

TRANS

Capturing the psychology of modern-day teenage
experience in a print format

Someone
tells me
one more time
"enjoy your youth",
I am gonna

c **r** **y**

"Where is
my
teenage
dream?"

**Contains
original poetry**



**"Situationships: A
critical inquiry"**

**Genuine media
recommendations
inside!**

a r t

M u s i c

M o v i e s

ISSUE 01 - FEBRUARY
2023

Dear readers,

Firstly, thank you very much for taking the time out of your fast-paced life to take a look at this piece of media curated by a group of passionate, enthusiastic, and sleep-deprived teenagers. This magazine strives to put forth the highs and lows of being a teenager in modern society as it is. For once, without filters and Photoshop. A lot of who we are and what we do is ruled by algorithms and various forms of media, most of the time we aren't even aware of it. That is why we're here. To introduce you to the real, authentic you.

If this magazine finds its way to you, amidst all the pieces of literature available on the internet, please know that it was meant for you. I am a firm believer in the universe and all the magical ways in which it works so please make sure you go through this page by page.

I do believe that somethings, some pieces of writing are just made to be consumed by a specific person/ group of people. This is one of them. Even while making this, I knew exactly what the readers of this magazine would look like. Like you and me. I have nothing but sheer gratitude for you and your time. Thank you!

Aayushi Kulsunge,
Founder, CEO here at TMHS

SHORT LIVED

by Sreejit Dey

In the tangled garden of our mind,
Flowers bloom, both gentle and
kind. But storms may rage, casting
shadows deep, Yet hope persists,
promises to keep.

Anxiety's whispers may sow seeds
of doubt, But we gather courage,
gently urging them out.

Depression's clouds may cast a
gloom, But with love and support,
we'll always bloom.

Embrace the unfolding, the ebb and
flow, For within our journey,
strength will grow. In the raw
vulnerability, we find our power,
Transforming darkness into a
radiant flower.

So let us walk this path hand in
hand, A community united, ready to
withstand. Together, we'll navigate
the twists and bends, Embracing
the unfolding, as our resilience
transcends.

PAPER SCRAPS

from a diary of a teenager



artwork by
Pranali Karnik

hey december or something

written by frost

I forgot how years start and how they end. And I forgot when this year started or when the one before that ended. I could probably remember if I tried hard enough but I like how hazy this feeling feels so I am gonna keep it that way.

Lately, I have been doing a lot of that - letting things be how I like them, changing things into how I want them to be - without reason, without my rational brain telling me to specify which part of my identity this choice should go to. So this is it, for the rest of this year, I am gonna do things without putting them into categories of my identity or without expecting them to conclude with a perfect bow.

I could have chosen any other writing that conveyed a specific idea but since this is supposed to be a portrayal of the teenage experience, it felt fitting to share something that portrayed the confusion and uncertainty of mine. So, if you are reading this paper scrap that seems incoherent, welcome to my december 2022.

LISTS

list of genuine media recommendations you might want to save for 2023.

read trigger
warnings before
watching/reading

S H O W S

Fleabag

A dry-witted woman, known only as Fleabag, has no filter as she navigates life and love in London while trying to cope with tragedy. The angry, grief-riddled woman tries to heal while rejecting anyone who tries to help her, but Fleabag continues to keep up her bravado through it all. Comic actress Phoebe Waller-Bridge stars as the titular character in the series, which is based on Waller-Bridge's 2013 one-woman show of the same name.



Heartstopper

Based on the graphic novels of the same name by series creator Alice Oseman, Heartstopper follows high school sweetie Charlie (Joe Locke), who develops a crush on jock classmate Nick (Kit Connor). The series always chooses heart-stopping romance over trauma, a welcome tone for teen coming-out stories.



M O V I E S

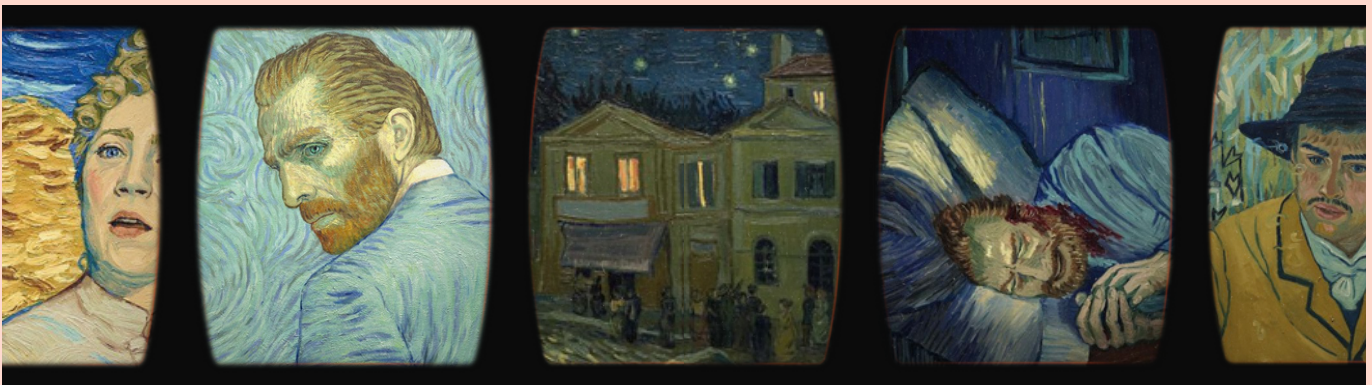
Juno, 2007

A social outcast in school, with the anonymity of real-life troubles, is hit with the troubles of an unplanned pregnancy and comes along with it the pressure to accept it. She does what seems fit at the moment.



Loving, Vincent

Loving Vincent is the world's first fully painted film. It takes you into the world through this Dutch artist's eyes. Every single scene of this movie is handpainted, making it an iconic artwork on its own.



M O V I E S

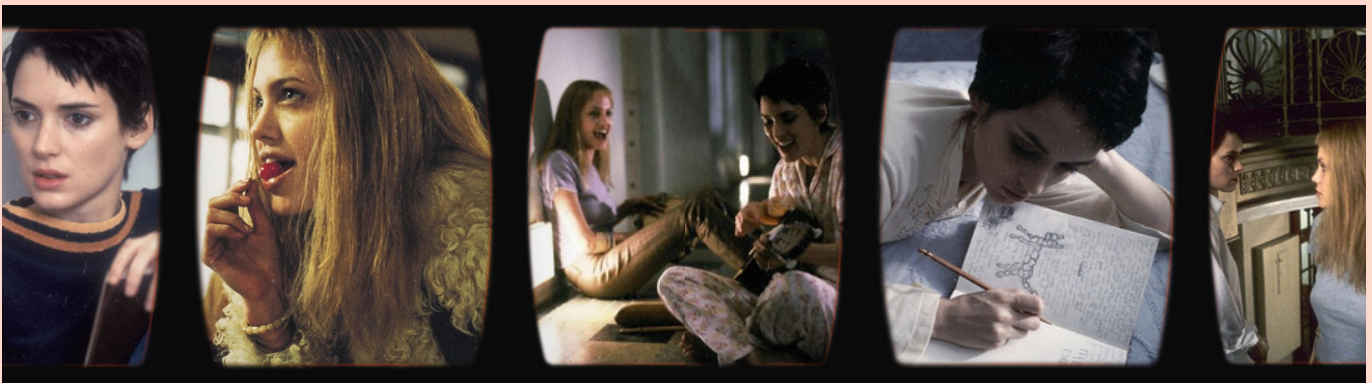
Sixteen Candles, 1984

The movie draws our eyes to Samantha, stereotypically not your average "pretty girl" but one with an eccentric clothing style. When her family forgets her birthday, she takes comfort in her friends and receives her much-deserved love in her own, true being.



Girl, Interrupted , 1999

One of the most real depictions of companionship is found in a mental institution when Susanna enrolls. She comes through some of the most troubled women of her age and gladly for her, she finds solace.



M Train by Patti Smith

"M Train" by Patti Smith is a captivating memoir that takes readers on an introspective journey through the author's life. With her poetic prose and candid storytelling, Smith invites us into her world, intertwining personal anecdotes, dreams, and reflections. From her travels to far-flung locations to her love for literature and coffee, Smith shares her intimate moments, weaving a tapestry of art, loss, and resilience

The Stranger by Albert Camus

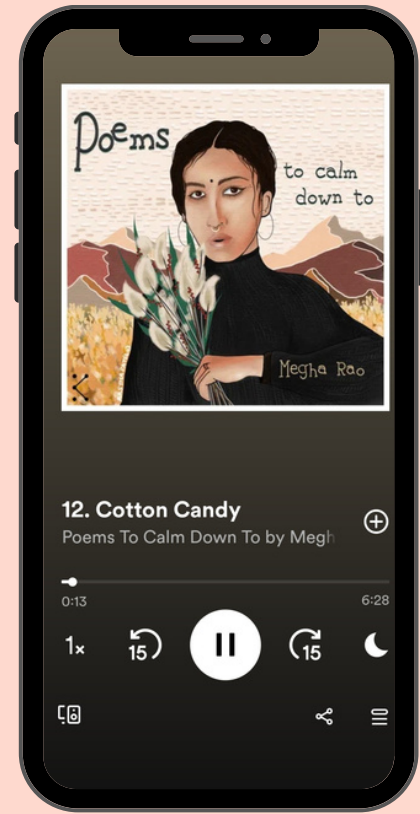
In this classic existentialist novel, Camus examines the mind of Meursault, a detached and indifferent protagonist. The story raises questions about the nature of meaning, morality, and the consequences of emotional detachment.

Even when suffering from clinical depression, I knew that I was extraordinary, perhaps even astral than all my peers, than every single person sitting in this class, even the ones who got better grades than I ever could. I wasn't superior or anything. No. I was poetry, they were mere words. I was Dickinson, waiting for my brother to come back home and they were teenagers of the 21st century, inventing lovers on the phone and creating an aimless social hierarchy that never appealed to me. Even when begging my anxiety to calm down in physics class, I still knew that I was in a way more stellar than all the stars in astronomy and also the teacher who was teaching us about how stars are celestial bodies. Even while I was losing my will to live, I knew that so was I. A celestial body emitting light while others were simply reflecting the Sun's. At 15, it wasn't the brightest light but it was still my own and not a reflection of someone else's. It was picturesque, not kafkaesque. So am I. So are you.

PODCASTS

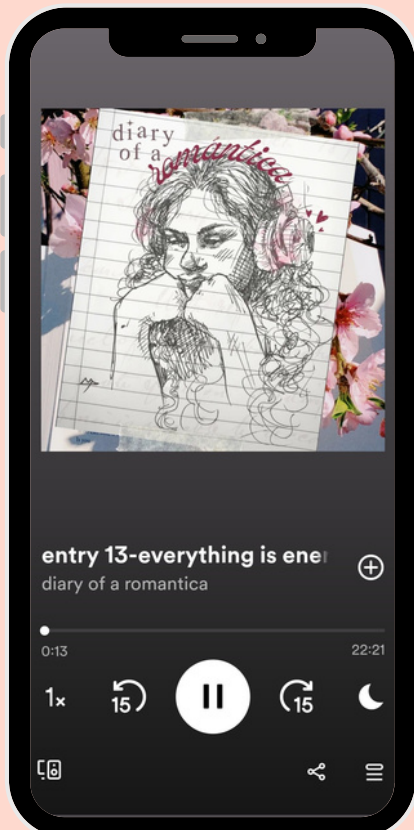
Poems To Calm Down To By Megha Rao

Do you ever feel like the world is filled with too much sorrow and pain? Do you wish you could escape it? With this podcast, you totally can! Listening to this is like getting transported to an alternate dimension filled with poetry, hope, and sunshine!



diary of a romantica by Celia Martínez

For all the times you wished for a fairy godmother, your prayers have been answered. Celia is like the elder sister we all deserve. In her podcast, diary of a romantica, she talks about everything from manifestation, falling in and out of love, self-worth, college, poetry, you name it! She also has an Instagram page by the same name where she makes content surrounding spoken poetry, books, and life.



TRUE TO YOURSELF

You cannot be -
Who others want you to be,
Without losing a part of yourself -
Along the way.

So see what others can't,
Love what others won't,
And walk where others shan't.

These paths that you tread -
Will make a long-lasting shed,
So make sure it's not one you regret,
But one you can come home to -
With joy at the life you made.



artwork by Simran Saroop

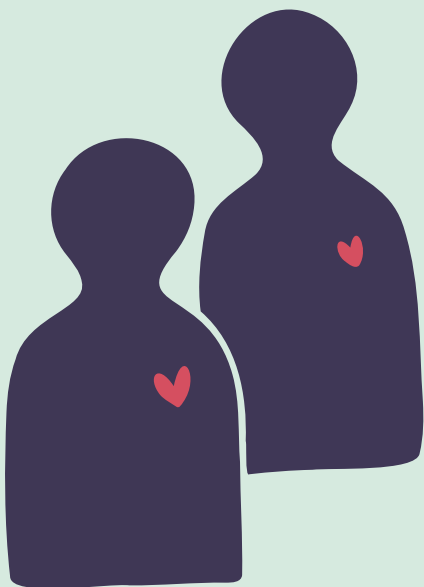
Teenage Break-ups and their aftermath

by Sreejit Dey

One of the quintessential teenage experiences is relationships. When we are prepubescent kids, we don't really think about relationships as much, because everyone we meet instantly falls in love with us. I mean, how could they not, with those cute eyes and chubby faces?

But all that changes once we enter teenagehood. We meet new people every day and we are acutely conscious of the relationships we build with such people. Some of them even go on to become our next #bffs. This is why it really hurts when such relationships we cherish end in mutual hate (ok, maybe not hate, but at least indifference).

Let's be honest, breakups are not a unique teenage experience, people regardless of their age often experience the disintegration of relationships they spent years building, whether those relationships are personal or professional. Yet it's when we are adolescents experiencing this for the first time that it hurts the most.



Give it time. You might initially feel empty, and that's ok. A person really important to you is no longer a part of your life – you're allowed to feel sad. But know that time heals everything, and wounds that strike really deep now will be a distant memory in the future. Okay, maybe the last piece of advice wasn't all that helpful.

Okay, maybe the last piece of advice wasn't all that helpful. So you can occupy yourself with other things, interests, and hobbies to stop thinking about all the things wrong with your life.

And lastly, like with every other difficulty in life, talk to someone. It can be anyone you think can help you. Let them know what you are going through, and once you do, you'll feel a huge weight has been lifted off your shoulders. And who knows? You might even gain some invaluable advice along the way.

I will end on the note that when relationships end, we might often think twice before committing to some person or thing. But as humans we need to allow ourselves to open up and be vulnerable, sometimes it will in regret, but regardless of the end, the experience of allowing ourselves to be open to joy, happiness, and love, I think it's something that's worth it.

12:19

📶 LTE 🔋



That Person 💜

@artsybykc

iMessage
Wed, 5 Oct at 7:50 pm

hey

i made a playlist 💜

for you

Today, 11:50 am

hi! ❤️❤️

it's been a while, huh?
how have you been?

are you around for a
drink? 😊

Read 2:01 pm

Situationships: A critical inquiry.

by Shreya Mukherjee

What do you think when you look at the word 'situationship'? A type of relationship? Concerning a special situation? Well, yes, you are almost right about it. Collins Dictionary defines Situationship as "*a romantic relationship that is vaguely defined or lacks commitment on the part of one or both partners*". Basically, it is that situation where you are romantically linked with a person without actually defining the relationship or committing to that person. It has been a few years since the term came into existence and it certainly makes things a little better or perhaps worse for all of us.

Although a situationship has the perk that one can live in the comfort of a relationship without being entirely attached to the partner, partners must lie on the same page for a situationship to work. There is a reduced sense of responsibility in a situationship. You are not required to spend the same amount of your emotional energy usually required in a relationship.

Situationships can also stem from a fear of commitment and the desire to have a backup just in case the relationship fails. This can have an adverse effect on your mental health or indicate unresolved issues. Partners may want different things in a situationship. There is always a conundrum to the engagement.

These uncertainties regarding a situationship can often cause people to question their self-esteem because they are not being able to fully contribute to the relationship. They are also still determining the possible existence of the relationship in the future.

Situationships can often lack self-fulfillment. In philosophy and psychology, self-fulfillment is realizing and achieving the satisfaction of one's deepest desires. As there is a big wall of transiency, you gravitate more towards offering just a fragment of yourself as there is no consistent effort from both partners. It may be that a person is not entirely satisfied with the relationship.

Thus, it gives rise to many internal conflicts. It is greatly necessary to communicate where you stand and what you have to offer to your partner and reach a mutual binding to untangle all difficulties along the way.



**This page is the
sign you've been
looking for.**



a r t



The word 'RAIN' is written in large, bold, black capital letters. Above the letters, numerous blue raindrops of varying sizes are falling. A light blue circular area with diagonal hatching is positioned behind the letter 'I'. A thin black line extends from the bottom of the letter 'N' down to a small circle at the bottom right of the page. The background is a solid light beige color. There are two small '@artbyjykc' watermarks, one near the letter 'A' and another near the letter 'N'.

R

@artbyjykc

A

I

N

@artbyjykc

by Sreejit Dey

There I stood in the rain-
A million droplets over me,
That draped my skin with their touch-
With a giggle, and a blush.

They fell from the sky-
Not knowing where they will fall,
Yet trusting the airs to carry them away,
To touch a human, who somewhere gently lay.

And their touch, thousand at a time,
Not enough to hurt,
Just enough to fill us with mirth,
Making us one with the air and soil.

These drops of rain-
Their lack of direction so,
It makes me wonder,
Why do humans need everything planned,
Wherever we go.

These drops when my skin touched-
Know all my troubles such,
And they said- "Don't worry-
We will tell you all our secrets,
To live a life, without any regrets"
And then these drops of rain-
They took away all the sorrow and the pain.

A Letter to Virginia Woolf

(on her birthday)

Happy birthday, Virginia,

One day, I shall accumulate enough resources to have a room of my own. I will write fiction in it and burn candles and serve wine. I will write about everything. I will write till my hands ache, till I run out of ink, till the sun is replaced by the moon and the moon is replaced by the sun. I shall write frantically and fearlessly. I will write about everything, but especially about the luncheon. Like you said once we often almost never talk about what we ate or the kind of wine we drank at luncheon and I agree. I will write about it. For you.

Like you, I too live inside my head a lot. But it's a lonesome town where I am the only resident.

I am the mayor and I am the janitor. But it's functioning quite efficiently. No wonder I'm so exhausted all the time. I don't know how to get out of it. Yet. More like I don't know if I even want to get out anymore. After all, it's the only place I've ever called home.

When you said "her heart was made of liquid sunset", all I could think about was how badly, desperately I wanted to be her you were talking about but I'm not her. Neither are you. Women like us don't have warm, sunset-like hearts. Our hearts are cold, chilly, and deadly. Our minds are not. But what is a woman if not an ornament to society? That's changing slowly. I wish you were here to see it. I refuse to be an ornament, I refuse to be reduced to someone else's spouse, I refuse to have a sunset heart for I am the sunset in a way I can't fathom into words right now and so are you, virginia. You are the sunset and the sunrise and everything in between and beyond. You are celestial.

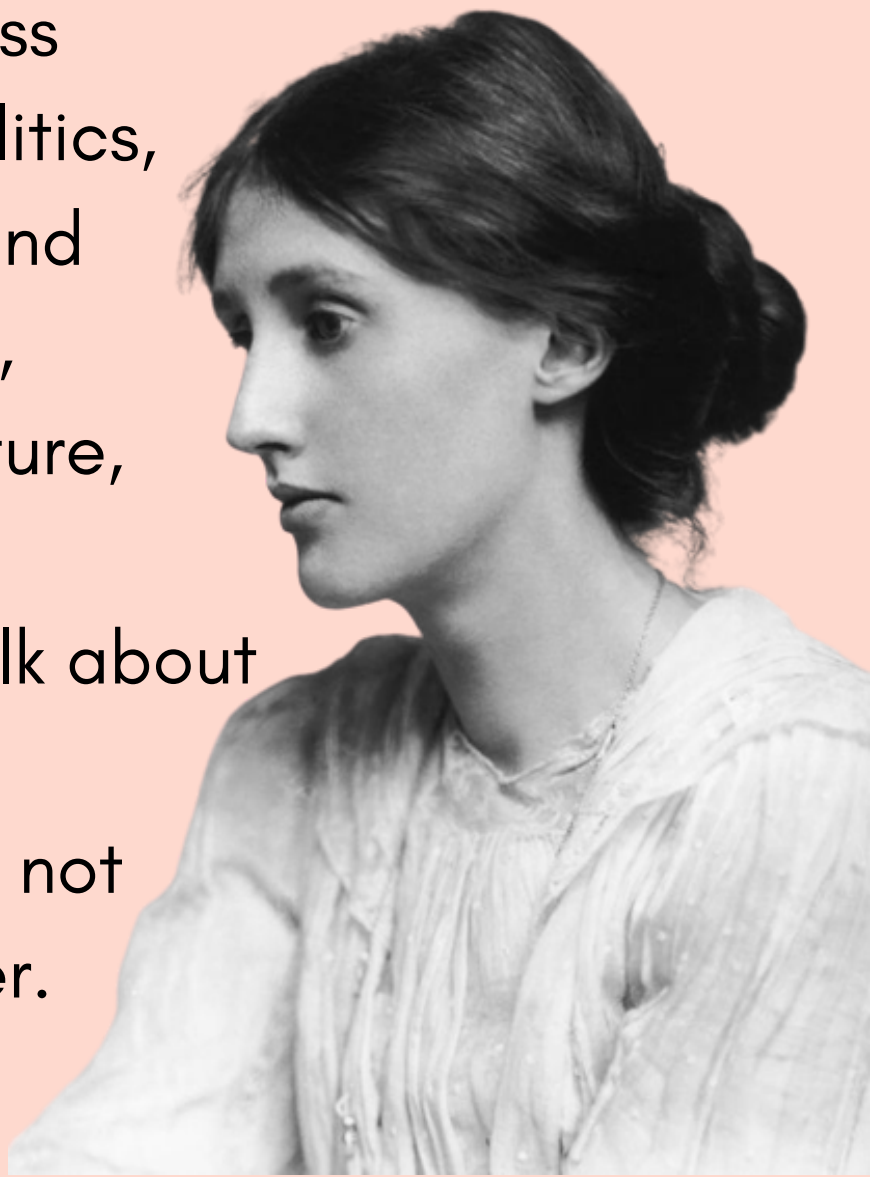
A Letter to Virginia Woolf

(on her birthday)

So, when I do have a room (and a house) of my own, I will hold grand luncheons and serve a variety of wines and call all the women I know, and we will discuss world events, politics, art, and culture and talk about poetry, anarchism, literature, and you.

We will always talk about you, Virginia.

Always. You shall not be forgotten. Ever.

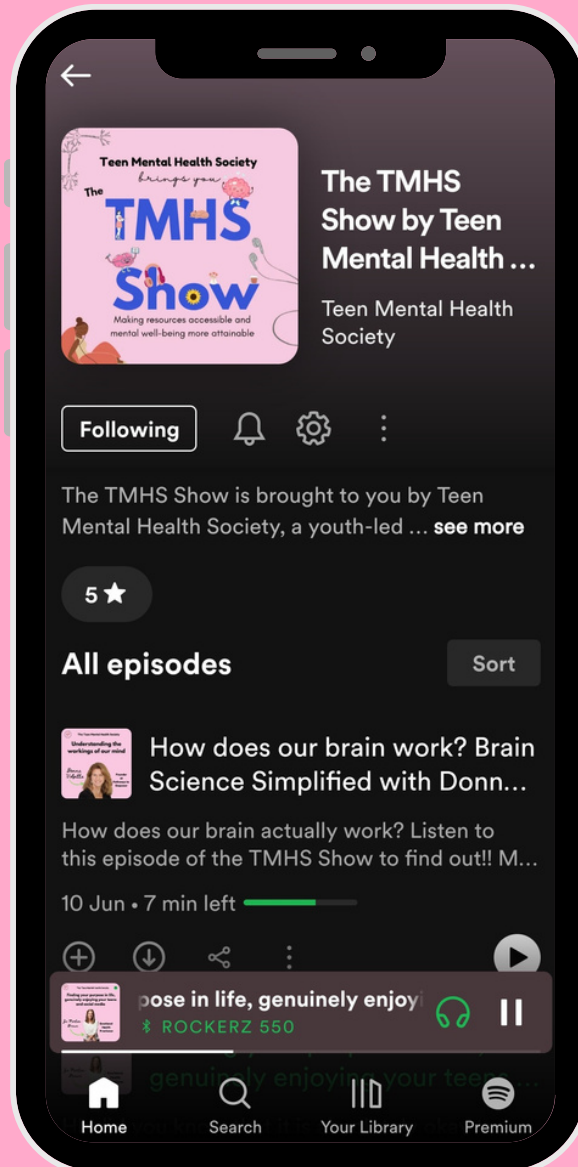


THE TMHS PODCAST

 Google Podcasts

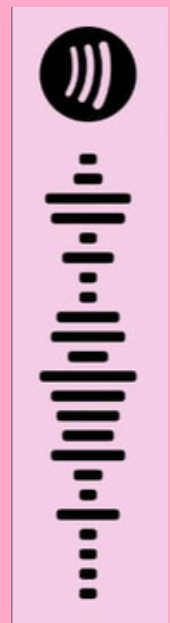
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The TMHS Show is our podcast where we explore mental health and mindfulness in an audio format.

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CANVA STORIES

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CANVA STORIES

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CANVA STORIES

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CANVA STORIES

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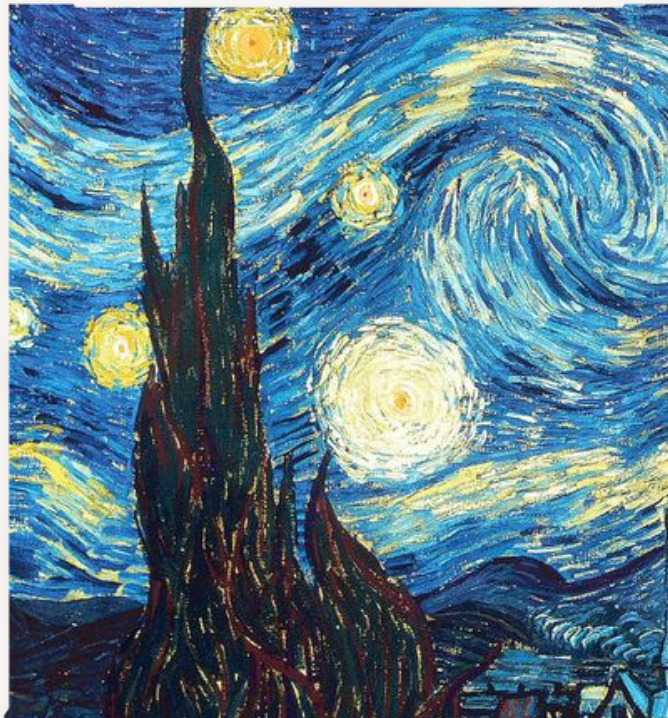
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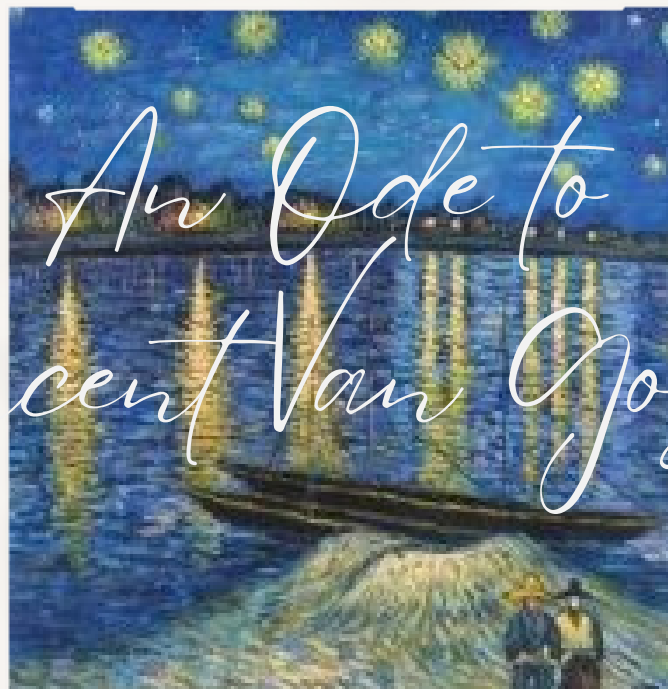
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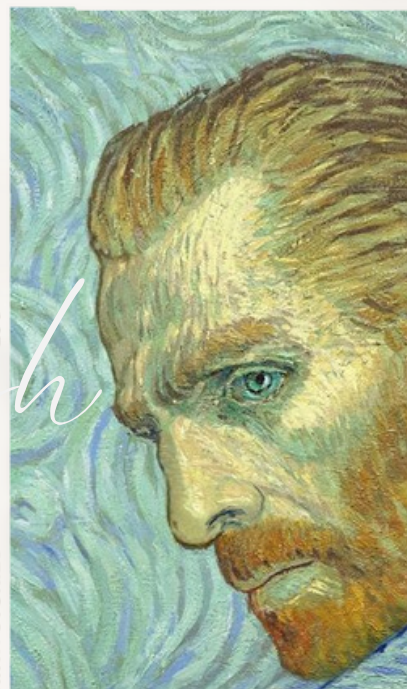
CANVA STORIES

23



CANVA STORIES

23



artwork by Radha Kale



TIMELESS

by Sreejit Dey

Some memories get frozen in time,
Refusing to join us for -
Rest of the ride,
Like a clock frozen at nine.

We are now like that -
Some 'thing' of the past,
Yet it doesn't feel like that,
For I can almost relive each day like it's the first.

We were beautiful -
While we lasted,
The pleasure was incomparable -
But it all ceased so suddenly one day,
And we left each other cautiously at bay.

I thought I could move on,
Forget it even was,
But how can you leave a diamond unattended?
Even if it's one that pierces your flesh.

We were once beautiful-
Our memories still are,
I could blame you for breaking us up,
But that would mean tarnishing the start.

So I won't,
And instead, remember-
That even if we are broken,
With us trying to fix it again
(Or maybe it's only me)
We were once beautiful-
And that is something to be treasured still.

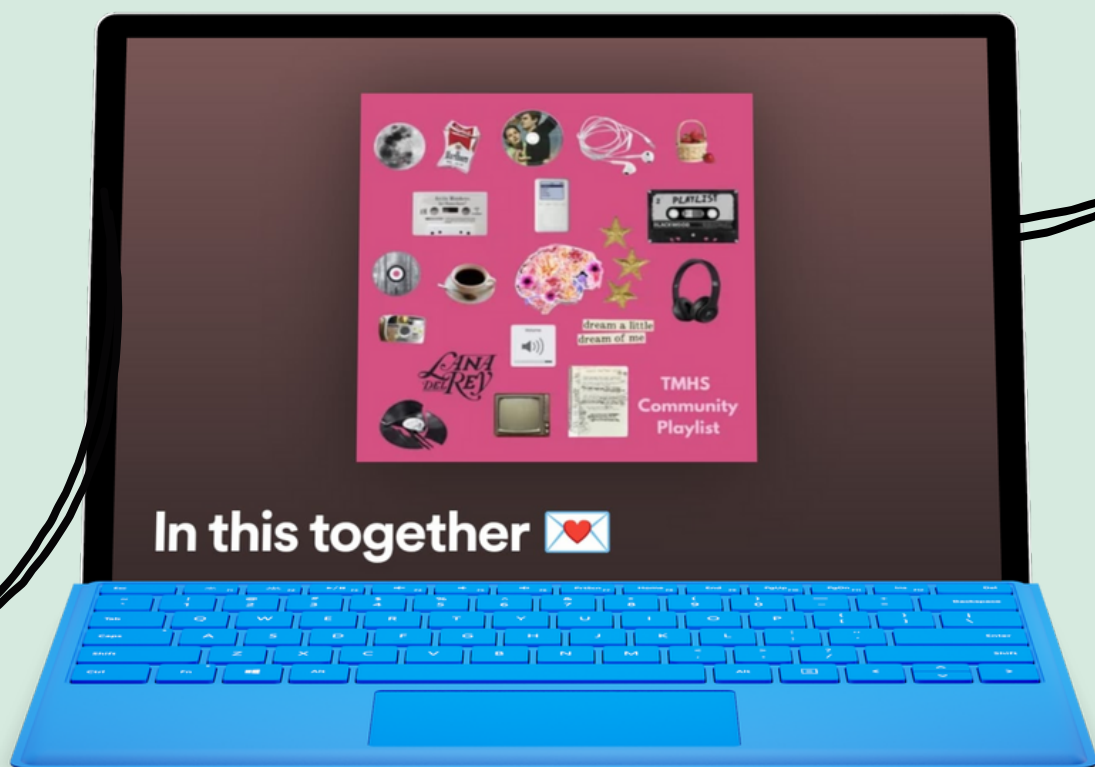
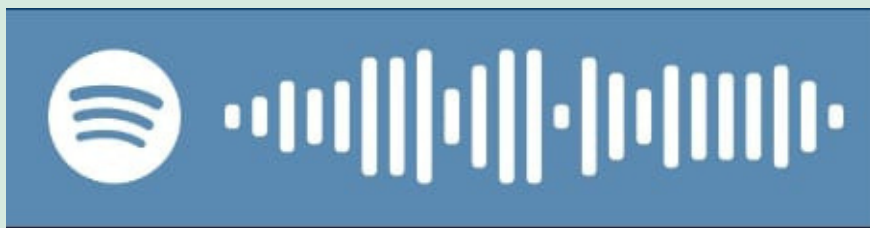
All that immense pleasure -
Has now turned to hurt,
But I would gladly do it again,
For what all the memories are worth.

TRACKS: The Musical!

We asked our Instagram audience to share that one song they cherish with all their heart and soul

We then compiled this data into a soulful playlist
just for you.

Go, give it a play, you might find some comfort and maybe even your new favorite song.



The Teenage Dream

by multiple authors ft. capitalism and algorithms



'Cause you make me
Feel like I'm livin' a teenage dream



-Teenage Dream, Stephen Dawes



And I'm so sick of 17
Where's my fucking teenage dream?



-brutal, Olivia Rodrigo



What exactly is a teenage dream?
I am so exhausted and confused.



-an average teenager

Email us your definition of the teenage dream
 teenmhsociety@gmail.com

TAKE NOBODY'S WORD FOR IT

Thank you for checking out
Teen Mental Health Society Magazine

c r e d i t s

Magazine Team

Aayushi Kulsunge
Sarena Yousuf

Editor in Chief

Sarena Yousuf

Magazine Layout

Sarena Yousuf

Team Writers

Sreejit Dey
Shreya Mukherjee

Graphics and Illustrations

Krithika Chandrashekhar

Contributing Artists:

Pranali Karnik
Simran Saroop
Radha Kale



@teenmhsociety



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