

The Patriot Post



RE-NEW THE NEW YEAR!

The beginning of a New Year is the ideal time to turn a new page, which is why so many people create New Year's Resolutions. A new year usually feels like a clean start, a great opportunity to remove awful habits and establish new routines that will help assist you to grow physically, emotionally, and socially. Of course, resolutions are a whole lot easier to make than maintain. By the end of January, many of us have converted back to our old ways. According to one survey, only about nine percent of people who made a resolution kept or completed their goal. While many people don't necessarily achieve their goals, there is some good news. Those who set New Year's Resolutions are ten times more likely to change their behavior than people who don't make these yearly goals. Biting off more than you can chew presents possibilities to overcome struggles. Instead of choosing an ambiguous goal, focus on something more concrete that you can realistically set your mind to. While you may have a lengthy list of potential New Year's Resolutions, it is suggested that you pick a simple one and focus on it. Taking on too much can be especially difficult due to the fact that practicing new behavioral patterns takes time. Focus on taking tiny steps that will slowly help you to reach your goal. Once you have made a commitment to changing a habit, it is something that you will continue to work on for the rest of your life.



"Today is the first blank page of a 365-page book. Write a good one."
--Brad Paisley

Written By: Ava Look

Edited By: Sarah Smothers



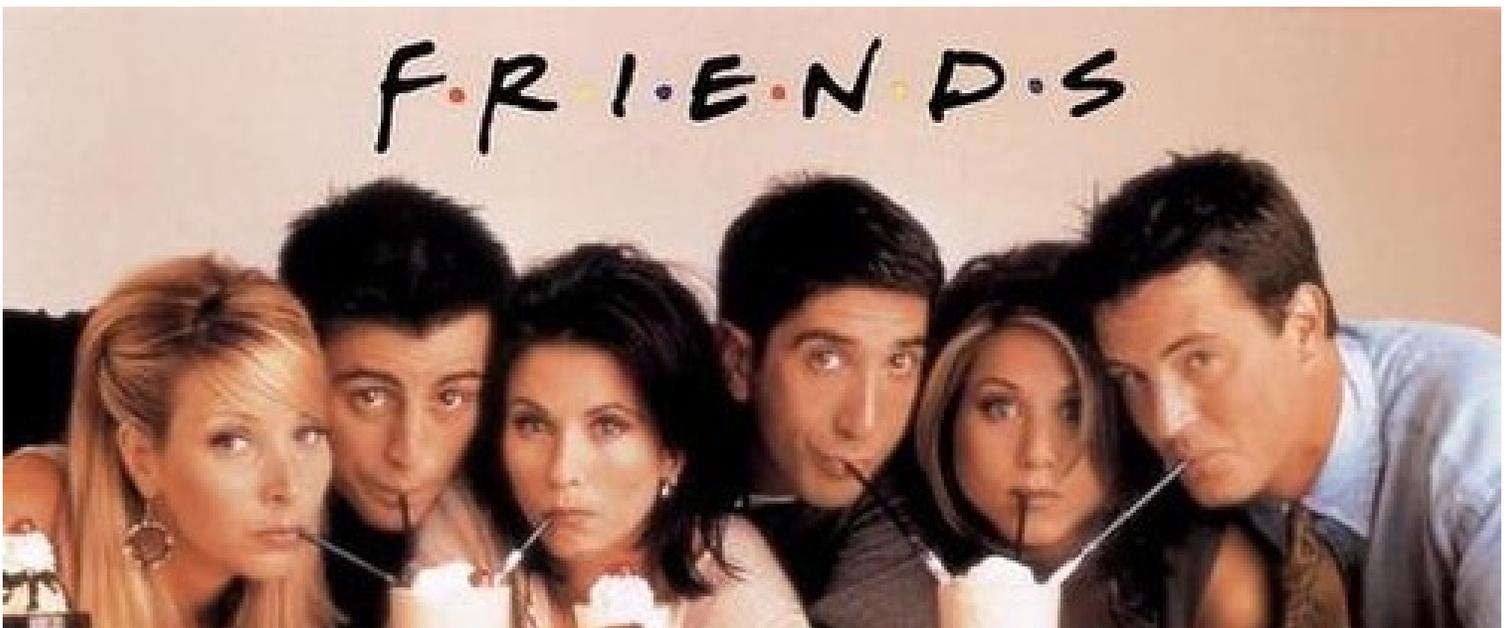
Patriot Post Student of the Month

Student's Name: Zavion Carter

Age: 17 Grade: 12th

Sports: Football and Track

Hobbies: Madden NFL 2020; Driving Long Distances



What's the Status of Your Friendship?

Congratulations! You've made it to the "Roaring 20's", so take a look at who has been there with you and who's to come. Relationships come in various types, but all have one thing in common. That common factor is love.

According to Greek philosophy, love is split into eight categories. However, I will focus on philautia, philia, and agape as we enter the new year. Philautia, better known as self-love, requires a person to focus on (you can find tips in the "Spill the Tea" section)! Taking care of your mental, physical, spiritual, and emotional health should always be your priority. Learning to love one's self healthily teaches you how to love others in the same format.

Philia means friendship love, and this is important for high school students. Philia love is a bond shared without physical attraction. A great question to ask yourself when thinking of philia love is whether the person boosts your mental health. Signs of a toxic relationship are manipulative, controlling, jealous, depreciating in value, and abusive.

While these characteristics do not determine if a person is "bad"; however, that may not determine whether or not a person is the right friend for you! Agape is unconditional love. Agape love is shared between two or more. It is the purest form of love but requires sacrifice for the greater good.

Some characteristics of this love are: mutual respect, communication, trust, and time for each other. Whether it's with a parent, stranger, or friend, these are all key ingredients to nurturing a relationship. Although, relationship types vary from person to person. It is essential to communicate effectively and value each other.

Written By: Mae Marshall

Edited By: Sarah Smothers & Allison Riehl



Spill the Tea with Delaney



Welcome to “Spill the Tea!” Spill the Tea is the column where you can come for advice. All you have to do is send in a question (anonymously if you prefer) and we’ll answer it! There is no judgment!

This month, the Patriot Post has dedicated itself to “Renew the New Year.” Renewing yourself for the new year involves loving yourself and loving the person you are going to become as you grow.

Loving yourself helps you build self-worth, self-confidence, and makes you a more positive person. Many people find that to be in a healthy relationship, you must love yourself first, to be able to build the capacity to love others.

The only way to begin your journey to self-love is to want to. Yes, the tips we are providing are important, but you have to create the ambition and drive to achieve

self-love. To love yourself, you have to focus on YOU. Here are some tips to help build your positive mindset and begin this new journey:

1. Self-care: it may sound obvious, but the best way to start this is to make yourself feel fresh, like you have wiped away your negative feelings. Start by just trying a face-mask or even just rinsing your face with water. Try meditation, painting your nails, eating your favorite food, or exercising.
2. Accomplishments: make sure to always give time to celebrate your achievements and give yourself credit, no matter how small they seem.
3. What Interests You: when you begin your journey to self-discovery, you should try some new hobbies, whether it’s joining a new club or trying a sport. It may seem like a breath of fresh air.

These are just some of the many

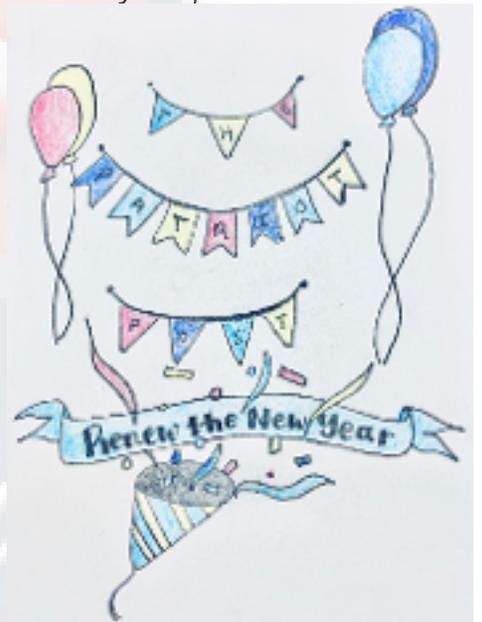
ways to begin this journey. Remember to check out this month’s edition of the Patriot Post for more tips and advice!

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