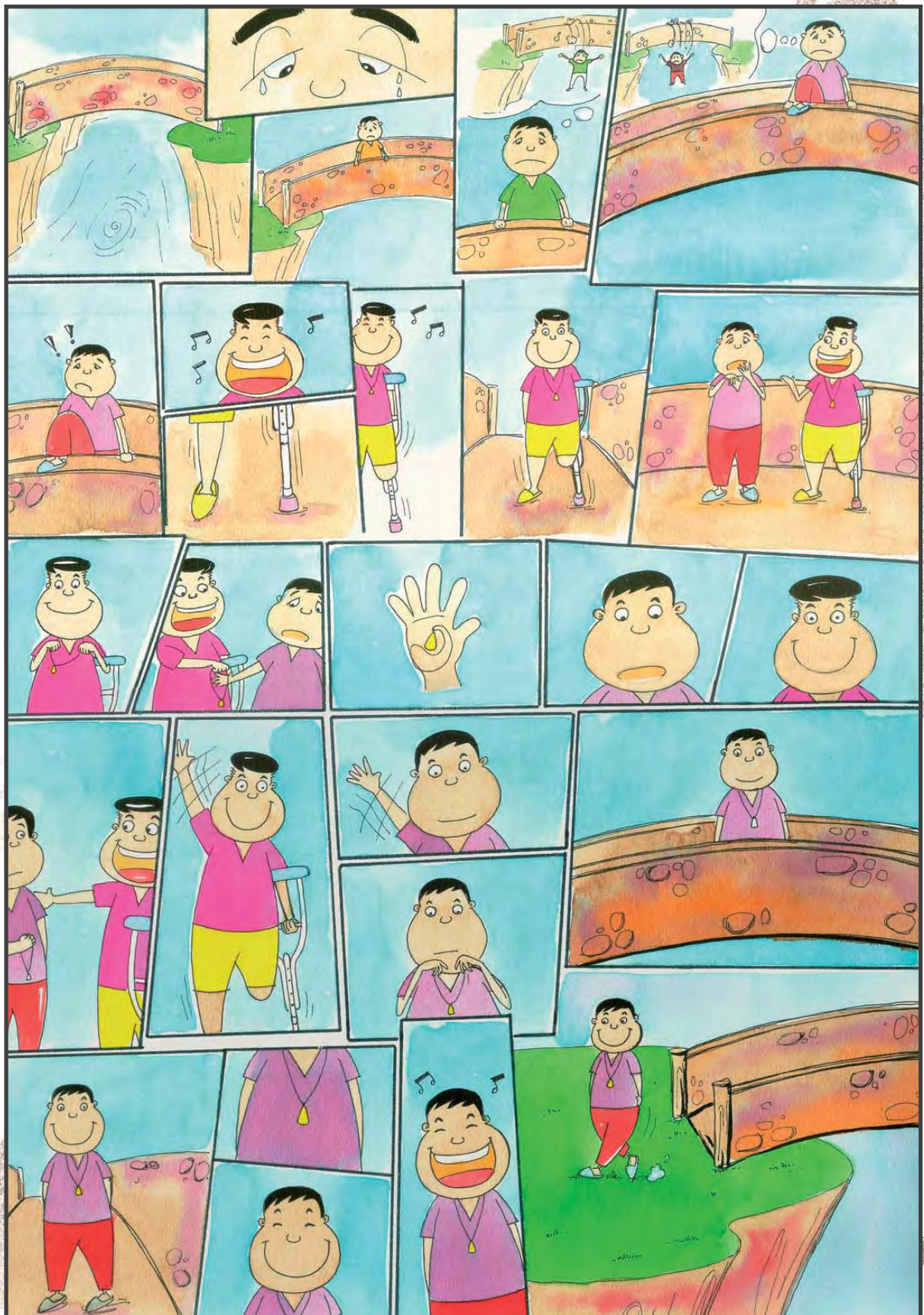
- Social withdrawal.
- Excessive feelings of rejection or persecution.
- Being a victim of violence.
- Low school interest and poor performance.
- Uncontrolled anger.
- Expression of violence in writing and drawings.
- Discipline problems.
- Violent and aggressive behavior.
- Drug and alcohol abuse.
- Self-harming behaviour or threats/attempts of suicide.

It's okay to be concerned about a teenager, but it's not okay to overreact and jump to conclusions. If you feel that someone you know may need help, talk to an adult you trust, immediately.

Am I getting too nervous?

Fear is not all bad. Small amounts of anxiety can motivate us to get things done, like learning our lessons or winning a volleyball game. Fears of specific things - phobias - are also quite common. A person might have a bad experience with a dog and then go on to develop a fear of all dogs. But, if you are spending a lot of your time worrying, or if you are having frequent panic attacks (fast heart-rate and trouble breathing) -- let someone know!

ကံတွန်း:comix





The **cerebrum** is the thinking part of the brain, and makes up 85% of its weight! It is responsible for speech, language, emotions, and reason. This is also where your memory is stored. It controls your voluntary muscles, telling your legs to run as fast as they can when you play baseball!

The cerebrum has two halves. The left cerebrum controls the right side of your body and is considered to be the logical part you use when solving a math problem. The right cerebrum is thought to be more intuitive, helping you to think about abstract subjects like music or colours.

Beneath the cerebrum, your **brain stem** takes care of many functions that your body needs to stay alive: breathing air, circulating blood and all the things you do without even thinking about it!

At the back of the brain, your **cerebellum** controls body movements, coordinating your muscles as they work together. It might tell you how to swing the bat and hit a baseball!

Your brain is really important. So please, be good to it! Eat healthy food, get a lot of exercise, be gentle with your head, don't drink alcohol, don't take drugs, and exercise it by reading or playing music!



UNITED STATES OF AMERICA

Big Country

Which country is one of the most influential in the world? Here's another hint: it's the 4th largest in size and 3rd in population. If you guessed the United States of America, you are absolutely right! It is a huge country with many different kinds of people and cultures.

The City That Never Sleeps

Let's visit New York City, also known as The Big Apple. This is America's most populous city and has more tall buildings, called skyscrapers, than you can count. It is known for its art and museums, entertainment and fashion. It was here that, the popular American sport, baseball was first played. There are immigrants from more than 180 countries in this global city. You can find any kind of food here, from Mexican mole to Mongolian stew. You will never be bored in New York City!

16

1



2



3



Habla Ingles? (Do you speak English?)

The American Southwest. Here, you will find deserts, and rivers and mountains. It is located very close to Mexico, so there are many Spanish-speaking Americans (Spanish is America's unofficial second language). You can find Latinos everywhere in the United States. Some have been there for many years and maintain their distinct Latino culture. Thousands of others, attracted by the American Dream, cross the border illegally every day.

Out of Africa

Onwards, to Louisiana in the Deep South. This part of the country is hot and humid with many swamps, and also has its own unique culture. Like in most parts of the southeast, many people in Louisiana are African-American. They came from Africa as slaves about 300 years ago. Nowadays, they represent a large portion of America.

Asian Influence

America also has large and growing Asian communities. Different Asian groups have been settling here for more than a century. Thanks to these growing cultures, you will find the biggest

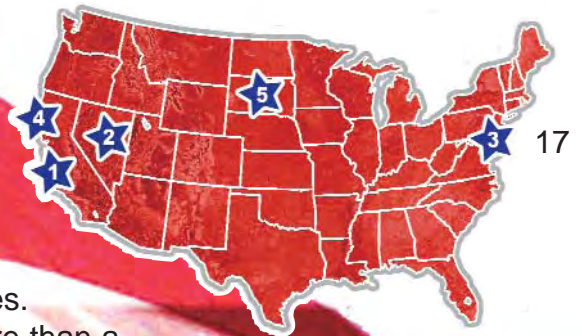
Chinese cities (Chinatowns) outside of

China, the best sushi outside of

Japan, and the spiciest chilli outside of Thailand!

California Dreaming

California is on the southwestern coast. As you may know, Hollywood is located here and most of America's movies are produced in California. There are also beautiful beaches, and many people enjoy an outdoor lifestyle by the ocean. In Northern California there are mountains and forests and it isn't uncommon to see wildlife, such as the American Bald Eagle, the national bird.



ဘောလုံးကစား Baseball



You are sitting in a plastic seat, eating peanuts and drinking soda. Suddenly, the excited crowd goes wild as deafening electronic music fills the air. Your favourite baseball team has just won the World Series! People are screaming and hugging. Attending a baseball game is as much for the love of the sport as it is for the experience.



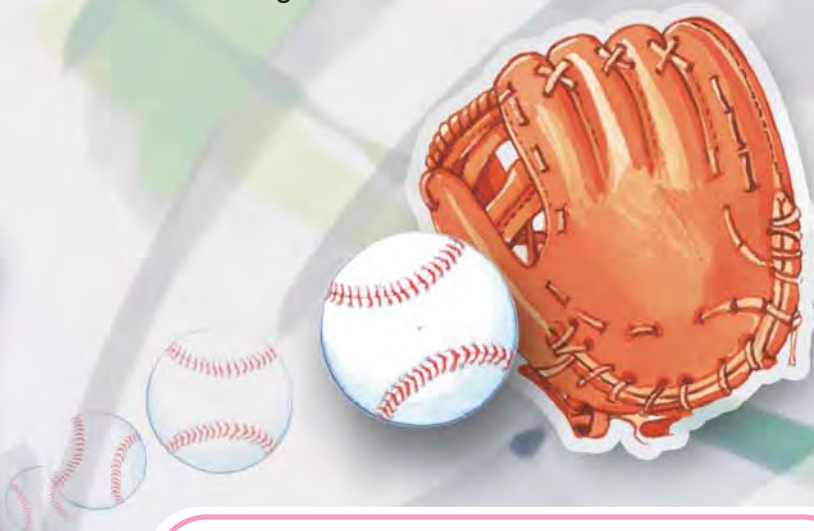
America's National Pastime

Baseball is one of the oldest, and most popular, team sports in America. Long before there were video games or television, children would play this sport. Ever since then, baseball has gotten more and more popular.

'Little League'

Apart from professional leagues, there are many other leagues as well. 'Little League', as you can probably guess, is for children. Summers are often filled with young boys and girls playing their first sports on Little League baseball teams.

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How You Can Play

Baseball is played using a bat, ball and gloves. It is played on a diamond shaped field, with 3 bases that you have to run around. Your friend throws the ball, and you try to hit it as far as you can. If no one can catch and return the ball before you run all the way around, you have scored a homerun!

The Magic Candleစာမဇာ - ပျက်စီးသော သိင်္ခ

episode 5

I'd like
to be rich
and
famous



What
would
really
make me
happy?

I'd like to
be very
beautiful,

with big
muscles.



19

I'd like
to be
able to
fly.



No!
I have to
grant
YOUR
OWN
wish.

Maybe
happiness
is about
making the
people
around me
happy?

What
YOU
dream
of!

To be continued...

CHILDREN'S RIGHTS ကလေးတို့ရဲ့ပိုင်ခွင့်

A Full and Decent Life for a Child with Mental Illness



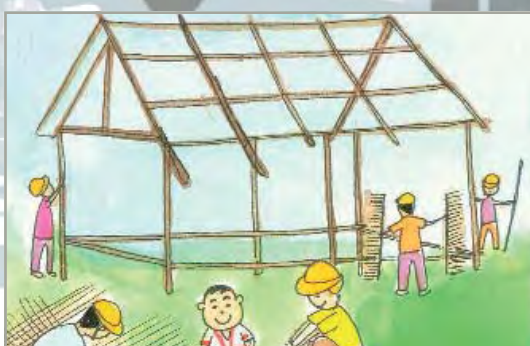
The Right to Dignity

The Right to Health Care



The Right to Health Services

The Right to Play



The Right to Vocational Training

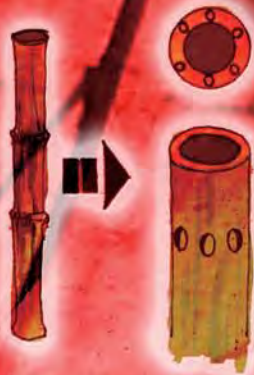
The Right to Social Integration



နီယံပိုင်ဆံးဌာနပိုင်ဆိုင် HOW TO MAKE AN UMBRELLA

The rainy season is coming and you don't have any umbrella? Time has come to remedy the situation and make your own one... in bamboo. It's easy. Just follow the instructions!

What you need is two 3 feet long sticks, a plastic sheet (diameter of about 1.5 feet), and a plastic rope.



Use a 3 foot long piece of bamboo to make the umbrella handle. Drill 6 small holes through one end of the bamboo stick. The holes should be 5 inches from the end, and go all the way through. These will hold the spokes of the umbrella.



Cut another 3 foot long piece of bamboo into 3 flat sticks (1/4 inch wide). These will be the spokes of the umbrella.



Insert the flat bamboo sticks into the drilled holes, push until 1/2 of the stick is on the other side of the hole. Once you have made an umbrella shape, tie the flat bamboo sticks to the handle, using plastic rope wound firmly around the holes and bamboo.



Then, bend the flat bamboo sticks down a bit and tie the end of each stick to the bamboo handle using a plastic rope. Now, you have the umbrella frame.



Find a plastic sheet, 1 1/2 feet in diameter, and make a hole in center. Put this over the umbrella frame, and tie around the hole. Then, using a plastic rope, tie the plastic sheet onto the ends of the flat bamboo sticks.



You want a beautiful umbrella?
Paint a colorful picture on the plastic sheet and make it as original as possible!

Here is how it works:

The Earth and the Moon are attracted to each other, much like two magnets. The Moon tries to pull at anything on the Earth to bring it closer, but the Earth is able to hold onto everything except the water. Ocean water then moves toward this pull, causing the water to rise a bit on the side of the planet that faces the Moon; it's high tide in the area closest to the Moon.

The Earth's tides change as the planet spins. Ocean levels fluctuate daily as the moon travels around the earth and as they, together, travel around the sun. As they depend on many factors such as the geometry of the local coastline, ocean tides are very different depending upon their location.

Did you know...

That a surging tide carries huge amounts of energy, and that people can use this energy to produce electricity? Channelled through a dam, water from a rising tide is directed to turbines that change the energy of motion into electricity!

THE TIGER MOVING GAME त्वा:रेण्ण्वा:ब्रुङ:तठ्ठा:रुङ:

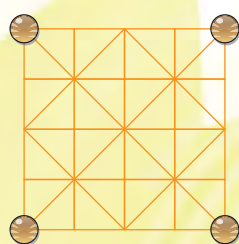
The Tiger Moving Game, called "**Bagh Chal**" in the Nepali language, is Nepal's national strategy game. This is a two-player game: one person is the Tiger with 4 pieces, another is the Goat with 20 pieces. It is played on a board consisting of a 5*5 grid of 25 points connected by movement lines.

Objectives

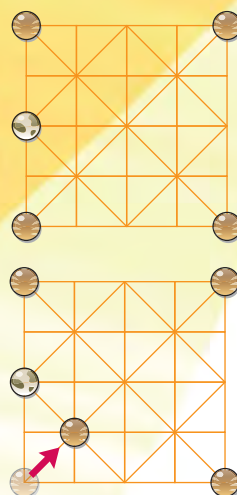
To win the game, the Tiger player must capture five goats. The Goat player has to prevent the tigers from moving before they eat five of his goats.

24 How to Play?

The game is divided into two phases: placing and moving the goats. The Tiger and Goat players must, systematically, take turns to play.

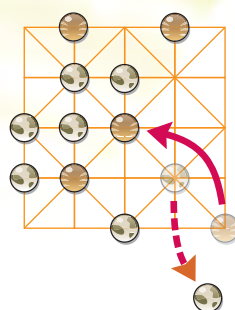
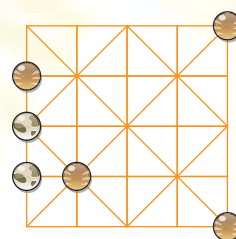


1 Set up: The Tiger player places a tiger in all four corners of the board.

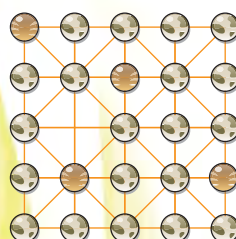


2 The Goat player starts the game by placing a goat on a point of the board. Then, the Tiger player moves one tiger to chase the goat. He can only move one tiger to an adjacent point.

3 The Goat player must use his turns to place his goats around the board, until all 20 are in the game.



4 During both phases of the game, the Tiger player can jump a goat that is accessible along a movement line, and which has an open point on its far side to land in. Only one goat may be jumped at a time. When a goat is jumped, it is considered "captured" and removed from the board.



5 After the Goat player has placed all his goats on the board, he can move one goat per turn, along a movement line, to an available adjacent point on the board. The goal is to prevent the tigers from regular movements and jumping.

Have fun!

GAMES
 त्वा:रेण्ण्वा:ब्रुङ:तठ्ठा:रुङ:

READERS' MAIL ★ ကလေးတို့ကလေးပေးတာ

I find the magazine really interesting. The content tells us about things we should know and things we should avoid. Actually, I prefer articles providing knowledge, more than I like the games. The topic I liked the most was "Hurricanes", as I had never heard about them before (where they come from, how strong they are, etc.). In the future, I hope I will discover other topics as interesting as "Hurricanes"!

Min Zaw Lay

18 yrs

Grade: 10

School: No (2) High School, Maela Camp

There is one topic I liked a lot in this book: it was "Karen Poetry". This was a nice discovery about Karen traditions. In the next issues, I would be happy to read other interesting articles about traditions, such as Kachin, Kayah and Shan ones. Can you write about them?

Nay Tha Bwe

18 yrs

Grade: 10

School: No (1) High School, Maela Camp

This book is nice to read. Both the texts and pictures are interesting. Still, I would like to read more facts and articles about the outside world because as young people, we have only a little knowledge about the world. Also, I would like to see some puzzle games. I like to read a lot and share my knowledge with others. I always tell others what I learn from my readings.

Saw Eh Thar Po

19 yrs

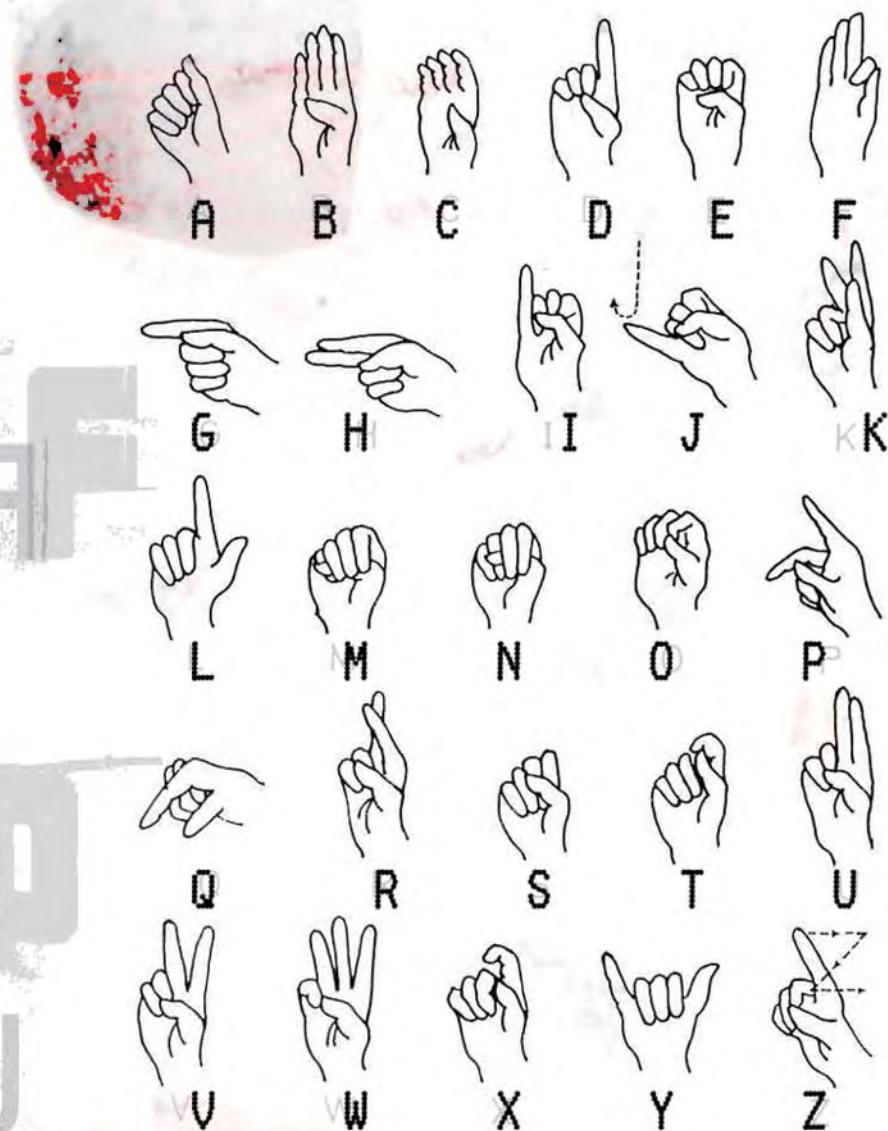
Grade: 10

School: No (2) High School, Maela Camp

Health Messenger Junior is a quarterly publication of the French NGO Aide Médicale Internationale, realized in collaboration with UNICEF and ECHO. It aims at sensitizing children from school standard 4 to 7 living along the Thai-Myanmar border to major health issues, providing them with lifeskills and opening them up to other perspectives.

Health Messenger Junior is developed in collaboration with various agencies involved in the education sector, as well as with teachers and educators working in camps and migrant communities in Thailand.

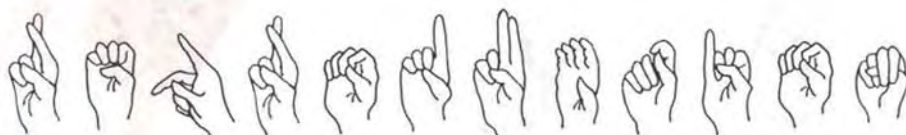
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