

DESKS

The English school magazine

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*Fitness and
Happiness*

*Metallica,
Video games and
mental health*

**Sleep as the chief
factor of our
lives?**

MARTINA

The magic of thinking big

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VIDEO GAMES AND MENTAL HEALTH

When we talk about video games and mental health, you must know that we are talking about excessive gaming. A study by Oxford University shows

that gaming in moderation and a controlled environment may improve one's mental well-being. Gaming usually lets the brain rest. Some people might

find this surprising, especially considering that many prior studies have been talking about how gaming can badly affect your mental health.

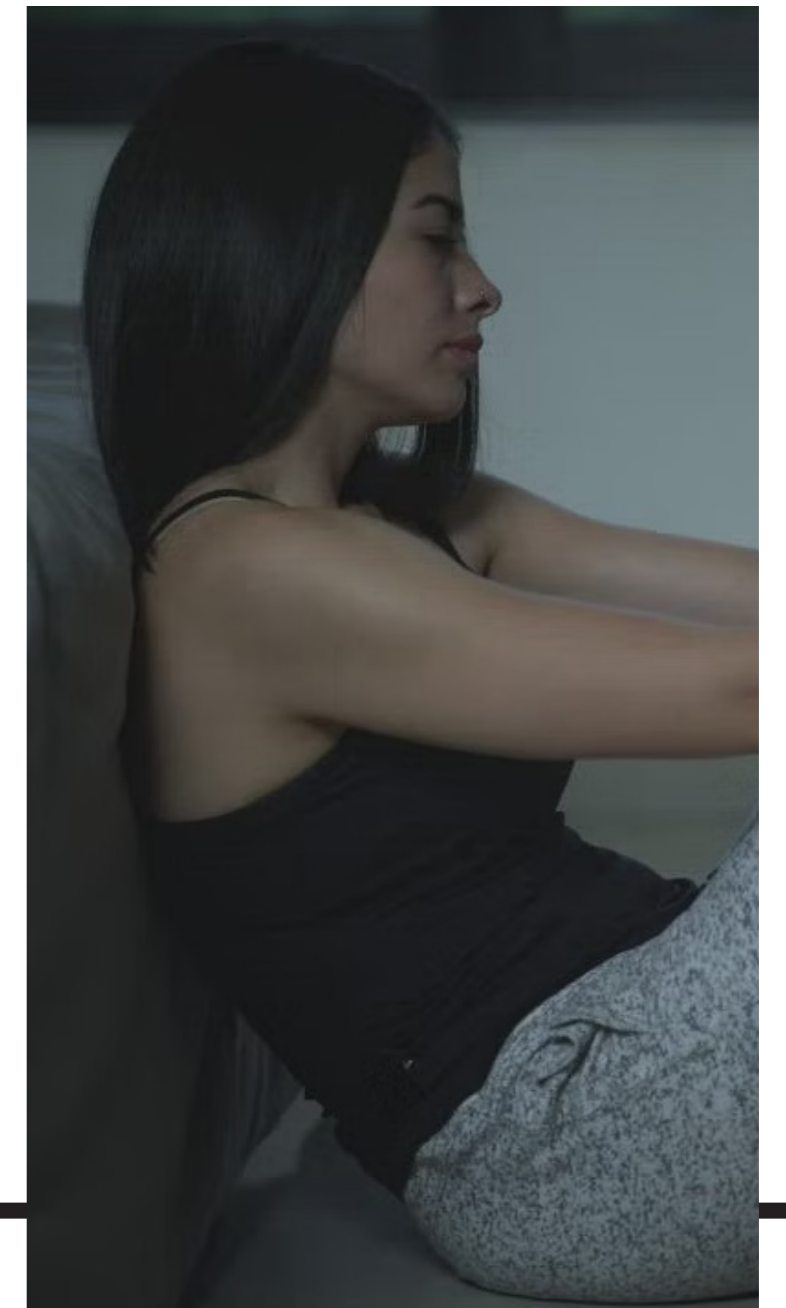
Gaming can surely be addictive, people are then usually toxic and mean in the games. Some harmful words can come out and it can hurt others too.

The more you play, the more you may neglect other aspects of your life. And this also means that the more your mental well-being is going to suffer.

It is important to know when to stop.



MODERATION IS THE KEY, ESPECIALLY WHEN IT COMES TO ADDICTIVES



DOFE

MY OPINION

What is DofE?
The Duke of Edinburgh's Award
It's an achievement award for young people aged 14-24 years, a life-changing experience and an opportunity to discover new talents. It helps youth to develop their skills for life and work. As some say it's a programme that

prepares you for adult life while it also helps you to grow your confidence, enhance skills and test your limits. There are three progressive levels – bronze, silver and gold. For the bronze and silver awards, you must complete four sections, which are volunteering, sport, skill de-

veloping CVs and university or job applications. You'll also make a difference to other people's lives and your community, as well as be fitter and healthier. Our school has joined the programme in 2017. Since then over 80

students have completed one or more levels. This year we're happy to welcome even more students joining DofE. We're also thrilled to announce that we have the first achiever of the Gold award. Congratulations! At our school

development and outdoor expedition. However, for the gold one there is one more section – a residential activity. For many participants the outdoor expedition is the most fun part of DofE, because they can spend some time in the nature and also be with friends.

The history of DofE
The award began writing its history in 1956 when it was originated in the UK by Prince Philip. Two years later the first Gold Awards were achieved. Gradually more countries joined and today it is over 140 countries all around the world. DofE has helped to

you can join DofE from grade kvarta and higher. You can start with any level, but it's recommended to start with bronze and then continue to the other two. New participants can usually sign up by the end of October. Join us!

transform the lives of millions of young people. As I mentioned, completing the award will give you a lot of personal benefits – confidence, experience, memories, friends... It is also recognised as mark of achievement, respected by employers and universities. The award is



I have completed the bronze award and currently I am doing the silver one. I see DofE as a great opportunity to develop and also challenge myself. You have to push your limits but the outcome is worth it. For me volunteering was the section that helped me the most and changed my point of view. It taught me more patience and helped me with better communication. The expedition was a really fun part – no need to be scared of that. Thanks to DofE I also learned how to schedule my activities better. I'm grateful for this experience.

FITNESS BY CATHERINE

Disclaimer: I am no professional, by any stretch of imagination but I have tried to research and confirm this information with legitimate scientific data and ran this through with my personal trainer. I strongly recommend you do your own research and/or consult with a professional. Taking progress pictures or making a video of yourself is a good way to see how your body is getting into the desired shape. Since we look at ourselves all through the day in general, we can't see a change in our bodies. That's why if

(registered nutritionists, your general practitioner, personal trainers/coaches).

Now with the disclaimer of the way, in this article I would like to share some tips, I wish I knew when I started dipping my toes into the fitness world. I'll be doing so

you compare your pictures/videos that are months apart, the change becomes much more apparent. Another way is to take the measurements of your body as if you're a seamstress. Writing them down and progressively checking them

by debunking some of the most widespread myths I've heard related to health. BMI or Body Mass Index is something, everybody is familiar with at this point and time. It's one of the most common ways to measure obesity but like almost everything in fitness

is another way to follow your progression. Beginners often get overwhelmed with the number of changes everybody is recommending to them. So much to the point that they never even start or give up really quickly.

is highly generalized. A big factor that can considerably skew, where one might land on the BMI scale, is the amount of muscle mass. You see, muscle weights up to 3 times more than fat. That is why for example, a professional bodybuilder might land in the same category as an

The key word in fitness is sustainability. So implementing changes slowly into your lifestyle can make a world's difference. It's called LIFEstyle for a reason. So if you want to change your diet maybe don't start with cutting all of the sugar out

obese individual. This metric system was created more for the statistical studies than for individual use. In my opinion, there are better ways to track ones' progress, which brings me to my next point.

of your diet. Only a minuscule percentage of people are able to maintain such harsh sudden changes. Strict diets according to studies are most likely to cause a so-called "yo-yo effect". Individuals might be able to follow firm instruc-

tions at first but will slowly lose the will due to decision fatigue (a real phenomenon) and eventually fail. All of the lost weight for beginning (usually water weight) is gained back within a few weeks leaving you feeling like a failure. But what nobody often tells you is that these strict

portion of people get anxious about people in the gym staring at them or judging them. From personal experience trust me when I say that couldn't be further from the truth. Everybody has to start somewhere and at least people in gyms can see

dietary models are often designed for you to fail. It's much more advertise-able to promise changes within a month than six. But the latter is miles more attainable for common mortals and changing your lifestyle doesn't have to be an uphill battle. Beginning with eating more vegeta-

you are trying to better yourself. Furthermore, about 99% of people aren't even looking at you, because they're too busy focusing on their own exercise.

To sum everything up, if you made it this far and are

bles and fruits, switching from sugary drinks to tap water or just being more mindful of what goes into your body as far as nutrition goes can get you a long way. Yes, it will take much longer to see obvious changes but these have a higher probability to actually last.

still reading this article, you are probably interested in fitness and/or are probably seriously considering making a big lifestyle change (maybe apart from Mrs Oscitá, who'll be doing a grammar check, a round of applause for that).

If you want to start working out, the same principle applies. Find easy ways for your body to adjust to movement. For example going for walks, dancing with your friends or stretching your body at the end of the day. Find what sparks joy in you because that is something you are

It's very admirable of you and I hope you will have a successful journey that will help you get in tune with your body and bring you heaps of happiness.

destined to most likely return to and continue doing. After it becomes a part of your comfort zone, try to challenge yourself to achieve new heights. If you want to join a gym, going in there with your mates or a personal trainer could be a good way to get you out of your shell. A large

“**STRENGTH DOESN'T COME FROM WHAT YOU CAN DO; IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T.**”



ARE WE LOOKING AT HAPPINESS INCORRECTLY?

People seldom find themselves in a completely content state of mind. We are often struggling to strike a balance between positive and negative situations which occur in our daily life. Failure is theoretically everywhere and it is only up to

us whether we decide to accept or confront it. The vast majority of people have the tendency to put tremendous effort into things so that they can work out and result in our happiness. The philosophy behind happiness stems from the

ancient Greece and Rome when people were brought up to be successful and flawless. It is actually the fact that we are constantly trying to achieve certain goals and relentlessly aim to be happy which makes us feel miserable. We are trying

to ignore uncertainty and refuse to get familiar with anxiety or insecurity. In order to feel truly happy, we need to stop avoiding negative emotions and need to be willing to embrace them at all costs. If we stopped

running from problems and learned to accept situations as they really are, it would result in fewer downhearted reactions and disappointments.

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HAPPINESS IS NOT SOMETHING READY-MADE. IT COMES FROM YOUR OWN ACTIONS



THE MAGIC OF THINKING BIG BY DAVID J. SCHWARTZ

I've summarized a book called "The Magic of Thinking Big." The author starts by giving us an overview of what this book "will do for us". I want to share the content with you in detail, so I have broken it down into a few parts.

Success means numerous positive things, including personal prosperity, financial security, freedom, and simply contentment. "I-am-positive-I-can" attitude generates the power, skill, and energy needed to be single-minded. When you believe you

can succeed, the "how-to-do-it" develops. Young people often start working in new jobs, but they don't discover great heights. However, a few young minds do discover it with an "I'm going to the top" attitude. By studying and observing, they learn how successful

people react. Without the firm, unwavering belief that man can travel in space, our scientists would not have the courage, interest, and enthusiasm to proceed. In conclusion, those who believe they can move mountains do. Those who believe they can't cannot. Belief trig-

gers the power to do anything.

NEW ITEMS OF VOCABULARY:

countless vacancies; an extremely large number of job openings or positions available

drive home a point; to make a point or argument very clear and easy to understand

an executive; sb in a high position in business, he makes decisions, etc.

a prophet; a person who is believed to have the ability to predict the future and present it to others

think above trivialities; to focus on more important or significant matters and not get caught up in minor or unimportant details or concerns

living in mediocrity; living a very average life

nobody enjoys crawling; no one likes a form of movement where a person moves on their hands and knees

merchandising trailers; mobile units or vehicles designed for the purpose of promoting and selling products

unwavering belief; strong, stable faith

space can be mastered; the ability to gain control of the universe

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THE MAGIC OF THINKING BIG

METAL

Metal, a powerful and diverse music genre, traces its roots back to the late 1960s, evolving as a rebellious response to the prevailing rock scene. Recognized for its distinctive features like heavy guitar riffs, aggressive drumming, and often intense vocals, metal has diversified into numerous subgenres, ranging from the melodic tunes of power metal to the complex structures of progressive metal.

Lyricaly, metal explores a myriad of themes, from societal critiques to personal struggles, often providing an outlet for emotional expression and catharsis. Influential bands such as Metallica, Iron Maiden, and Black

Sabbath have played pivotal roles in shaping and defining the genre.

What makes metal unique is not only its sonic diversity but also the global community it has cultivated. The passionate fanbase, often identified by a strong sense of camaraderie, contributes to the genre's enduring appeal. Whether you're drawn to the energy of thrash metal or the atmospheric soundscapes of doom metal, metal remains a dynamic and influential force in the vast landscape of music, transcending borders and connecting people through its intense and captivating sound.



METALLICA

Metallica, heavy metal's undisputed champions, burst onto the scene in 1981, amid the vibrant chaos of the Los Angeles music scene. Picture the frenzy: Lars Ulrich relentlessly pounding the drums, James Hetfield's guitar riffs hitting like a sonic punch. It's a raw energy that sparks rebellion.

The '90s brought the mainstream triumph of "The Black Album" in '91, with "Enter Sandman" captivating new audiences. Despite polarizing "Load" and "Reload" experimentation, Metallica's resilience shone in the thrash return of "Death Magnetic" in 2008.

From collaborations with Lou Reed to orchestral "S&M" series, Metallica thrived on pushing boundaries. Beyond music, their philanthropy via the All Within My Hands Foundation showcased a depth beyond killer guitar solos.

The early Metallica days were a wild ride, featuring Dave Mustaine on lead guitar until tensions led to his exit in 1983. Enter Kirk Hammett, completing the iconic lineup. "Kill 'Em All" showcased their intensity, "Ride the Lightning" delved into darker themes, but it was '86's "Master of Puppets" that set the bar of real metal in this world.

A tragedy struck in 1986 with bassist Cliff Burton's loss, yet Metallica powered on. "...And Justice for All" in 1988 displayed a progressive side amid production grumbles.

As Metallica enters its fifth decade, they transcend being just a band; they are legends. Rock and Roll Hall of Fame inductees in 2009, their influence spans genres. With unwavering dedication, adaptability, and a never-say-die spirit, Metallica isn't merely a musical powerhouse – they're cultural icons, leaving an indelible impact for generations to come.



SLIPKNOT

Formed in 1995 in Des Moines, Iowa, Slipknot has become a pivotal force in heavy metal. Recognized for their aggressive sound, chaotic stage performances, and distinctive masks, Slipknot has left an enduring impact on the genre. The band's lineup, known by numbers rather than names, adds an air of mystery, with members like Shawn Crahan (Clown) and Corey Taylor (8). This unique approach to identity contributes to Slipknot's mystique.

Their debut album, "Slipknot," came out in 1999, blending nu-metal, industrial, and alternative metal. Songs like "Wait and Bleed" and "Spit It Out" showcased intense en-

ergy and an unapologetic embrace of chaos. "Iowa" in 2001 intensified their aggression, delving into darker themes with tracks like "The Heretic Anthem" and "Disasterpiece."

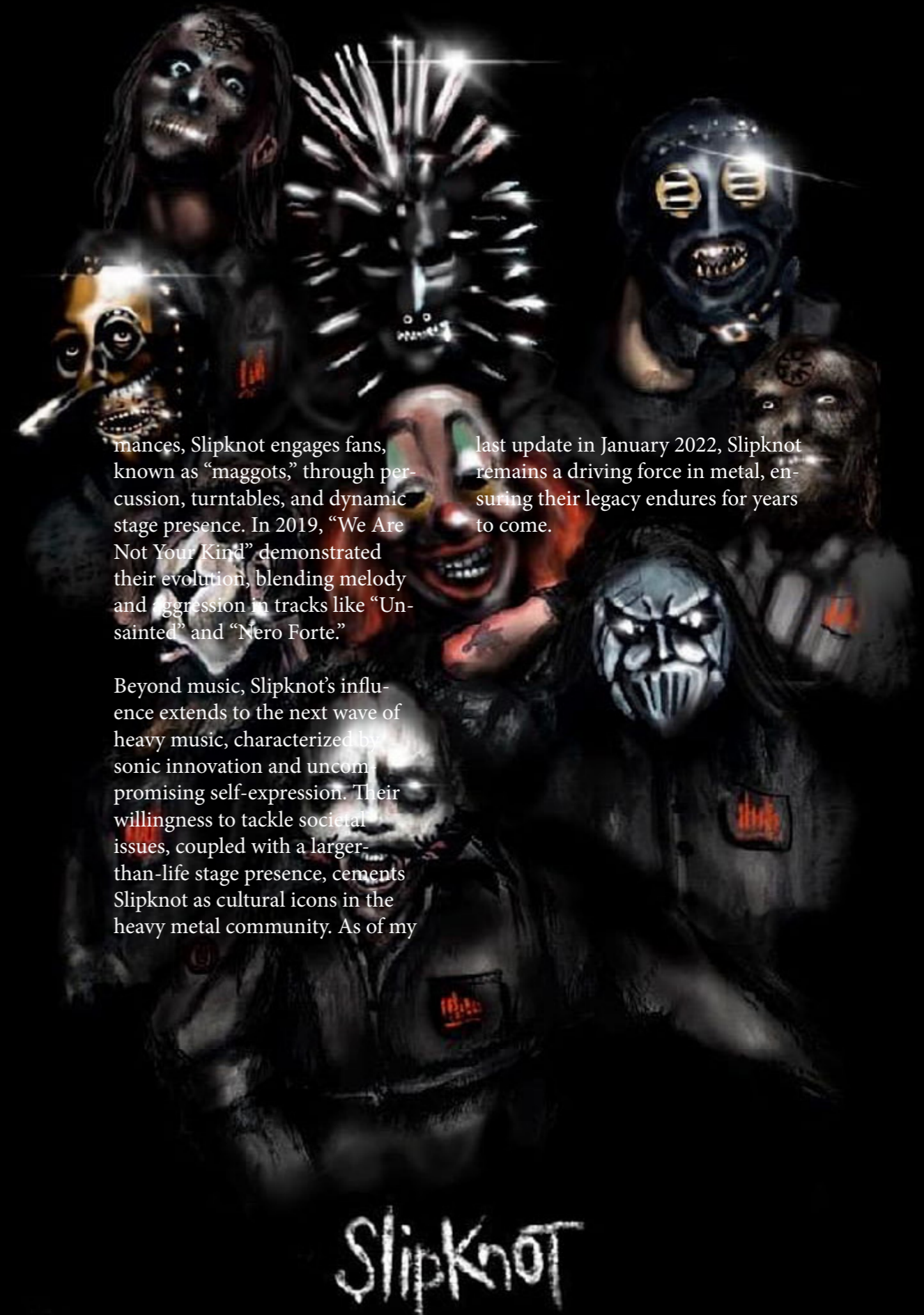
Tragedy struck in 2010 with bassist Paul Gray's passing, but Slipknot persisted, releasing "All Hope Is Gone." The album, featuring "Psychosocial" and "Snuff," showcased an evolution while retaining their aggressive core. Returning in 2014 with "5: The Gray Chapter," a tribute to Gray, Slipknot explored themes of loss with singles like "The Devil in I" and "Killpop."

Renowned for intense live perfor-

mances, Slipknot engages fans, known as "maggots," through percussion, turntables, and dynamic stage presence. In 2019, "We Are Not Your Kind" demonstrated their evolution, blending melody and aggression in tracks like "Un-sainted" and "Nero Forte."

Beyond music, Slipknot's influence extends to the next wave of heavy music, characterized by sonic innovation and uncompromising self-expression. Their willingness to tackle societal issues, coupled with a larger-than-life stage presence, cements Slipknot as cultural icons in the heavy metal community. As of my

last update in January 2022, Slipknot remains a driving force in metal, ensuring their legacy endures for years to come.



RAMMSTEIN

Formed in Berlin in 1994, Rammstein, the German industrial metal force, stands as a global heavy music icon. Comprising Till Lindemann (vocals), Richard Z. Kruspe, Paul Landers (guitars), Oliver Riedel (bass), Christoph Schneider (drums), and Christian “Flake” Lorenz (keyboards), they’ve consistently pushed musical and theatrical boundaries, creating a unique identity. Their debut, “Herzeleid” (1995), introduced heavy guitar riffs and powerful German vocals, gaining global attention with “Du Hast.” Spectacular live performances, captured in the 2001 album “Live aus Berlin,” showcase pyrotechnics and Linde-

mann’s provocative stage presence. “Mutter” (2001) expanded their palette, featuring classics like “Sonne” and “Ich Will.” Subsequent albums, “Reise, Reise” (2004) and “Rosenrot” (2005), solidified their reputation for emotionally charged music.

“Liebe ist für alle da” (2009) faced bans due to controversial content. Their deliberate release strategy continued until “RAMMSTEIN” in 2019, showcasing evolution while maintaining core elements. The album’s themes, from political commentary to personal introspection, demonstrate Rammstein’s blend of infectious melodies and industrial heaviness.

Rammstein’s lyrics, in German, convey complex emotions and societal critiques, transcending language barriers. Their thought-provoking music videos enhance the immersive experience. Their impact on the global metal scene endures, inspiring bands and showcasing the enduring appeal of non-English language music. As of my last update in January 2022, Rammstein continues to captivate audiences worldwide.



A REVIEW OF A BOOK: THE HOBBIT BY J.R.R. TOLKIEN

If you wish to keep yourself busy yet still want to relax after a demanding day and reach for a book which is easy to read, *The Hobbit* is the perfect choice. Not only will it enrapture your attention for countless hours, but it will also enable you to put your

mind at well-deserved rest.

The engrossing story of Bilbo Baggins, who seems to be a conventional villager at first, develops throughout the book and at the end one is encountering a completely different person, or shall we say a hobbit?

All in all, I daresay that *The Hobbit* will live up to everyone's expectations, whatever their age or gender. This extraordinary fairy tale is packed with amusing situations and a fair amount of tension and unexpected events. I am inclined

Bilbo, who is considered to be a tiny burglar, is accompanied by a group of thirteen dwarves and a wizard to complete a most perilous quest.

Will treasure be enough to keep them going further and further each day? Many dangers they have to face and get through the realms of their

to think that it can enrich one's mind, cheer them up and help realise the full power of a simple story.

foes – goblins and elves and at times happen to be only at the mercy of the latter. Despite that, the battle against starvation and sleep deprivation, strong friendships prevail among them and none of them ever fails to radiate fierce energy.



SLEEP AS A CHIEF FACTOR OF OUR LIVES

“

SLEEP: THE GOLDEN CHAIN THAT TIES HEALTH AND OUR BODIES TOGETHER.

According to Thomas Alva Edison, sleep is purely a bad habit, an absurdity. However, it is common knowledge that sleep is an essential part of our routine. It could be said that over the years the body has adapted to the spin of the Earth and keeps the sleep-wake pattern in sync

with the Sun. Each stage of being asleep has its own purpose. Stages one and two mean that our brain is in its active state. Stage one only occurs at the beginning of the night when the sleeping hormones are released. Immediately after, we enter stage two. It is time for the brain to decide

which memories to keep and which ones to toss away. Subconscious connections are made and new ideas formed. The saying „I am going to sleep on that“ is therefore completely reasonable. When our temperature drops and the heart rate slows, we dive into stages

three and four. They remind us of deep and coma-like sleep. Our body is ready to regain strength. The REM stage (Rapid eye movement) occurs when we begin to dream. Some scientists consider dreaming as a psychotic state and a condition very similar to hallucinations and

delusions. We begin to fully believe what is not real and accept everything inexplicable our brain shows us. Sleeping is proved to improve our immune system, mood swings and decision-making. It might be even more

essential to us than food. The conclusion may therefore sound: „Attending the basics of life is only to ensure our body is fully prepared for sleep after a demanding day of being awake.“

— *Hall of
Fame*

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Sleep as the chief factor of our lives? - Author:
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Lastly, I wish to thank you all personally as it truly wouldn't be possible without the creativity and cunning spirit of you guys! Don't forget to innovate and I look forward to seeing you in the next issue.

