

ELLE'S
TRUE
YOU

"Be yourself;
everyone else is already
taken."

Elle Cloete



THIS IS FOR YOU

Being a teenage girl can be hard at times but we all have times in our life when we have to push our self through our limits. We can't just sit there and whine about it. It is very important to be unique and original in our own ways.

Like we only live once why don't we have some fun, be yourself, don't worry about others. Thats how we enjoy every second, every hour, every day of our life.

This Ebook is a guide through how to be uniquely human. I feel that Teenage girls can go through some stuff but instead of sitting there thinking to yourself how to be better, you can do things to improve but i'm not saying that your not good enough you are unique and you need to let l that amazing part of you blossom.

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MICROBIOME

BANG! The sounds of food being placed on plates. The screams and chatters were so loud I couldn't even hear my heart pounding. It was like a bunch of animals placed in a room with no brains. It was lunch time where every high schooler was named based on part of their group (sporty, nerd, emos and of course the popular.) I had nowhere to go nor did I have any friends. I don't want a name dumped on me based on who I am friends with. I am more than a dumb name.

*I am a unique human being.
I am me.*

Am I seriously thinking about eating in the bathrooms?

Today is a new day. It will be different. Well, let's hope so. As I arrived at the school gate a ball was coming straight to my face. I stretched my arms and somehow my fingers got a grip on it. How did I just do that? A group of girls ran straight over to me in a flash. "Uhh.. Hi?" I said with a very confused voice.

"What in the world, how did you do that? What sports do you play? Do you wanna join us?" A billion questions were asked that I didn't even have enough time to process everything. Then the head of the sports team asked me, "I know we don't know you, but that move that you just pulled off could really help our team. So come join?"

"I'm sorry to disappoint you but that is the first time I have ever done that and most likely the last," I said with a firm voice. I should have just let that ball hit my face. It would have been better than getting shouted at with a billion questions. Imagine me, Joining the sports team. A nightmare I say.

The bell rang and I wasn't even halfway to my class. Well, of course I'm going to be late on my second day. After trying so hard to find it, I walked through that door and the teacher gave me a horrifying death stare. I knew from that moment she was going to be my least favourite teacher and so she was. She introduced me to the class with an 'I can not be bothered' tone. "Everybody this is uhh... oh yeah, Violet, " she said. As I sat down these girls were looking straight at me. They scanned me from head to toe. It looked like they were thinking or maybe confused. Then the thought came to my mind. Are these the popular girls? Pink outfit, Lots of makeup, luxury shoes, perfectly straightened hair, fancy bags. The scanning. Maybe? Maybe not? I snuck a peek over my shoulder to check if they were still staring. Yup, still staring. Finally the bell rang! Time to get out of this class. This teacher was giving me the heebie-jeebies.



Going into the cafeteria I just realised where in the world am I going to sit? I told myself that I wasn't going to eat in the bathrooms again so I had to go through with that. As I was walking to find a table the popular girls were at a table of 10 but claimed it for the 3 of them. Then suddenly out of the unexpected, a wave. Not just any wave but it had more detail to it more like 'come over here and talk gurl' wave. A million thoughts came to my mind. Should I go over? No. That will waste my lunch break time and I don't want to be like them in case they asked me if I want to join. I ignored them. Not the kindest option but I'm sure it was a good one.

*I just got a feeling that
they weren't me.*

Walking into class today I heard a horrifying word. Group work. Who am I going to work with? Ok good they're picking groups... wait no! Not good! Not good! Did I hear the popular girls name with my name? What if they get mad because I ignored them yesterday at lunch? I don't wanna get involved with this drama. I know what it will lead to. This can't be happening! Ok, act normal. I walked over to their table and said "Hi!" They gave me dirty looks and the lead girl said, "Uhh yeah hi, so I heard you're really smart so we are going to leave this project with you."

I felt a blast of anger go through my body. Confirmed definitely are the popular girls.

I can't let this anger get to me.

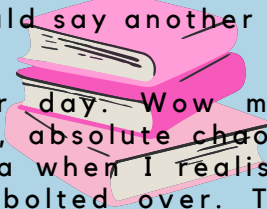
I simply said, "No sorry it's a group project for a reason." I knew they had rage inside but they didn't say anything instead just the stares once again. But suddenly the head of popular girl opened her mouth Oh no! oh no! She's gonna say something really bad. The words came out. "No one has ever said no to us and that was really cool, I can see that you have wanted to be a part of our group since you started so I'm being generous and you can join," she said. This annoyed me like where in the world did she get this bullshit from? Me wanting to join their popular group?. First of all I'm already broke. Getting luxury bags is not a great idea. Then secondly I don't want to be like them with that attitude. Ugh! Finally I spoke "thank you for the offer but im gonna to have to say pass." The shock on their faces gave me delight.



Finally the end of a rough day. The library. It's basically therapy. Being lost in the world of romance. My face stuck to a book for hours. Then all of a sudden a noise, my name? "Huh?" I said. Sadly that's where my therapy ends. The nerds. Ugh! Can't I just have somewhere that has peace and quiet? They came right to my table and sat down. "Your name is Violet right?" The nerd said.

"Yes," I said with an angry tone.

"So we need more smart people to be a part of our group. Please!!! Join us, we need you." The guy in glasses stated He was really begging on his knees.. I was seriously not in the mood for this." I'm sorry to disappoint you but I don't really feel that I belong with your group." I rushed off as fast as I could before any of them could say another word.



It was another day. Wow my first week of school is chaos, absolute chaos. I was heading to the cafeteria when I realised there was an open table. I bolted over. There was a girl sitting there and she looked upset. I asked if she was okay. Her face turned straight at me. Her eyes were so red it seemed like she was bawling her eyes out for hours. "Wh.. why do I need a label put on me, I.. I don't even have a choice. They bully me if I say no," she stuttered. I placed my hand on her back.

"From today on, you have the right and the choice to be who you want to be. You don't need a label placed on you." I said.

She forced a smile, widened her arms and wrapped them right around me.

Recipe for a Positive Mindset

INGREDIENTS

- Phone-free morning
- Stand on the earth
- Daily gratitude
- Spend time in nature
- Journaling
- Positive affirmations
- Eat nourishing foods
- Listen to music
- Doing something you love
- Play with animals



You have
skills, talents, traits
that make you YOU!

You are one
of a kind

Don't be afraid to
let your light shine

You are amazing
the way you are

You are 1 in a 4th trillion
people

There is nobody
in the world like you

You are powerful!

You are unique
in every way

You are your
own person

**You are
Uniquely
Human**

Do you ever go out and think "should I bring money or not?" Is there something telling you bring it? Well that's your gut feeling. That feeling is a sign telling you to do something. For example, you're going out and there's this feeling that you should bring your bag then you just say to yourself that you won't need it but when you get there you realise you did need your bag. I should of listened to that gut feeling.

Follow your intuition. Be smart, be brave, tell the truth. And don't take any nonsense.

Intuition is a powerful tool. Use it.

Intuition is known as the sixth sense



When your gut is telling you something, let me give you some advice: **always listen to it** no matter big or small just trust that feeling. It may seem odd trusting a body part but just not listening to it can lead you to danger. Imagine going out and you say that you need your phone. Thankfully you don't ignore it, then you go out get in a dangerous situation and thankfully can use your phone for help.

Often you have to rely on intuition.



FUN FACTS

- Only 50% of people actually listen to their intuition
- There are several ways to awaken your intuition
- Spending time in nature can awaken your intuition
- Journaling is another great way to awaken your intuition

Women have a wonderful instinct about things. They can discover everything except the obvious.

Trusting your intuition often saves us from disaster.

COMFORT ZONE

The four stages of zones that will happen when you feel ready to leave that comfort zone

COMFORT ZONE

This is the zone where you feel comfortable and you don't need to think to do something for example: picking a pencil up. Easy isn't it?



FEAR ZONE

In this zone we start to overthink everything. We start feeling afraid of what is going to happen next. There can be a shortage of confidence in us.

LEARNING ZONE

The learning zone is great. You develop skills and extend our abilities. You may feel uncomfortable at first but it's a great opportunity to grow that knowledge



GROWTH ZONE

This zone involves skills, feeling comfortable and living your dreams. You're also stretching those existing skills.



So what are you waiting for?

WHAT IS RESILIENCE?

To be resilient means to never give up even when it feels like the world is ending. You have to keep pushing through no matter what. This is what makes you resilient.



WHY IS IT IMPORTANT?

Resilience is most important for us teens because we go through new challenges and are learning new skills each day. As we learn and develop, there is a lot of uncertainty and new situations ahead of us. Building resilience can help us adapt and face anything!





AUTONOMIC NERVOUS SYSTEM

SYMPATHETIC & PARASYMPATHETIC NERVOUS SYSTEMS

ANS

The ANS is the 'automatic nervous system'

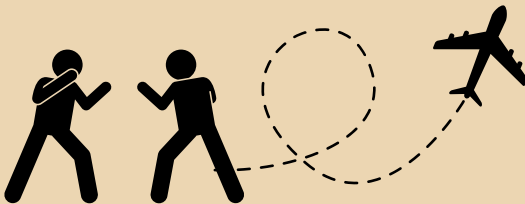
This system controls many different things in our body such as heart rate, digestion, sweat, breathing, saliva and the diameter of the pupils. All automatic actions are controlled by The ANS.

SNS

SNS: sympathetic nervous system. This nervous system helps activate that fight or flight response. Think when you're stressed or get triggered and your heart races. We don't want to stay in this state too long.

PNS

PNS: parasympathetic nervous system. The PNS is a chain of nerves that relaxes your body after stress or danger. Think when we're calm and chilled. This is a state we want to be in more often.

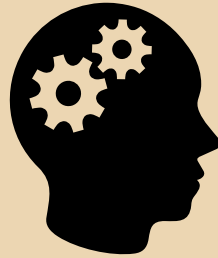


A **growth mindset** is the belief that your abilities and intelligence can be developed and improved through effort, learning and dedication



A **fixed mindset** is believing that your not good enough or feeling that you will never improve at something

Having a **growth mindset** can make a huge impact on you life instead of saying you are so bad at something instead you can say that you can improve



Fixed mindset

I didn't get the trophy I must be so dumb not to win

Growth mindset

I didn't succeed this time but I can learn from my mistakes and do better next time

NAVIGATING SOCIAL MEDIA

Tips to make social media work for you

Follow people that bring you joy



Unfollow people that makes you sad

Avoid going on at night and first thing in the morning.



Remember you're unique and comparing to others is not a good habit

Limit your social media apps

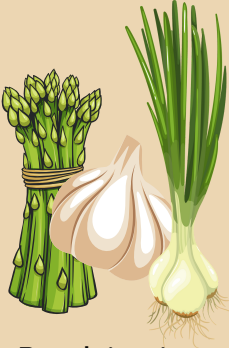
Be intentional about the time you spend on social media



GUT HEALTH

A microbiome is a group of tiny organisms that live inside and around your body and play an important part in digestion and overall health.

THINGS THAT SUPPORT YOUR GUT



Prebiotics



Probiotics



Try Fasting



Happiness



A green free
toxic home

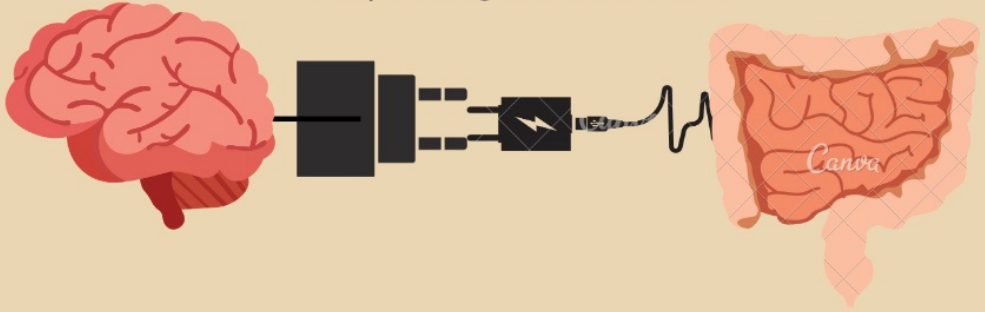


Water

THE GUT BRAIN CONNECTION

The gut has its own nervous system called the Enteric Nervous System (ENS) which is made up of up to 500 million neurons.

Many call the gut "the second brain"



WHAT A HEALTHY GUT CAN LEAD TO

- A clear mind
- A strong immune system
- Heart health
- Brain health
- Improved mood
- Healthy sleep
- Effective digestion



WHAT A STRESSFUL GUT CAN LEAD TO

- An anxious mind
- Cramping
- Bloating
- Inflammation
- Loss of appetite

HOW CAN YOU BOOST YOUR GUT HEALTH?

Eat more healthy foods such as Fruit, vegetables, yogurt. Avoiding junk is also a great way

If you're in a toxic environment or friends who don't make you feel good. Find a place where you feel good and your you.

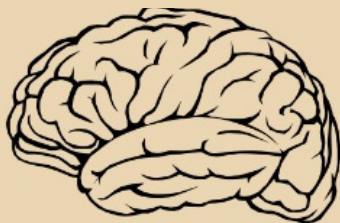
Stay hydrated know your out having fun bu don't forget to drink water

Quit vaping and smoking and avoid being around it

DOPAMINE

SEROTONIN

OXYTOCIN

HOW CAN WE
NATURALLY GET THEM?

WHAT ARE THESE HORMONES?

Dopamine is a chemical in your brain that makes you feel energised and happy.



Your brain has a chemical called serotonin which enhances happiness and calmness.



There's a type of hormone called oxytocin which increases human bonding, love, and trust.

HOW CAN WE NATURALLY GET THEM

Serotonin: as teenagers we can naturally get this by doing a physical activity, getting enough sleep and meditation

Dopamine: Teenagers can set goals, enjoy hobbies to get that dopamine feeling.

Oxytocin: Building relationships, spending quality time with friends and hugs are great ways to boost this naturally.

HOW IT FEELS WHEN WE DON'T HAVE
ANY OF THESE**Dopamine deficiency**

mood swings, low energy, feeling hopeless and anxious

Serotonin deficiency

mood swings, social phobia, insomnia, depression

Oxytocin deficiency

Feeling lonely, stressed, a feeling of disconnection between relationships, lack of motivation

SO WHAT HAPPENS IF YOU HAVE.....

Low energy

Put your feet
on the earth or
exercise

Bad mood

Watch a funny
movie

Feel lonely

Spend time
with family
members

Feel anxious

Meditate or
do breath
work

Can't sleep

Avoid
caffeine or
Magneism

Lack of motivation

Listening to
music

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"Be yourself;
everyone else is already
taken."

*Thank you for reading my ebook
I hoped you learned a couple of
things and remember to stay
Unique!*

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