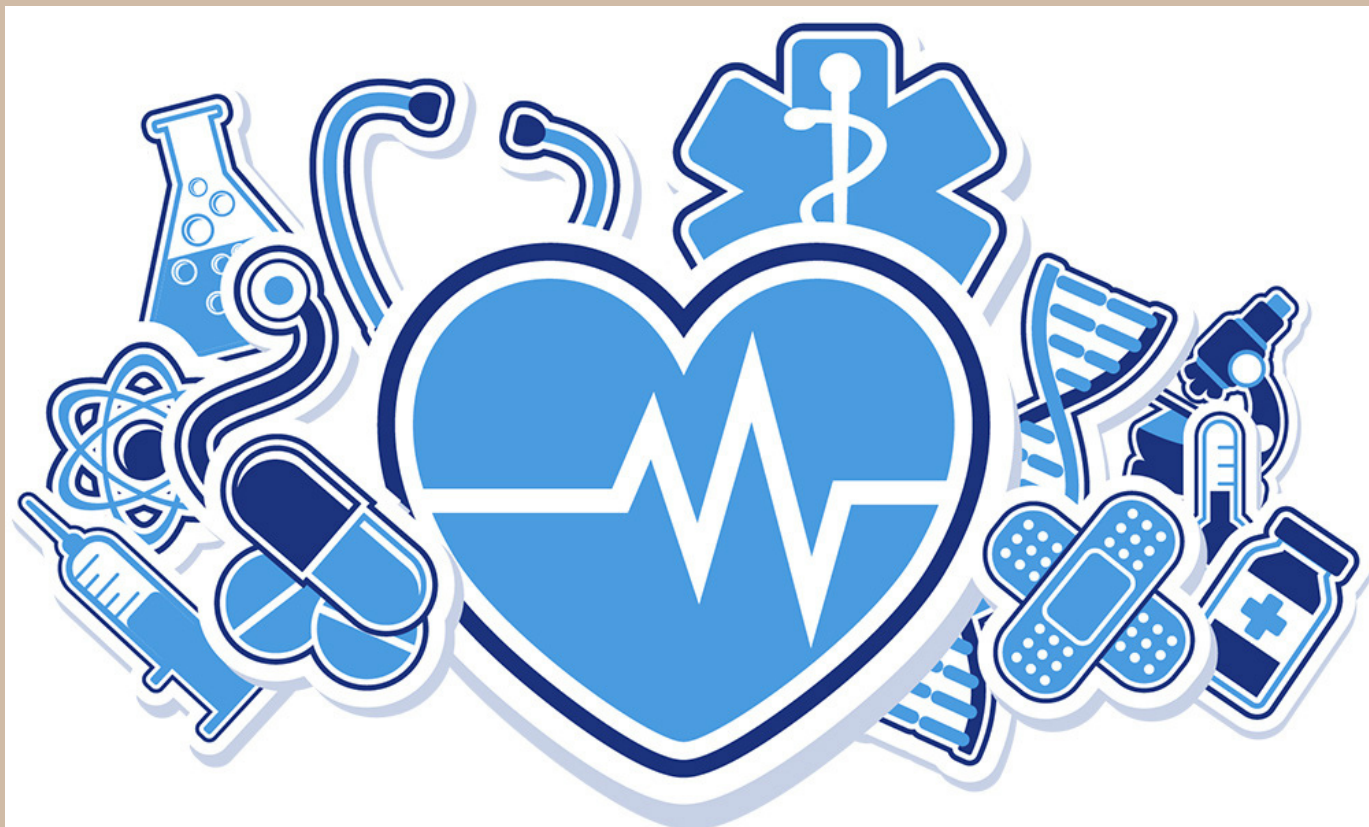


SYNAPSE



January 2021

IN THIS SYNAPSE

- Member Crush Monthly
- Say No to Smoking/Vaping
- COVID-19 Crossword
- The Effects of Depression
and Seasonal Affective
Disorder
- Parliamentary Procedure



Member Crush Monthly!

What is it?

Member Crush Monthly is a monthly spotlight for the member's of Arizona HOSA who went above and beyond in their chapter and/or community. It is a way for the state to recognize the members and show our appreciation towards you!

How to apply?

Use the link down below and you will be able to access the application. Make sure to submit a photo of yourself and explain what you did this month.

Submissions must be in by FEBRUARY 15TH! Good luck everyone!

<https://azhosa.wufoo.com/forms/z36qyholbv74k4/>

POP QUIZ!

What are the HOSA colors
and what do they
represent?

BY: REGION 2 VP; MAISY SALCIDO-LUGO

SAY NO TO SMOKING/ VAPING

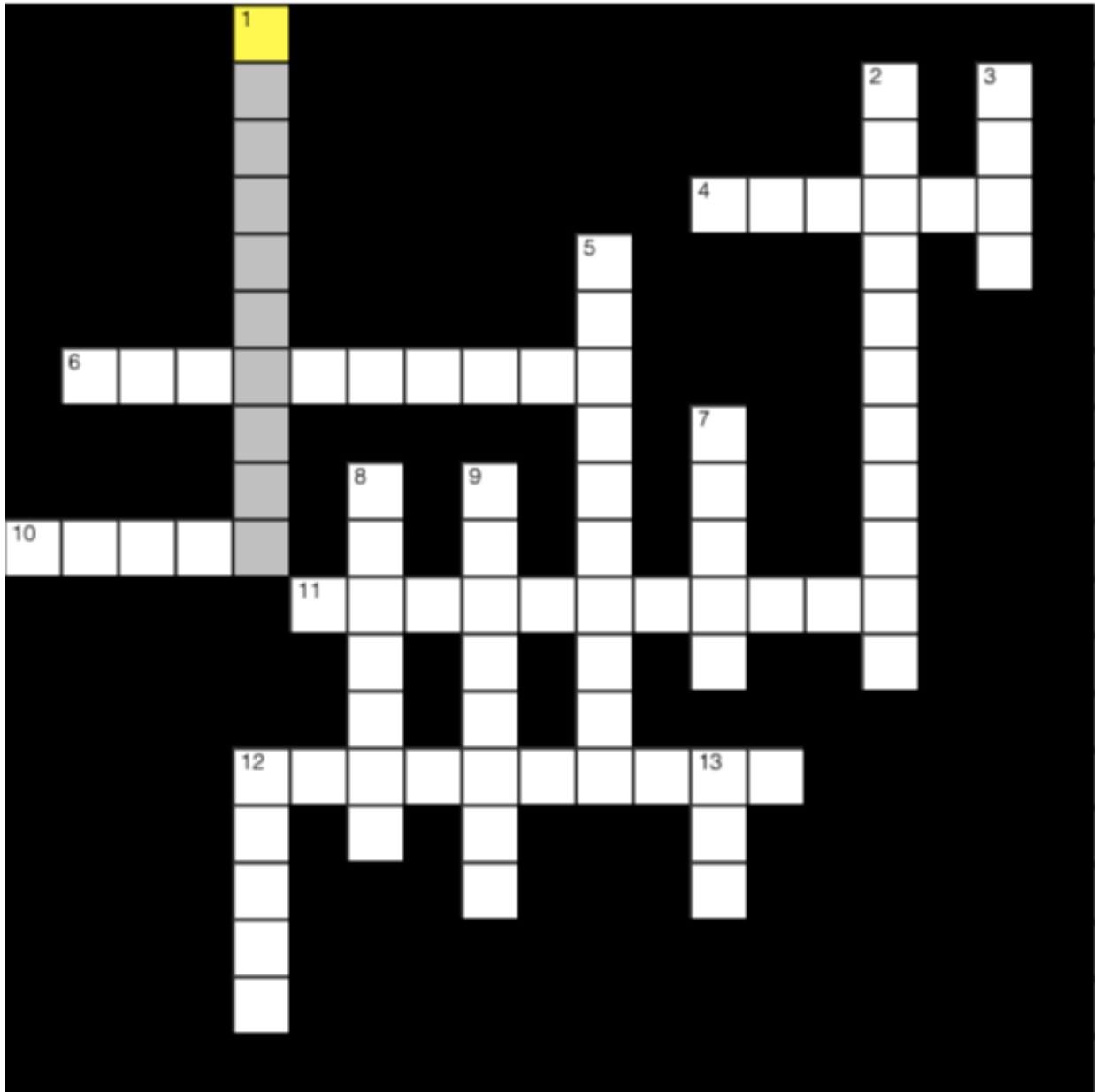
Many teenagers have started teen smoking.

Unfortunately, most of them do not know what they are getting themselves into. There are 34.1 million smokers in the United States, with a large percentage of that group being teenagers.

THE YOUNGER SOMEONE PICK UP SMOKING, THE MORE PROBLEMS THAT WILL ARISE IN THE BODY. STARTING TO SMOKE OR VAPE AT THE AGE OF 15 HAS LED PEOPLE TO DAMAGE THEIR LUNGS AND DEVELOP CANCER EARLY ON AS WELL. DAMAGED LUNGS CAN LEAD TO FUTURE PROBLEMS AND DISEASES. IN ALL, SMOKING HARMS A TEENAGER AND THEIR FUTURE LIFE.

Saying no to smoking is viable to all teenagers, and teenagers have a huge influence on each other! Arizona HOSA wants all members to stay strong and healthy and say no to smoking and vaping. Continue to spread the word and make HOSA proud!

COVID-19 CROSSWORD



ACROSS

4) TYPE OF PPE

6) USED TO TREAT INFECTIONS

10) SARS-COV2 IS A _ _ _ _ _

11) FAMILY OF VIRUSES

12) _ _ _ _ _ IN PLACE!

DOWN

1) CAN PASS DISEASE TO
ANOTHER

2) PCR

3) N95 RESPIRATOR

5) HELPS WITH BREATHING

7) DISEASE; _ _ _ _ 19

8) PRODUCED BY COUGH OR
SNEEZE.

9) ANIMAL TO HUMAN.

12) SPREADS DISEASE TO MANY
OTHER; _ _ _ _ _ SPREADER.

POP QUIZ!

Where can the AzHOSA competitive event guidelines be found? Be specific.

The Effects of Depression and Seasonal Affective Disorder



The Effects:

Depression is more than just simply feeling sad. In fact, there are several types of depression, such bipolar disorder, seasonal affective disorder, and persistent depressive disorder. Although there are many different types and every person experiences depression differently, the aspects that they all revolve around are essentially the same. Therefore, depression can affect people both physically and mentally throughout their life.

Physical Effects:

One physical effect of depression involves weight, whether it be over-eating or not eating at all. Weight gain is usually caused by "emotionally eating" or when someone uses food as a coping mechanism. The foods they eat often contain high sugars and fats, which will at the time of consumption make someone feel better but are harmful to their health and can lead to diabetes.

Another factor of weight gain is the lack of motivation to do activities they would have done daily in the past such as chores or sports. Not only does the lack of motivation lead to weight gain but it could also lead to weight loss since people no longer feel like making themselves food, leading to their body not getting the proper nutrients.

Another physical effect of depression is a bad sleeping pattern. People who suffer from depression can often develop insomnia or have trouble either staying or falling asleep. While insomnia is more common, oversleeping can occasionally occur with depression. Overall, changes in sleep pattern are one of the major symptoms doctors look for when diagnosing depression because they are so noticeable.

The last physical effect that I will talk about is increased fatigue or feeling tired all the time. People who experience depression may be getting plenty of sleep, but still wake up feeling unrested and like they got no sleep at all. This is one of the hardest effects to treat for depression because people feel they will never get their energy back and as a person's fatigue increases their depression worsens.

Mental Effects:

Depression not only effects someone physically but effects their brain as well. Someone with depression can end up having mood fluctuations. Having feelings of sadness and hopelessness for two weeks or longer is an effect of depression on a person's mental health. These feelings may overwhelm them so much that crying becomes a recurrent episode.

Depression can also cause a person to develop low self-esteem and create negative thoughts about themselves. Correspondingly, nothing seems to be helping them get out of this cycle and comfort from others can actually create more feelings that make the situation worse. As a result, suicide starts to be considered, making emotional effects the most recognizable symptom of depression.

Other mental effects of depression deal with concentration and memory. People develop a slower thought process, making it harder for them to remember things and leading to poor performance at school or work. Not only are they not performing as well as they used to, but their slow brain process can also cause misunderstandings, lack of comprehension, and/or difficulty in focusing on simple tasks. These signs can start off minimal but can get more severe as depression continues.

Seasonal Affective Disorder:

Now those mental and physical effects are common among all types of depression, however during this time of year seasonal affective disorder or S.A.D. is common. S.A.D. is a type of depression that is related to the change in season and mostly occurs in fall and winter, but can also occur in the spring. Seasonal Affective Disorder begins and ends at the same time every year.

Symptoms start out mild and slowly progress into something more severe as the season progresses. Some symptoms include having low energy, feeling sluggish or agitated, difficulty concentrating and more. However, there are a few symptoms that only occur with winter onset depression compared to summer onset depression. For example, winter onset will include oversleeping and weight gain while summer onset will include trouble sleeping and weight loss.

The specific cause of seasonal affective disorder remains unknown, however the decrease in sunlight can disrupt the body's internal clock and cause a drop in serotonin that may trigger depression. Other factors that may put a person more at risk of developing seasonal affective disorder include family history - if someone in your family experiences S.A.D., already having major depression or bipolar disorder, or if a person lives far north or south of the equator.

If seasonal affective disorder remains untreated then it can lead to other problems such as social withdrawal and substance abuse. Therefore, it is strongly recommended to reach out for help sooner rather than later.

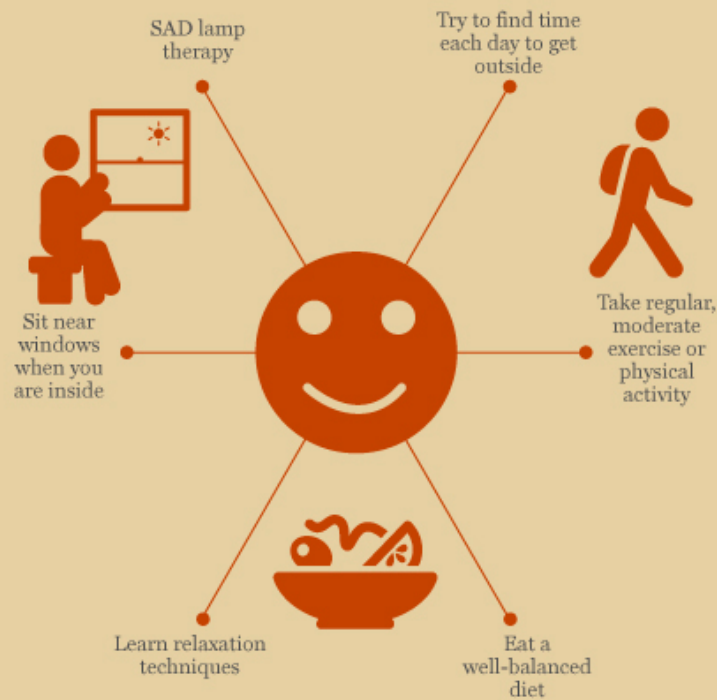
SYMPTOMS OF SAD

Individual experiences with SAD vary, but there are a few symptoms you can look out for if you are feeling blue:



TREATMENTS OF SAD

If you are experiencing SAD, or a case of the winter blues, consult with your doctor about the following treatments:



To Learn More about Seasonal Affective Disorder:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

If You or a Loved One Needs Help:

National Suicide Prevention Lifeline
800-273-8255

POP QUIZ!

For non-testing events,
what is the late penalty?

PARLIAMENTARY PROCEDURE

HAPPY NEW YEAR!



Going to keep this one short and sweet.

The absolute dumpster fire that was 2020 is finally over. And there is no reason for any of us to believe that 2021 will be any better.

That might've felt blunt, but it's true. The last year showed us just how quickly things spiral out of everyone's control. I'm not trying to be pessimistic, in fact, I'm trying to do the opposite. Things are really hard right now, so don't be so hard on yourself! Prioritize your mental and physical health. Don't concern yourself with things that are out of your control, but don't ignore the things that you can control.

A week ago as I'm writing this, I got a dog. I was overthinking it, but I've always wanted one so I thought I might as well get one. It's been great. That's my example, but I encourage you to do the same. Not get a dog, but just do things. Prioritize your happiness!

POP QUIZ!

When is the deadline for
Member Crush Monthly?

SEE YOU NEXT TIME!

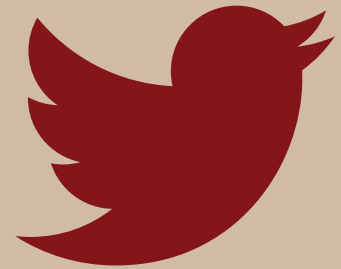
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