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Tasks in the order I received them:

Task One: Reflective Writing (Jons Task) = 540 words

Task Two: Manifesto (Julia's Task) = 502 words

Task Three: Semiotics Analysis (Ryans Task) = 537 words

Task One : Reflective writing:

“Do you know what you think?”

(John's task)

I will highlight the importance of reading materials and how much of an impact this has on our formative years.

We use reading materials (*books*), to educate and bring understanding to all demographics at a preschool age. Books were the prevalent form of medium to educate, until the introduction of the *World Wide Web*. While risk taking is part of growing up, there are more dangerous forms of risk involving media use, “*such as cyberbullying and sexting*”.

Books circulating the world, have a massive influence and play an important part in growth and development from preschool age.

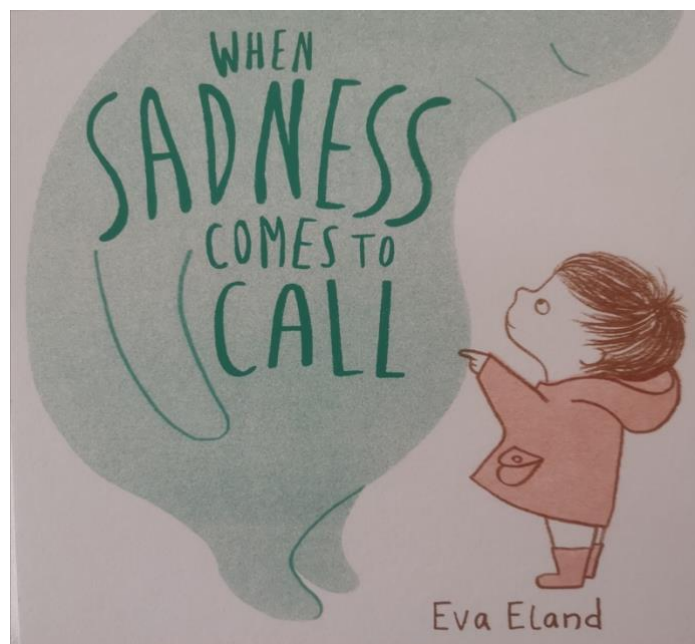
I often read books assigned to my son from school. Whilst they do aid in teaching him age appropriate language and vocabulary, in my opinion they are not the best narrative to potentially inflame my child's imagination or help him understand the world around him.

My thesis will illuminate how I feel about the relevance, also the importance of, story books that explore feelings and emotions and, in doing so, can potentially fuel children's imaginations.

Story books strengthen our mind's ability at a young age "brain training" proactively improving our understanding abilities, developing our knowledge which should create a positive outlook on life as part of growing up.

"When sadness comes to call".

Eva Eland (2019)



This book is the perfect example of what I feel we lack in schools globally. This illustrates effectively, subtly to "brain train" children, coping with sadness at a young age.

It is effortless, yet paints the importance of dealing with emotions without draining enjoyment from reading.

Children's books entertain/educate young children, they hold the key for our sensitisation to literacy, literature and values, why not design them more around cognitive behavioural therapy (CBT). This technique can help to change thought patterns, reduce stress, and face common life challenges, it is one of the most extensively researched forms of psychotherapy. Excessive aggression, such as fighting, stealing and victimisation, is a common childhood problem (Offord et al., 1989, Offord and Lipman, 1996), affecting up to 10% of 6- to 15-year-olds. This technique is a success, - (Using group cognitive behavioural therapy intervention in school settings with pupils who have externalizing behavioural difficulties). It indicates that a short period of CBT can have a large differential effect on pupil self-perceptions of their inattention/hyperactivity. "Child psychology a practical guide", Vygotsky's theory and Piaget's theory, both provide important views, however Vygotsky's theory is more focused on "scaffolding" which has more relevance to my thesis.

Vygotsky's theory differs from that of Piaget in a number of important ways:

	Piaget	Vygotsky
Sociocultural context	Little emphasis	Strong emphasis
Constructivism	Cognitive constructivist	Social constructivist
Stages	Strong emphasis on stages of development	No general stages of development proposed
Key processes in development & learning	Equilibration; schema; adaptation; assimilation; accommodation	Zone of proximal development; scaffolding; language/dialogue; tools of the culture
Role of language	Minimal – Language provides labels for children's experiences (egocentric speech)	Major – Language plays a powerful role in shaping thought
Teaching implications	Support children to explore their world and discover knowledge	Establish opportunities for children to learn with the teacher and more skilled peers

If a children's book educates ways of development that is effective, surely illustrating CBT exercises within children books will encourage positive mental attitude (PMA) to help decrease the number of depression and suicides. Books have a powerful impact on our lives, it is paramount to educate this strong message at such a young developing age.

I have researched books encouraging children's PMA, the majority focus on short term problems, calming behaviour problems, rather than the importance of dealing with feelings and emotions long term.

I can see why a parent would choose books for the purpose of calming and soothing, however, this isn't designed to mentally equip a child on coping techniques for long term but instead a short term solution to a behavioural problem.

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Task Two: Manifesto

“What do I believe in?”

(Julia's task)

1. I will not compare myself to others (*especially on social media*) where perception is misleading and theoretical which enforces unrealistic expectations pressured in our society today.
2. “*It's ok not to be ok,*” with these means, suppressing negative emotions have a negatory impact, expressing feelings will abet relief and encourage positivity.
3. Address measures to the route of your unhappiness and act on it, only you have the ability to empower your circumstances and situations. Take control of your life.
4. It is important to remain proactive, stimulating a driven mental attitude. Enjoy new hobbies such as meditation, joining a class or gym. Distract yourself from overthinking.
5. Surround yourself with positive people, positivity is contagious and will improve your self esteem. Circling around negative narcissistic behaviour will have a negative impact and will languish you.
6. Routine is paramount, organisation is key to a stressless life. Plan a day ahead, preparation will minimise pressure and anxiety.
7. Don't dwell on situations that cant be controlled. Accept it by having a more relaxed attitude, move forward, reflect and learn then focus your energy elsewhere.
8. Nutritional deficiency can impact on your mental health. Eat healthily, eat your fruits and vegetables . Malnutrition and deficiency symptoms are often mistaken for depression. It is vital to stay healthy.

Keywords & images

Keywords: Unrealistic expectations



'Only my health' (2019)

'Plastic surgery: Know how Social Media Creates unrealistic Expectations'

It's no secret in today's digital age that social media has strong mental health effects – *Only my health* – Dogra T (2019), There is enormous pressure in society for perfection, which has detrimental consequences on our self-esteem/mental health.

This obsession in our generation to be perfect has been formed from infatuation “*wanting to be somebody else*” who has fabricated their own life and appearance on social media giving false impression to us yearning for perfection.

Define Perfection?

Is there any realism to this word? And why is the opposite word “imperfection” more feasible?

Our generation are creating and feeding a new population of narcissistic monsters on one scale and body dysmorphic victims (BDD) on the other.

Then there’s the obsession with social media, which emphasises the OCD in us all.

Social media portrays a negative impact in society today with the obsession of validation and acceptance. we are actively seeking validation for the desire to be accepted, which fabricates unrealistic expectations.

Keywords: Narcissistic behaviour



“Narcissists are notoriously difficult to deal with because they are masters of manipulation”

– (BBC NEWS) 2019

Negativity is an emotional state of mind which can be controlled if we simply change our ways

of thinking. Ignoring feelings is not the healthiest way to deal with them, this does not make them go away and can cause frustration, where negative emotions are provoked.

Throughout your lifetime you will meet many individuals good/bad, which ever way you label them, each and every person teaches you valuable lessons throughout your journey of life, it's your life choices that will dictate your happiness/sadness.

If you are involved with a narcissist and you identify these traits in the individual, then allow them to bully and manipulate you, you are choosing a lifetime of misery.

Beware "bad" narcissistics : self-loathing, abusive creatures who, despite craving the admiration and admiration of others. Are "unable to love themselves or anyone else" – Mary Fay Jo, (When your "perfect partner" goes perfectly wrong).

Narcissistic personality disorder is an enduring pattern of inner experience and behaviour characterised by self centeredness, lack of empathy and an exaggerated sense of self-importance. Many people with this disorder don't seek out treatment, these symptoms can cause significant distress in a persons life.

Keywords: Nutritional deficiency can impact on your mental health



Chu, W (2018), Nutritional Psychology

“nutritional approaches should always be integrated with – and complementary to standard treatments, rather than being seen as ‘alternative’.” – Dr Alex Richardson.

I believe malnutrition has a colossal effect on your mental health.

As anaemic myself with symptoms identical to depression: lethargic, low mood, irritable, loss of concentration and interest, I convinced myself I was depressed.

After visiting the doctors, it became apparent I was low on b12 and folate which indicates I was anaemic. After the correct medication was addressed I became myself once again.

Which brings me to my conclusion, malnutrition is probably one of the biggest issues in the society of depression today. The symptoms are very much alike so its easy for patients to confuse this with depression and doctors misdiagnosing, then being treated unnecessarily.

Patients are getting more addicted to antidepressants, never getting better or becoming reliant on them with the wrong advice.

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Task 3 : observational writing

“semiotics analysis”

(Ryan’s task)



Illustration - E. H. Shepard

Social media went viral by the supposed theory that “*Winnie the Pooh*” characters defined different mental health characteristics.

It was said that each character had a purpose for their unusual personalities and behaviours, defining each character and labelling them to have different mental health disorders.

- **Winnie the Pooh** – eating disorder/OCD (*obsession with honey and a habit of repetitive counting*).
- **Piglet** – anxiety disorder (*Always in a state of worry, often heard saying “oh dear” and has an ear twitch, which is common in overly anxious individuals*).
- **Tigger** – attention deficit hyperactivity disorder (ADHD) (*Tigger is always seen bouncing and cant keep still for long periods*).
- **Eeyore** – major depressive disorder (*He always has a bleak outlook on life and is never happy or positive*).

- **Rabbit** – obsessive compulsive disorder (*Rabbit is very orderly and obsessive, especially with his garden*).
- **Owl** – dyslexia and narcissistic personality disorder (*although owl is exceptionally bright, you often see him having trouble reading and believes he is wiser than others giving him a sense of self importance*).
- **Kanga** – social anxiety disorder (*has an overprotective personality towards her son and wont allow him to think freely or make his own decisions*).
- **Roo** – autism spectrum disorder (*He lacks awareness of danger and has a strange attachment to his mothers pouch*).
- **Christopher Robin** – schizophrenia (*It is believed that all of the talking characters are not real and manifested depending on Christopher's mood*).

Each character is believed to have the traits of the disorders that they are labelled to.

Is this is nothing more than a myth?

Milne's first collection of Winnie the Pooh stories was published in 1926 and the animation series began in 1966.

"ADHD was first recognised as a mental disorder in the early 1980s but researchers say the syndrome had been seen and noted much earlier." – *Ronald C. Kessler* – **The Rise of ADHD.**

"*The labeling theory*" is a self – identity and behaviour of individuals determined or influenced to classify them.

This theory was prominent during the 1960s and 1970s. – **The labeling theory – Wikipedia.**

“Stigma” is defined as a powerfully negative label that changes a persons self concept and social identity.

Being labelled as “Mentally ill” developed in 1966 when *Thomas. J. Schaffer’s* published “ being mentally ill “. Although the characters personalities traits are labelled to each individual mental disorder, this was not intended by the original creator ‘A.A. Milnes, but was popularised by (*Sarah Shea*) in the year 2000 (*70 years later*).

Sarah Shea’s intentions was to remind people that anyone can have a mental disorder.

There is a lot of controversy around labelling types of mental illnesses and the stigma around the impacts of how negatively labelling causes. For example children diagnosed with ADHD because of their behavioural problems. Is it necessary to label this disorder in our generation causing future problems for the individual, when In fact they are just normal disobedient children? Before labelling became apparent there was no such thing as ADHD.

The outcome of “labelling” effects the individual how they perceive themselves in society and powerfully affects how people perceives them as a person.

This causes problems with finding work, finding friends and connecting in any kind of relationships, isolating them in this stigma.

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