

# Girl<sup>@</sup>Story

Created for girls ages 10-14 to encourage and inspire each other as they write the feature articles.

Meet My  
Monster Friend

Donating  
Locks

Dress Code  
Dilemma

Profound Poetry



giving voice to authentic girl stories that matter >>>> Fall 2021

*When girls  
support each other,  
incredible things will happen.*







## Letter from the Editor



**Cortney Donelson, co-founder**

Cortney owns vocem, LLC, a writing services business that offers editing, ghostwriting, and retreat facilitation to writers and storytellers of all levels.

She is passionate about providing platforms for everyone to give voice to stories that matter, especially girls with big ideas and compassionate hearts! She is surrounded by the best husband ever, two incredible children, and a golden retriever named Lucas who doesn't know how to retrieve!

Over the years, stories have erupted out from my heart and soul to become a critical part of my life. It started when I opened up and shared one of my hard stories publicly. Then people responded. They didn't tease me, look down on me, or reject me. It was quite the opposite.

The authenticity of my story connected people to me. They could hear some of their own struggles in mine. They could see how we're not so different. They could sense the freedom I felt by unlocking those stories from my heart and releasing them with the purpose of encouraging others. Sharing my stories has brought me closer to others, and it is amazing!

Stories connect people soul to soul. They express our humanity and can build relationships. The key is to share your stories with those whom you can trust, finding a safe environment and platform to do so. This could be an intimate group of friends, your family, a mentor, a team, a church group, a teacher, or an organization to which you belong.

One of our goals for GirlStory magazine is to create a safe platform for girls to connect with other girls their age, sharing stories that matter—authentic stories that do one of three things: entertain (with short stories/fiction), inspire (with poems and true stories about overcoming struggles), and motivate (with stories and calls to action about just causes that are important to the writers).

When you read the stories in GirlStory, we hope you find those connections, the feeling that you are not alone. The years between ages ten and fourteen are often difficult ones. It's a season filled with change, whether it's the need to find a new group of friends, discovering who you are, learning how to navigate tricky relationships, or wrestling with more challenging schoolwork... the middle school years and the one or two years leading up to them carry a measure of uncertainty and stress.

But one thing is constant: your stories matter. Your voice matters. Expressing your struggles and validating others' struggles can change your perspective. They can even connect you to someone you don't know nor may never meet: another girl writing from the safety her bedroom hundreds or thousands of miles away. A girl whose story touches a piece of you that you may not have even known was hurting. And suddenly, you find acceptance and encouragement in an unlikely place—within the pages of a magazine.

*It's a magazine designed just for you!  
Write on, girls. Change YOUR world!*

*Cortney Donelson  
Co-Founder and Editor-in-Chief*



**Kerrie Boys, co-founder**

Kerrie co-owner of idesign2, inc has partnered alongside her husband, Jason, for 21 years, providing graphic design services to magazine publishers and businesses throughout the Charlotte area. With two amazing daughters of her own and a love of visual communication, she is thrilled to provide this space to empower girls to speak their minds and express their creativity. Bring on the GirlStories!

**Check us out:** [www.girlstorymag.com](http://www.girlstorymag.com)  
**Get social:** @girlstorymag

### Advertising Inquiries

If you would like to learn more about sponsorships or advertising your business in GirlStory Magazine, please send us an inquiry email at [contact@girlstorymag.com](mailto:contact@girlstorymag.com).

*GirlStory is published seasonally, four times a year. The views, thoughts, and opinions expressed in the articles, quotes, and poems belong solely to the authors and not necessarily to GirlStory, LLC, its members, or other groups/sponsors.*

"I CAN SHAKE OFF EVERYTHING AS I WRITE.  
MY SORROWS DISAPPEAR, MY COURAGE IS REBORN."

ANNE FRANK



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FALL 2021

Created for girls ages 10-14 to encourage and inspire each other as they write the feature articles.



*GirlStory* is a magazine that gives voice to authentic girl stories that matter. Broken into the categories of BRAIN, BODY, and HEART, the majority of *GirlStory* articles will be written by and for girls ages 10 to 14. Stories will be fiction or non-fiction and will serve one of three purposes—to encourage and inspire, to help girls feel a little less alone, or to express a passion, idea, or just cause, which other girls may want to join or act upon. All voices, all girls, are welcome to read (and write for) *GirlStory*!



## *brain*

education/learning • school • science • space • research • environment • politics • careers • languages • medicine • mental health • truth/lies • books



## *body*

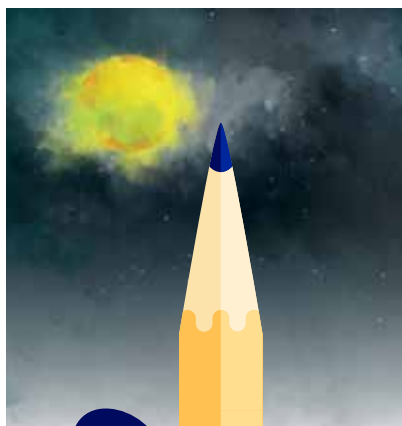
nutrition • healthcare • growth • beauty • fitness • sports • personal hygiene • disabilities/special needs • sleep/rest • food/cooking



## *heart*

relationships/friendships • faith/religion • passions/causes • self-esteem • community/belonging • teamwork • feelings/emotions • communication • identity

**A Word from *GirlStory*:** “As a country, we are walking through change. With change comes big emotions, varying opinions, and many degrees of understanding. As we share these stories, quotes, and poems, we will not tolerate disrespectful comments or cyber bullying of any kind. The goal of *GirlStory* is to provide encouragement and grace for tween and teen authors, always remembering we are ALL learning. Let’s celebrate the courage of these authors who are giving voice to what matters to them. This generation can change the world!”



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# A DRESS CODE



SARA

age 14, from NC

# DILEMMA



*Apparently, this outfit is  
much too distracting for the  
boys. They can't concentrate  
on their EOGs.*



straps too skinny  
see through lace  
shorter than fingertips



# VIOLATIONS!

**She must cover up  
or go home.**



*This is Sara bravely addressing the Charlotte-Mecklenburg School Board about her views on unreasonable dress codes.*



i. I wanted to share the transcript of my speech at the Charlotte-Mecklenburg School Board meeting on July 13th. While I was nervous to talk in front of the school board, I was surrounded by my family and that brought me some confidence. I hope my words inspire you to stand up for what you believe in.

.....  
“I wanted to talk about how sexist the dress code is in our schools—a dress code that singles out that girls should not be a distraction. I do believe we should have a dress code and keep clothes, like booty shorts and tube tops out of the professional [school] environment, but culture, body types, and budgets can only make room for certain things. Leggings, for example are pretty cheap and fit most body types, but our extra-large shirts have to cover every square inch of our butts, literally, or we are coded.

That’s a problem since not all body types are the same. We have a male teacher, who was reported for saying inappropriate things, like, “Some of you girls come into class dressing like you’re in a strip club” or

*“Let’s see which girls are naked today” while having other teachers and the school counselor laugh about it.*

“I’m glad I don’t have a daughter” and using the term “thottie” when referring to a female student’s outfit. Or others [teachers] start the morning saying—in front of the class—these exact words: “Let’s see which girls are naked today” while having other teachers and the school counselor laugh about it.

This is a huge problem! We had another teacher say, in front of the class, “Any girl wearing leggings stand up and turn around so we can see if you are in code,” then say “You and you go to the counselor.”

This is humiliating. It’s sexist and clearly harassment that creates a hostile learning environment. This was done right before EOGs [end of grade exams].

Boys are constantly sagging their pants and shorts below their butts with their underwear hanging out, but the quarter of an inch exposed butt crease [shown through leggings on girls] is the issue? \*I’ve included a picture of the outfit I was wearing this particular day of you would like to see.

My parents spoke with the middle school principal

about these issues, and she [the principal] was immediately defensive of the teachers, not [protecting] the students that were humiliated. \*The Zoom call was recorded so you can get a copy to see for yourself.

Finally, the dress code doesn’t allow for cultural or ethnic expectations. Do-rags, for example, that can protect an African American student’s hair or hairstyle are against the dress code. Do you allow for religious coverings but not functional? What’s the problem with banning something that has a function? I suggest that you have students and staff discuss the best course of action for the current and future dress code policies. Thank you.”

.....

Since this board meeting, I have been interviewed by a local TV news crew. I hope change is coming. These policies are old-fashioned and sexist.

What change do you want to see in the world? ○

Dear Sara,

*It makes my heart so happy to see a young woman that sees injustices in the world and speaks out to make a difference.*

*I am so proud of the way you overcame your initial uncomfortableness and relied on the support of those that love you to speak to the school board on this topic. That takes so much courage that so many young people do not tap into.*

*I completely agree with you on this topic. Many times in this world, it seems that women are singled out for their sexuality in a way that men are not, and it is clearly starting at a very young age.*

*It is completely unacceptable for your teachers and counselors to not only refuse to stand up for you but to be the perpetrators by mocking and making girls feel singled out. It’s a humiliation that no one should have to feel and I’m so sorry that it was put on you and your classmates.*

*It’s easy to feel like you are the only one that cares when you are the first one to stand up for what is right, but I promise you, many of your classmates are grateful for your leadership.*

*Rules are put in place to help make us a civil society, but it is far too easy for those given the power of rule-making to abuse that power.*

*You have seemed to already sense when the time is right to push back on arbitrary rules. When a rule abuses, isolates, or disenfranchises a person or a group, that’s the time to push back. It is up to leaders like you to question and stand up to what is not right, and I’m so proud to see young women doing so.*

*My personal motto is “not the boss of me.” It’s a bit tongue in cheek but also something I take very seriously. I like to live my life my way and I don’t let others tell me that I shouldn’t. And I hope you will do the same. Life is full of paths mapped out by others that you could walk down.. I encourage you to continue to take your path that you are making for yourself. It’s not always the easiest answer, but it will always be the most rewarding. Adults don’t always get it right, even with the best intentions. Don’t be afraid to respectfully question authority. Believe it or not, adults can learn a lot from kids too!*

*Most importantly, never be afraid to stand up for what you believe in. Your impact could change the outcome, a life, and even the world. The possibilities of your positive reach are endless.*

Sincerely,

Juli Emmons, filmmaker, business leader, mother





# brain

education/learning • school • science • space • research • environment • politics  
careers • languages • medicine • mental health • truth/lies • books



*“Every word matters,  
especially verbs.*

*Run or sprint?*

*Say or announce?*

*Use ‘power’ verbs to help your  
writing come alive.” ~ GirlStory*



# Meet My Monster Friend,

**“WHY AM I ACTING  
LIKE THIS?  
WHAT’S WRONG  
WITH ME?”**

Those are some of the questions I have been asking myself for a year now, maybe my whole life. While the answers to those questions may seem impossible to find, there was actually an answer.

*I have obsessive compulsive disorder (OCD) and anxiety.* The day I was diagnosed in November of 2020, things began to fall into place.

My struggles became much clearer to me. The reason why I was always running late? My OCD. The reason why I felt I wasn't getting my homework done as efficiently as the rest of my friends? My OCD. And the list goes on.

While those issues may seem miniscule and small, OCD and anxiety can be pretty challenging monsters to defeat. But, in the end, I did.

Now, my OCD and anxiety didn't just disappear, I just learned how to manage it. It took some time, but I



# LUCY.



MIRABELLA

age 17, from NC

eventually did it. Looking back on it now, I feel so much stronger than I ever did before. If you recognize yourself within this article, maybe you have been diagnosed with a mental illness, or let's say you have some "monster friends" bothering you. Maybe you haven't had to deal with any monster friends. I'm hoping my story will help all of you feel comfortable finding help in order to find yourself. Because I know you can do it. Until then:

Meet my monster friend: *Her name is Lucy.*

Lucy is bratty, loud, and very, very annoying. She stopped me from doing many things I loved, as well as made me struggle with basic things like showering and changing my clothes. I know! I never would have thought those things would be such a challenge for me. But Lucy made sure they were.

Having OCD and anxiety can bring along something called "intrusive thoughts." For this article, we'll describe them as "our monster trying to make us fear things we don't have to fear." Or, in other cases, our monster can take a rational thought like: "If I don't focus in class, I won't do well." and turn it into a thought as blown out of proportion and repetitive as: "If I don't write down every single thing my teacher says I will not do well in this class and then my parents will get mad at me and then..." and the list goes on and on. Those thoughts are completely normal for someone with OCD and anxiety. Even if those thoughts are the scariest, strangest thoughts that are unlike you at all:

THEY ARE NORMAL. Here's why:

Everyone gets strange thoughts! The people who have OCD tend to have something my therapist calls "sticky minds." This means, someone without OCD would have a thought as strange and scary as someone with OCD, but if you have a "sticky mind" it lasts longer and may keep reappearing since we tend to bring attention to them, or worry about them. Personally, I had some extremely scary and strange thoughts. After therapy, they don't bother me as much. I'm able to let them pass and not read into them. I know you will be able to too.

Along with the intrusive thoughts, there is another part of OCD:

*Obsessions and compulsions.*

During the midst of everyone's favorite time, quarantine, I had one obsession that really bothered me: Making sure my hands were clean. I wanted to make sure my hands were clean to protect myself, but most importantly, my family. The obsession would constantly remind me I had to perform this action until I felt I had done it correctly: the compulsion of washing my hands. I would wash my hands pretty often, even over something silly, like I had soap on my hand that I didn't want to be there.

I'm sure you're wondering, "Soap is clean, isn't it?" Yes. Along with OCD making thoughts sticky, it doesn't listen to reason. Unlike you, who is so much



## People who have OCD tend to have something my therapist calls “sticky minds”

smarter than that little monster living in your head. They’ll end up quieting down eventually, because not only are you smarter than it is, you are stronger.

Today, I am able to do so many things I thought I would never be able to do. I have been playing piano, writing my own songs, driving myself places, (I have even been on the highway!! Not by myself yet, but I know that’s a challenge I will conquer soon!) and performing for audiences! Performing is something I didn’t know if I would ever do again, my anxiety felt too strong.

The same way I fought through these challenges, with help from others of course, I know you all will be able to do too. Whether they are big or small, I know all of you can do it. If you ever doubt yourself, just look at how far you’ve come up until now.

Something I like to do when I doubt myself is use

some of my favorite songs, books, TV shows, musicals, and movies to remind myself that I am not the only one who struggles. If my favorite characters can overcome their struggles, so can I.

OCD and anxiety can try to convince you that there is something wrong with you, that you aren’t good enough. A little quote from one of my favorite fictional characters, Wanda Maximoff from the Marvel Cinematic Universe, proves OCD, anxiety, or anything that tries to make you think that you are not good enough, is absolutely wrong.

She says, **“But I don’t need you to tell me who I am.”**

You know why?

Because according to another one of my favorite pieces of art, the Broadway musical Dear Evan Hansen, **“You’re you, and that’s enough.”** ○

Mirabella, thank you for sharing about your monster friend, Lucy. You are courageous! I’d love to share about Amy, and maybe between the two of us, girls can start to understand that they are not their monsters . . .

It’s not me. It’s my amygdala! This line is one of my favorites created by therapists. It captures all of our struggles to be who we really are and not be our amygdala, commonly called Amy.

That is what Bipolar, major depression, post-traumatic stress response, obsessive compulsive disorder (OCD), generalized anxiety disorder, and so many more diagnoses cause us to believe that we are our intrusive thoughts and subsequent behaviors.

Understanding what happens when Amy takes over is crucial to learning who we are and who we aren’t! Within your amygdala, you experience your emotions, and across our sympathetic system we experience trauma responses.

We have all heard of “fight or flight” where our brain helps us to know when we see a tiger that we need to fight or run (I strongly suggest you run!). But there is also fawn (think people-pleasing) and freeze (appearing calm but actually frozen in fear). These are four responses that intermingled with daily life, stress, and mental proclivities can take over resulting in us not knowing how to respond from a place of connection and social engagement, both of which live within your ventral vagal (your internal heaven). From your ventral vagal, we respond calmly and from a place of safe connection.

Our conditioned responses become our automatic responses; subsequently, we believe we are the intrusive thought, the critical voice, or the startled reaction. We believe we are the monster voice, and our authentic voice becomes muffled.

All of us benefit from being able to distinguish between an internal monster voice and our true self.

**As women, it is vital to have a voice.** Through psychotherapy, we can learn more about our amygdala and what life events or conditions resulted in our automatic, initial responses. Therapy and self-exploration is a powerful way to discover what might be covering who you really are. It takes great courage to identify any psychological/medical diagnosis, and that is to be applauded. And from there we can learn how to rewire Amy and be the dynamic, bold, and connected women we are meant to be.

~ Kim Honeycutt, MSW, LCSW, CCFC, LCAS and author of *But Your Mother Loves You*





Girls, you are so creative and super smart in your unique ways! We're continually impressed with your words—your quotes, your poems, and your stories!

*Check this out:*

*“Now we have entered . . . a life science revolution. Children who study digital coding will be joined by those who study genetic code.”*

*~ Walter Isaacson, Code Breaker*



I like this quote because I think bioinformatics is the future of medical breakthrough discoveries.

*~ Allison Moores, age 12, CA*



*If we merge*

*mercy with might,*

**and might with right,**

*then love*

**becomes our legacy**

*~ Amanda Gorman*







# body

nutrition • healthcare • growth • beauty • fitness • sports • personal hygiene  
disabilities/special needs • sleep/rest • food/cooking



*“Our bodies are amazing! When we take incredible care of ourselves, we have more energy, feel better, and think more clearly. That means choosing nourishing food, finding movement we enjoy, and connecting with the quiet inside ourselves. And above all, do it with kindness . . . always kindness.”*

*–Kim Likosky, Health & Mindset Coach, Kim Likosky Coaching, LLC*



WHAT DO I  
HAVE TO GIVE?



MARY GRACE

age 13, from NC



Sometimes as a kid, it's hard to know what you can do to help others. Without a lot of resources, you might think that you can't make a big difference. There is one thing I've learned I can do to make someone feel cared for and normal. Donating my hair gives me the opportunity to give to others in a way that I can.

I donated my hair for the first time when I was 5 years old. And I just donated for the fourth time as a 13-year-old. Here are a few things I've learned:

1. There are many organizations where you can donate your hair. I prefer to donate my hair to the ones that provide the wigs free of cost. (Some charge the recipient.)
2. Wigs cost a lot of money to make. It is always good to donate monetarily with your hair donation if you

can. For example, you can do a lemonade stand and send your profits to help cover the cost of producing the wigs.

3. With so many organizations that accept donated hair, there are many different length minimums and other criteria. Some will let you donate as little as 8 inches (or more), while others prefer 12+ inches.
4. You can maximize your donation by putting your hair in 2-4 separate ponytails before having it cut.
5. One of the best parts about donating hair is that people notice your drastic haircut. It's fun to inspire others when I tell them why I cut so much of my hair.

Donating your hair might seem like a small way to give, but it can have a huge impact on a child that receives your donation. I hope you will consider joining me! ○

Dear Mary Grace,

Your words speak such truth: finding small ways to give can have a huge impact. That certainly rings true when it comes to donating hair.

The Angel Hair Foundation provides hair systems to children and teens suffering hair loss. And while every recipient is unique, each of them will tell you that experiencing hair loss is much more than a change in appearance.

Hair loss is a physical representation of the illness that has taken over their body. It is a visual queue to the world that says, "I am sick." Many struggle with loving themselves. They don't look like they used to or look the way they think a girl their age should look.

When a child or teen receives the gift of new hair, it represents so much more than just hair. It provides them a renewed sense of confidence and the courage they need to look in the mirror again. It gives them emotional strength to fight and get back to the person they want to be.

Thank you, Mary, for being such a wonderful example of how people of any age can find ways to make a difference in the lives of others. Keep up the good work!

Live Beautifully,

Jeannine Jones, executive director of Angel Hair Foundation



# comfy



## MEET BROOKE, AGE 17 AND ALREADY AN ENTREPRENEUR!

“All of us were home a lot more and unable to go to school and work. My family and I have a dog and two cats, and I would joke that we were turning into our pets—home all the time with no routine.

I want Girly Cat to provide products that are fun yet allow you to **feel comfortable** and **relaxed**. Sometimes, we all need to feel like my cat Bella —without a care in the world . . . even if just for a moment.” ~ Brooke, NC



*“The future belongs to those who believe in the beauty of their dreams.”  
(Eleanor Roosevelt)*



# heart

relationships/friendships • faith/religion • passions/causes • self-esteem  
community/belonging • teamwork • feelings/emotions • communication • identity



*When you can't find the sunshine,  
be the sunshine.*



# I AM

I am a girl.  
I wonder if I'll grow taller.  
I hear the voices inside my head;  
I see the people out in the real world.  
I want to do art.

I am a girl.  
I pretend to be happy but . . .  
I feel broken inside.  
I touch life, but  
I worry I will die soon.  
I cry my pain out.

I am a girl.  
I understand who I am.  
I say I'm proud but I'm not.  
I dream to become big;  
I try my best.  
I hope I make someone proud.

I am a girl inside;  
I want my parents to accept who I am.  
But they can't seem to . . .  
I wish to be more social,  
But can't.  
I want what others have,  
but then I don't.

I am just a girl  
I am a girl  
who hurts.  
who cries,  
who feels pain;  
who seems okay but isn't.

I am a girl who has been through so much.  
I try to call out for help,  
but no one comes.  
I don't know if they will come,  
but I hope that they do.  
I am a girl who needs reassurance,  
who needs friends and family to be by my side.  
I am just a little girl . . .  
and a tired one too. ●



JOANNA

age 14, from NC

Dear Joanna,


You are courageous to share your heart through your poetry! You are a stunning writer, and I was able to catch such a clear glimpse into your life through your words.

Thank you for naming the ache and struggle of becoming a young woman so transparently! I imagine many of the young girls (and older girls for that matter) reading your poem will be able to resonate with many of your examples of longing to be seen, known, and loved. It's so easy to look around at what other people have or the way our culture defines success and think we have to fit into a certain mold. I must admit though, if we all were the same, we would have an extremely boring society.

I love that you are so in tune with your feelings and say what you think clearly. Expressing ourselves through creative outlets like writing and sharing our stories with people we trust are part of the path to healing. I encourage you and anyone else reading this to reach out to an adult you feel safe with to speak often with about the inner workings of your heart and how they show up in your life. You are a beautiful soul and the world needs YOU to shed light in the dark!

~ Meredith  
McDaniel,  
LCMHC, licensed  
counselor + author in  
Davidson, North Carolina





# CLIFF

I'm a writer.  
It's something I enjoy doing,  
but it's not just writing physical poems and stories.

I enjoy having the power  
to write my own book.

In life, I love having the ability to control  
the outcome of each chapter.  
And each part of my life.

People come and go throughout my story.  
Some of those people made up the best chapters  
of my book.  
They also made up the worst.

In my story, I like to focus on the people that have  
been present in every single chapter . . .  
because no matter what the climax was,  
they never left.

They reminded me every page,  
in the book of my life,  
that they would be there for me.

They reminded me at every cliff hanger,  
when I wasn't sure where my story would lead me,  
whispering in my ear that I wouldn't face the  
uncertain alone . . .

that each new chapter would start with us.  
It would be me and them, always together,  
facing the cliff hangers.

This poem means a lot to me.  
Let me explain why—





# HANGERS



SYDNEY

age 14, from NC

Despite not causing a lot of drama myself,  
I could never evade friendship troubles.  
They followed me throughout middle school and  
the beginning of high school.

So I didn't have any friends that knew all about  
my troubles, that stuck with me to the end.  
They all walked off eventually.

But I did always have my mom and dad.  
No matter what friendship struggle I was going  
through, they were always there for me,  
and they always went through those hard times  
with me.

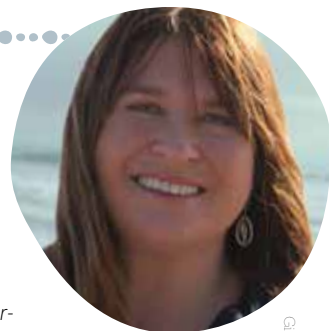
And they were better than any friends I could find  
at school.

*I want to dedicate this poem to my  
parents because I owe my whole to them.  
I am forever changed by everything I  
have been through but not because of the  
actual problem, but because of how my  
parents taught me to stand taller than  
my obstacles. Words can't express how  
thankful I am for them. I am blessed.*

*The love of writing has come to you at a very young age, Sydney. Your talent shines  
through your words. And at 14, you have definitely gained wisdom through your years.  
You are right—your parents want nothing but the best for you! Never forget that be-  
cause you are fast approaching a time when teenagers can lose sight of that.*

*The love of the story and your characters come through loud and clear in this poem.  
There is much power in the ability to tell a story, and you have it! Continue to cultivate  
your love of writing. Your poem makes me excited about future talent, those who will be  
writing the books that our children and grandchildren will be reading. Thank you for shar-  
ing your soul with us. I look forward to seeing your stories in print!*

*Best of success,  
Chris Howard, director of operations at Morgan James Publishing*



# comic!



**MAEVE**  
age 12, from NJ

## ADVENTURES OF



# Kate

Meet Kate! Kate is a smart, funny, brave, and sometimes mischievous young pup. Follow Kate on her many adventures and meet her friends and family along the way!





# Mirabella's Musings

My trip to New Jersey this summer to visit family was a huge accomplishment.

You're probably wondering why it was such a big deal, right?

The reason is because I really don't enjoy flying on planes. It is really scary for me! My anxiety becomes really difficult to manage. Because of my struggle with OCD and anxiety, which I wrote about in a separate article in this issue of GirlStory magazine, I was extra concerned. I thought my anxiety would stop me from being able to have a relaxing flight.

Despite my fears, I got on the plane, let my anxiety calm down, and was able to read my book and listen to music!!

Being able to not only fight anxiety, but to understand it, is extremely important.

Some ways I deal with anxiety are:

1. Understanding it WILL lessen over time.
2. If possible, get outside and take a walk.
3. Play some mindless games on my phone to calm down.

**You will ALWAYS find a way. I believe in you!**

*Girls!* **Want a chance to see your name in GirlStory magazine but don't have any ideas to write about?**

**Click to fill out this form for a chance to see your name (and answers) in the magazine!**

**Favorites Survey**

**Favorite song at the moment:**

**Favorite movie at the moment:**

**Favorite TV show at the moment:**

**Favorite book at the moment:**

**MY ANSWERS:**

"Favorite Crime" by Olivia Rodrigo

La La Land

WandaVision

The Summer I Turned Pretty



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