

March 2021

**How can you
improve your
mental strength?**

**Alone but not
alone**

Marching in March



WE ARE STRONGER

MEET THE TEAM



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Head of Phantom Paper



Tom Berrington
Deputy Head



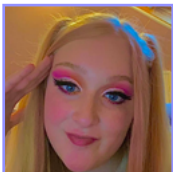
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4 Peculiar Science Books That Will Blow Your Mind

Who remembers World Book Day? Walking into your school gymnasium/assembly hall only to be greeted by a forest of shelves; each housing hundreds of books. Then to be gifted a small slip of paper with three of the most magical (and geeky) words on it: “£1 Book Token.” This was a book that you could pick, that amount of choice was unheard of to me, as a child. It was a national event for me. As you can tell, I miss being a child on World Book Day. However, that might be because I am a giant nerd.

What If?

Author: Randall Munroe

Pages: 304

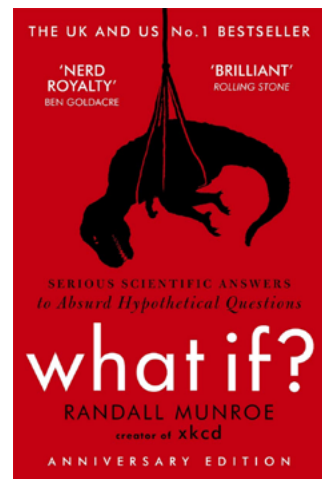
[Price from Blackwell's: £8.99](#)

Described in one word: Unnecessary (in a good way)

Hypothetically. A long word that can start an even more extended conversation. In the world of hypotheticals, nothing has weight as these scenarios do not exist. What if they did?

Coming from creator of popular webcomic XKCD, Randall Munroe attempts to answer many burning hypothetical questions which almost always result in murder. Questions such as: what would happen in the periodic table was created with each element in their respective places, what if a baseball player hit a ball travelling at the speed of light, what happens when a hairdryer produces the same heat as then sun? Now the answer to those questions is, understandingly: explosion, explosion, and explosion.

However, it is not the destination that makes this book fascinating. It's the journey. Why does francium detonate the moment it touches matter, why does the baseball explode upon impact, how did that hairdryer get so damn hot? All these impossible scenarios and many more can be yours if you buy this book today. I highly recommend it if you enjoy stupidly dangerous situations. Hypothetically, speaking, anyway.



Yet, being a giant nerd, there is nothing I am more excited about than World Book Day and the upcoming British Science Week. Well, there is but let us pretend there isn't for the sake of my journalistic position. Also, what's that, you tell me? You have a £100 Blackwell's voucher sitting unused, as we have no access to the university shop. Well, this is your lucky day, dear reader. Let us spark that old feeling of World Book Day, while getting a bit geeky, by bringing you four unusual science books to spend that voucher on. The voucher works online, by the way. No excuses for not giving one of these a try!

The Man Who Mistook His Wife for a Hat

Author: Oliver Sacks

Pages: 257

[Price from Blackwell's: £6.99](#)

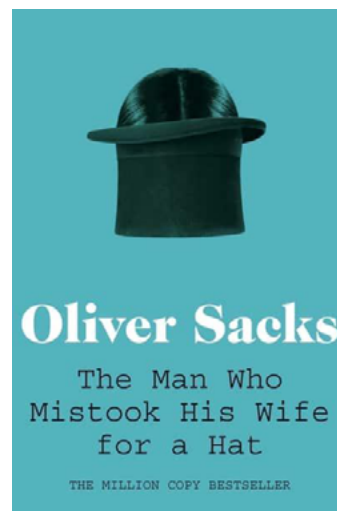
Described in one word: Bizarre

Look, if that title doesn't captivate you, I don't know what will.

The Man Who Mistook His Wife for a Hat is a weird book. It is probably the most peculiar book on this list. Not a story, or a detailed description, Dr Sacks gifts you a series of case studies; detailing many patients' weird, wild and not so wonderful psychological disorders.

Do you want to read about someone whose limbs seem alien to them? How about individuals with immense mathematic or artistic talent (to the point of it being uncanny). If any of those seem the slightest bit interesting to you, buy this book. It will surely be a worthwhile read.

And yes, somebody does mistake their wife for a hat. Stop asking your screen and read it!



World Book Day: Thurs 4th Written by Harry Potton

This is Going to Hurt: The Secret Diaries of a Junior Doctor

Author: Adam Kay

Pages: 279

[Price from Blackwell's: £6.46](#)

Described in one word: Imagine the sound a guy makes after watching another guy getting hit in the groin hard. That is the one word. It is not a pleasant word.

Dear diary,

I found an interesting book today. It is titled 'This is Going to Hurt'. It was written by doctor/comedian Adam Kay and detailed the many things he endured while working on an NHS hospital ward.

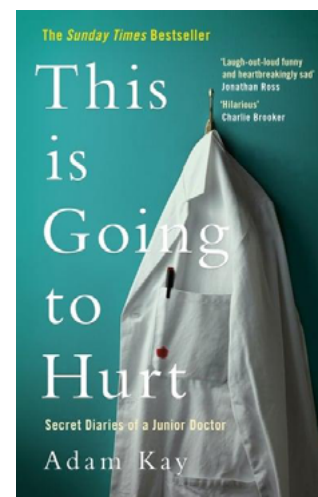
Much like this weird part of the article, it is written in the form of a diary. This is great as you get to see his personality accurately shift after enduring something horrible, amusing, or disturbing. Yikes!

The book has gone on to win many awards. So, I highly recommend it if you want to have any bit of insight into the life of an NHS worker. I can imagine they would appreciate that understanding connection, right now.

Anyway, I shouldn't stay too long; I have one final book to write about.

Lots of love

Your friend Harry xxx



A Short History of Nearly Everything

Author: Bill Bryson

Pages: 666

[Price from Blackwell's: £9.99](#)

Described in one word: Broad

Where best to start than to get everything out of the way first!

Coming from the author of most topics Bill Bryson, he succeeds to detail nearly everything that has ever existed into a mere 600+ pages. Usually, it would take several libraries to do the same.

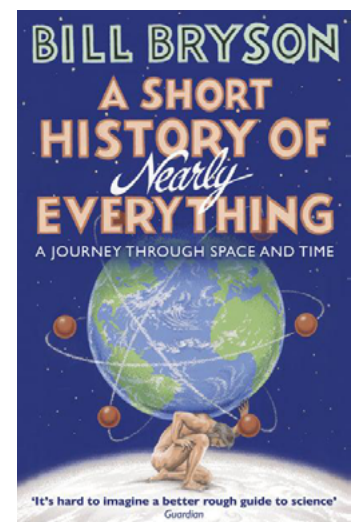
Covering varied topics, from the universe's formation to recent natural disasters, Mr Bryson leaves 1 out of 100 rocks unturned in bringing you, what is basically, everything.

"Yet, what is so different between this and a boring encyclopaedia?" I hear, probably, someone yell. Well, that my dear patroniser is the use of language.

A good friend recommended this book to me about three years ago. A friend who, outside of biology and psychology, was not that much into science. He described it as such.

"Bill's use of language brings you into a world of your own. He describes things that I was previously uninterested in and makes me want to pursue them further. It is the best-written book I have ever read."

You know what? That friend was absolutely right!



How Can You Improve Your Mental Strength?

‘IT IS NOT THE MOUNTAIN WE CONQUER, BUT OURSELVES.’ - SIR EDMUND HILLARY-

Being mentally strong can help you deal with things in more positive and constructive ways. Dwelling on things isn’t always good for us, and the problems can easily pile up. This is why mental strength is something to strive for. Having a positive mindset is often the foundation for how we cope with things. If we can learn how to keep our mental strength up, it can only be a good thing for our overall wellbeing.

Here on some tips on how to build your mental strength:



Be your own best friend.

Although the support of good friends and family is invaluable, it is also important to be able to pick yourself up. The more you invest in getting to know yourself, and how you work, the more prepared you can be for whatever hurdle faces you. You can make your own internal support system. Infinite reliance on other people, isn’t necessarily the healthiest thing.

There are going to be times when people aren’t around, and you have to rely on yourself. Learning how to be your own best friend means you will always be able to pick yourself up.

Cut back on social media

Social media plays an enormous role in our lives. And while it brings a number of positives with it, social media can also be mentally draining. There is a tendency to compare our lives to the seemingly fabulous, perfect world of other people. It can lead to the development of low self-esteem and make us forget our own worth and value. This is why it’s healthy to limit your usage or take a step back from it for a while. You learn to appreciate the good things in your life more when you focus on yourself.

Inspirational/motivational quotes

This one might seem a little cheesy, but I’m a big fan of it. Inspirational or motivational quotes can work wonders. Put some up on your wall, save some to your phone, but the important thing is to, refer to them daily. The messages they contain, have the ability to direct our minds towards a more positive outlook, and can help to readjust our focus. They are amazing pick-ups when you’re feeling down and are great at putting into words how you might be feeling, when you don’t know to explain it yourself. When I come across something that relates to my own feelings in that moment, there’s something enlightening about seeing it in words.

Learn from the past

The past is the past. It can’t be changed, or altered, no matter how much we would like it to. However, we can learn from it. Rather than focusing on the difficult experience, we should look at it as valuable training. This can help us stop dwelling on things. Hanging on to negative experiences can be incredibly painful, and it prevents us from moving forward. Something you can do to help with this, is express yourself. For me, this is usually by writing it down, but it’s important to find a way that works for you. Focusing on the present moment, and the things you *do* have, can help to let go of the past.

Balance

Mental strength involves being able to understand how emotions can influence our thinking. It means being able to strike a positive balance between emotions and logic. This makes us a more well-rounded person, as it means we can be both practical and sensitive to things at the same time. Logical thinking can help balance out difficult emotions and prevent us becoming overwhelmed by things.

Emotional intelligence

It’s all about recognising and understanding, what your emotions are telling you, being self-aware. Being happy all the time would be lovely. However, it also unrealistic. Difficult emotions aren’t necessarily a bad thing though. In order to be mentally strong, you have to be able to understand and tolerate negative emotions. They are a huge part of life, but, it doesn’t mean we have to fall to them. Lessons can be learned from them, and they can be used productively. Another benefit of emotional intelligence is that it can also improve your ability to perceive how others are feeling too.

Change

Change can seem daunting at first. However, embracing it, as opposed to fearing it, can have a positive effect on our mindset. By embracing it, you are much more likely to be able to find the good in that change. Often, it is a chance to explore new things. To use the words of Penny from The Big Bang Theory, the only constant in life, is change itself. We can’t run from it, so let’s make the most of the opportunities it presents instead.

Being mentally tough is no easy feat. But it is very achievable. It’s all about developing a new mindset and changing our way of thinking.

It might be tough to get there, but the benefits of being mentally strong, are amazing and certainly worth the journey to get there.

Written by Lauren Davison



IN CONVERSATION WITH: ENACTUS PRESIDENT BARNEY MULHOLLAND



EN Entrepreneurial
ACT Action
US [For all of] Us

Written by Owen Corkin

Alex Wood, our monthly interviewer at the Phantom Radio, had the opportunity to talk with Barnaby 'Barney' Mulholland about his role as President of Enactus Derby.

Described online as 'a new opportunity for students to develop their own social projects and enterprises', everyone here at Phantom were eager to find out what exactly they had on offer.

Enactus is a brand-new society inspired by Barney and his friends' response to how the first lockdown impacted, not only the lives of students but, the lives of everyone.

'We thought, what can we actually do? How do we make a difference? We started with the idea of a food bank and then looked inward to the university to find what resources we had.'

'That's when we stumbled upon Enactus—a society which funds social enterprise projects.'

Social enterprise projects are a culmination of a business and a charity. The projects funded and supported through Enactus do turn a profit, but all of that financial gain is then reinvested into the charitable elements.

Alex and Barney went on to discuss

Enactus' rather elusive name and how important it is that students are aware of the, seemingly limitless possibilities the society accommodates for.

As long as the committee can feel the passion in your heart and social betterment is at the core of your pitch, you really are limited only by your imagination. Having worked creatively with students for almost four years now, I know for a fact that imagination is not an inhibitive factor at all!

'Back in September, we looked at how we can actually create a social enterprise society and we had people flooding in! Their passions and their drives came through and we've started developing three projects around that.'

Even though Enactus Derby has only been established recently, the work that Barney and his team have put in really speak to how essential this project is.

We wanted to know how their process has changed from the initial ideas process to now being a fully-fledged society. In the span of six months, Enactus Derby have gone from three members to around forty contributors all with distinct roles and skills.

'At the beginning it was only three of us and we were hashing out loads of ideas about who we can help and why they needed help. Our first project was with my friend who has CLD – Childhood Liver Disease. They were critically vulnerable so they didn't have access to friends or family and sufferers only

receive support until they are 25.

'So, we decided to create a project for people who were socially isolated, those who were shielding, and we developed an online social group to help. That's where it all started really.'

Throughout Enactus Derby's development, Barney has done well to keep the focus on social betterment and helping those in need. Even when the business elements need attention, he was clear in saying that all of their fundraising efforts were solely for the materials and equipment required to make successes of their charitable projects.

'Whereas a business judges its success on profit margins, we judge our success on the amount of impact we can have on a beneficiary.'

Making best use of their time as students, Enactus Derby is able to provide such quality assistance through a partnership with the university and their wealth of resources.

Assisting Enactus are a lecturing team who support the committee on their business models, while developing and measuring their impact. They're also making use of the Enterprise Hub while maintaining part of the UK-wide Enactus programme and network.

Once the Enactus team managed to get their first project going and prove successful in their collaborations, they've had nothing but success and it looks like they don't see any sense in slowing down.

'After our first project, Deliver 25, we signed on two more. Well, two and a half.'

We have a project called 'In the Making' which supports new parents through COVID. We found a lack of resources for parents so we're holding online support sessions. We look at child development, tummy time and sensory play, to create this network for new parents.

We've also got a new project called 'Chronically Brown' which focuses on reducing the stigma around disability—specifically within the Southeast Asian community where there is an old-fashioned view on disability. We're delivering videos in Punjab to spread

knowledge on disability.'

'And we've got another project called 'Plastic Fantastic' where we're shredding old plastic bottles, melting them down and injection moulding them into adaptive cutlery for people without fine motor skills. It enables them to eat with dignity really.'

From Barney's run-down alone, we can see the authentically diverse range of projects that Enactus are undertaking and the emphasis on helping those in need is always there.

Enactus Derby are clearly looking for every kind of student; not just business heads looking to kick-start a career. Passion and flare are the soul of Enactus Derby's success and Barney let us know that they are always looking for new pitches and new ideas.

Unlike structured volunteering, Enactus really is about helping you work your project around everything else going on in the world. They hold weekly virtual meetings where they work with their entrepreneurs while keeping their media, human resources and finance teams in the loop. The sense of community feels strong at Enactus and Barney reflected that in how he spoke about their monthly socials.

Barney was also proud to announce that the Derby committee are now an award-winners:

'There was a competition with one of their partners, Asda, about using tech for good in a COVID world.'

We entered both of our projects alongside 33 other universities and both 'Deliver 25' and 'In the Making' were part of their Top 5 Projects and into finals.

After presenting to their Head of Community Engagement, 'In the Making' came third and 'Deliver 25' won! Our first ever project came first in the competition which was amazing.

Alongside the prestige, these projects now have exclusive mentoring and funding to take them to even greater heights.

Hearing Alex and Barney chat about Enactus has been a real eye-opener; the society could not have asked for a better start. The sky's the limit and there's no better time to [get involved](#).

10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



14 LIFE BELOW WATER



15 LIFE ON LAND



16 PEACE, JUSTICE AND STRONG INSTITUTIONS



17 PARTNERSHIPS FOR THE GOALS



Tymon Talks: The Power of One

There is no I in team. However, there are 5 in 'INDIVIDUAL BRILLIANCE'.

Humans do funny things when they are on their own. I think we all know this by now, we have spent enough time with ourselves over the past year. How many times have you caught yourself belting out cheesy anthems when no one is in? Or how often have you found that when you are in the shower alone you come up with all those hard-hitting comebacks for the argument you had last week? It's quite interesting to analyse things that you can do when no one is there.

Teams are strong, we all know that teamwork really does make a dream work, but on your own you can be so unbelievably resilient and powerful. You just need to be aware that it's okay to tackle things with an army of one.

Let me give you an example. Does the name Joshua Slocum ring a bell? No, me neither when I first heard it, but he is a great example of doing something alone. I must caveat this by saying everything he did could not have been done alone but what he did when he was alone.... simply amazing.

Let me start by saying that it was in 1895; Joshua climbed aboard the Spray, his boat, alone to circumnavigate the globe. 1895! So yes, checking Twitter to have some contact with the rest of the world was not an option. So, he was alone and went around the world big deal, eh? Wrong.

He was alone for three years traveling the seas. I cannot even begin to imagine how mentally arduous



Jack Tymon is a 3rd Year Theatre Arts Student. He has been broadcasting on Phantom Radio for the last 2 years and is the Assistant Head of the Radio.

Twitter [@jacktymon1](#)
Instagram [@tymonj](#)



that was for him. However, he did it, with his grit and determination. So yes, you can do some pretty amazing stuff on your own.

I bet you are wondering why I'm waffling on about a man from the olden days spending three years alone in an edition of the Phantom titled 'We are Stronger' aren't you? Well, I don't disagree. As I've said, teams are amazing, but I wanted you to take a step back and appreciate some of the amazing things each person in that team does. A team is a collection of several people who are totally different, every ounce of them is different and this should be recognised. You are amazing on your own and you should realise that. That is the reason why, when teams come together, they can really get cooking and achieve amazing things.

So, teams are great when we come together. But each member of that team is pretty special, and we should acknowledge that.

ALONE BUT NOT ALONE

Though I still can remember the hiss of milk being steamed and the chime of the little service bell, they are now ghosts of a past that feels like yesterday but occurred about a year ago. Haunted now by the very memories as they entwine with the noises that my old house makes. Further echoed within the room I call home. Having spent most of my adult life in a shared house, renting just a room comes with its own curses. Bad habits have worsened and my mental health isn't what it used to be.



In my often silent room, within the seemingly endless days, I've found that the chaos of the world has bled into the once contrasting tranquillity of the very place that is an extension of my mind. My once safe space is now damaged. It has been a challenge to try and stay afloat. It's pretty hard to fix when the place outside those same walls is damaged too. I've always been so hard on myself that I didn't see the signs I was struggling and when I did, I didn't know how to pull myself out of it. Though, being a student is the one thing that I still have that ties my life before the pandemic to my current life. Almost like a life line, pumping the determination through time and where I needed it the most.

A lot of my life has stayed intact due to being a student. Especially in a social aspect. Though I am not alone, I have found that conversations with friends and family have dried up and I've often found the words that have turned into dust become the very clock that counts down the time I have gone without talking to some people. With the world on pause, it's hard to keep going. Therefore, the online classes; an unknown way of study that has been better defined over the term, has given me and other students something to talk about it. Something to discuss. Something to switch our brains on for. A lot of them are trapped in a room like mine. A brick bubble that we seek to escape from but our glass windows seem too fragile to bare the burden.

Days now mirror the night, spending every waking moment in the warm embrace of my bed.

The lines between doing assignments or watching TV have blurred so much, it is now hard to separate the important from the unimportant. All productivity has stopped and if it wasn't for the blinking light within the dark recesses of my mind, I'd think I'd given up completely. This has become the new normal. My hopes and desires all fighting for the little energy I have, though my desire to learn always wins. As though cutting through an endless tangle of vines, I've often given in to defeat over the term. Struggling with the classes on campus—any effort to take a step out of the door crippled by fear and worry. Giving in to a world being shaped to exist behind closed doors.

Further defeated by my self-created domino effect of becoming further behind because I missed last week's lesson, what's the point of going to this one? My fear agreeing with my state of thinking. Finding a slight moment of peace in the reminder of all the good staying at home will do. Before hearing the front door unlocking, announcing my sister's return from work. Whom does not have the luxury to work from home.

SAFE BUT NOT SAFE. ALONE BUT NOT ALONE.

I have seen the world come together in song and laughter and the internet has become this technical universe where many of us have prayed.

Encouraged by the efforts and support of my tutors, I continue to find and rebuild much of what I have lost over the last year. Slightly diminished like a breath to a candle as I wonder if I'd have done better in my assignments if the world had been what it was before? Though it somehow also reignited my passion for my chosen course. Knowing that I have all the support I need right at my fingertips. Constantly reminded that I am part of a larger community even behind a screen. That we are all feeling a little alien within our own skin. That the future is still unclear. But my time at university isn't. It's not on pause. Every day I have to remind myself. Putting in a little extra effort a day so I don't fall behind, so I don't lose that motivation. Picking myself back up a bit at a time. Though even if I do fall, I have the help I need to get back up again. That, even though in some ways we are alone, we are not truly alone.

Written by Kaylea Lloyd

WE ARE STILL HERE

When I saw the theme for this month's issue was 'we are stronger,' I was at a bit of a loss. It usually doesn't take me long to come up with a topic of interest or an opinion I can easily write 1000 words about, but this one was a real challenge for me. I tried to think of the ways – any way, really – that I felt stronger for having gone through a pandemic. When that failed, I tried to think of ways that the world as a whole was stronger. But I don't think that's honest.

It's a Pyjama Year

A global disease is not an opportunity for us to grow or improve ourselves. In fact, I think I can say with a good degree of certainty that I'm no better or stronger now than I was this time last year, right before the first official UK lockdown. If anything, I'm showering less, I take twice as long to do most tasks, and I can't remember the last time I wore a bra. All this pandemic has done for me is made me struggle to acknowledge



any sort of consequences or responsibilities. I mean, how can uni work actually matter when I haven't even seen my lecturers in months? Why do I need to be working on a dissertation when all I can do is wander round this two bedroom flat I'm not legally allowed to leave (whilst paying rent on a house in Derby, I might add)?

For me, this time in our lives isn't about becoming stronger. It's about surviving. Sometimes I eat the same thing for dinner three days in a row. I saw my boyfriend's flatmate use my cake tin as a plate rather than do the dishes again, and I didn't even bat an eye. Sometimes I go a month without doing laundry. I'm not embarrassed to tell you any of this, because I don't think it's surprising, and I don't think I can be the only one doing it. Everyone is just trying to get out alive right now, any way they know how. And if you don't feel stronger, that's okay. I don't know anyone who is thriving right now, and I'd be shocked if I did.

What Do My Mates Look Like Again?

Humans are social creatures, even someone as introverted as myself. I miss being able to go out and see my friends, I miss my Derby housemates, and I miss going to Spoons for a drink and then suddenly deciding to go to Mosh because it's a Monday so why not. We built the world around us because we have no desire to just stay in one place all the time, doing the same thing with the same people and not getting to see the sun. In fact, our physical and mental health depends on us being able to go outside and have a degree of freedom. Being allowed to go out once a day, with just the same people you see at home, strictly for exercise only, doesn't cut it. And this isn't me criticising the government's rules (even if it is entirely their fault we're in this position in the first place), because the lockdown is necessary right now to ensure everyone's safety. It's just not a pleasant way to live your life, and it's been a year now and nothing is getting better. At least, that's the way it feels.

Who thought that they'd be spending their time at university locked up in their accommodation or some other place you just happened to be when a

national lockdown was announced? I don't think anybody predicted this. Uni is supposed to be about meeting a ton of new people, navigating a bunch of new places, and – if it's the kind of thing you're into – going out and getting devastatingly mortal most nights.

Obviously, it's a learning environment, but we can't even physically attend classes right now either. I don't know about you, but I barely logged in for a single online lecture last semester. I'm more into the swing of things now, but I can safely say that last semester the thought to drop out for a year crossed my mind on more than one occasion. I'm pathetically behind on my work, and I'm hard pressed to even really care.

If My Life Were A Song It'd Be I'm Not Okay By MCR

I didn't write this to be a list of complaints from me personally though, and I'm sorry if it comes across that way. Really, I just wanted to let everyone reading this know that it's okay to not be okay right now. Everything is really hard, and the fact that you're still here is everything. If you need a sign to keep getting up every day, this is it. If you need a sign to go start that piece of work, or to take a break from a project you've been killing yourself over, do it now. It's okay. You have permission.

Nobody is at their full potential right now, no one is achieving things they always assumed they'd be able to with all the time in the world and a literal ban on doing anything other than staying inside. I understand that people thought at first that this would be an opportunity to grow, explore new things, maybe take up a new hobby. But the universe did not bless us with this deadly disease. It cursed us.

WE ARE WADING THROUGH A THICK, KNEE-DEEP SWAMP OF MUD AND QUICKSAND AND MOVING AT ALL IS IMPRESSIVE.

PROGRESS AT ALL IS IMPRESSIVE.

TRY TO REMEMBER THAT.

Written by Jess Sharples



Coping with COVID

For millions of people around the globe the past year has felt like time has stood still. Not only are we in the worst job climate since the great depression, but mental health issues are also skyrocketing in many communities. Although it is difficult to look at the positives, all we can do is hope for a better tomorrow and with that better tomorrow we can think of a future without an endless pandemic.

For some this has been a time for personal development, for others, personal destruction. We can all share a longing to go back to what was; before we couldn't go anywhere or do anything. The best way to move forward is to look at ways by which we can use this time to better ourselves and the people around us. Coping with this situation is important to make sure you come out the other side potentially better than before. Any form of difficulty and hardship can better your perspective.

Social distancing can cause a feeling of isolation and loneliness which can increase stress and anxiety. To try to relieve these feelings there are several different things you can do. Examples such as eating healthy, having a well-balanced diet & sleeping plenty are obvious ones that can have a profound impact on your mood. Reducing self-medication methods such as alcohol, tobacco, and substance use can better your mind and body and allow you some breathing space to develop coping techniques through meditation, stretching, & deep breathing.



Because humans are so very different from one another, some may feel a profound need to do work or keep busy, whilst others may find it difficult to even get out of bed in the morning. Depending on your genetics as well as your personality, healthy living always needs to be developed around your own personal habits and quirks. If you are working 12 hours days you may need to focus on taking regular breaks by journalling, drawing, or learning a new skill like the keyboard or guitar.

Just getting that half an hour break can do your mind a world of good and ensure that you are able to support your method of getting through the Coronavirus. Vice versa, if you get barely any work done in the day start small by completing a simple task or half an hour study session and then begin to expand that moving forwards. Just taking these simple steps to move forward or relax can do wonders to both your physical & mental health.

If you are coping relatively okay it may be an idea to make sure your friends and loved ones are also doing okay as everyone can react to situations very differently to you and if you think spending months in your house is a holiday, many people feel the complete opposite to you so its important to support the most vulnerable individuals who may not have anywhere else to go. A couple of ways you can begin to cope better with COVID include...



Take a moment to reflect.

Consider how you or the people around you feel and try to tell someone you trust about this. Acknowledging that the pandemic is having an impact on you can be very cathartic and is the first step in identifying issues you may have noticed beforehand. Contacting certain mental health support groups for further information can allow you to better understand yourself.

Focus on the short term.

When looking into the future it can be easy to get overwhelmed so concentrating on what's important to you and then applying that to the day-to-day can help you to feel more in control.

Identify your successes.

It's easy to look at the negative impacts this has had on your life but try to look at the positives. The different skills you may have developed over the last 12 months such as independence, conscientiousness, & proactiveness. Coronavirus will be one of the biggest challenges most of us will face in our entire lifetimes and so celebrating the little wins will show you that you can get through anything if you take stock of everything you are doing good at the moment.

Find a routine.

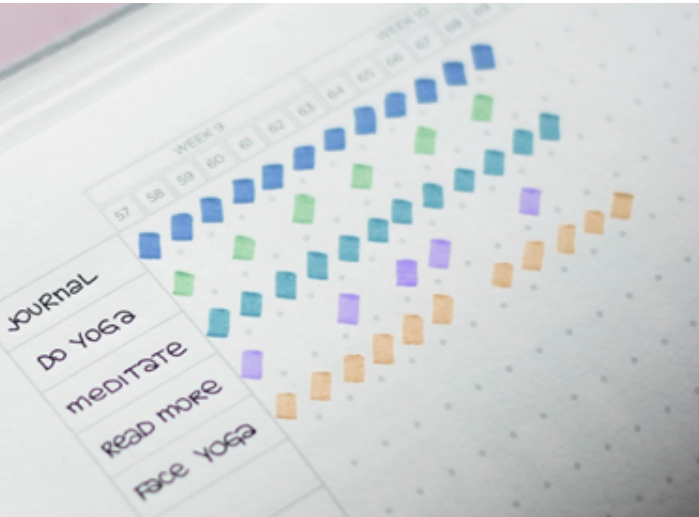
Routines are vital to ensure the regulation of our lives and our moods and due to the absence of clubs, schools, universities, & work it can feel like this process has been pushed off kilter. It is important to find a new rhythm in how your daily routine comes about. One of the best

ways of doing this is to ensure you go to sleep every night and wake up every day at the same time, this maintains your sleep cycles and allows your mood to stabilize.

Find what works for you.

There is not a one fits all approach to any of this and so it requires consistent changing and perfecting. Maybe you work better when you have five hours sleep as opposed to eight or nine hours. Maybe work is what de-stresses you in the day and you are using it as a crutch, so your mind doesn't wander to dark places. All these situations can happen to you and to say that there is one particular way to go about living is not accurate. However, taking account of your wins, making sure you are eating healthy according to your body type, and ensuring consistent hydration and regular mental exercises can ensure your mood is regulated and that you have the best chance of keeping bad thoughts at bay.

Written by Tom Berrington



1

LEICESTER v LEEDS UNITED

AN UNDERDOG VICTORY

3

Marcelo Bielsa has galvanized a team of misfits to equal the highest Premier League points tally for a promoted side after 20 games. The 3-1 win over Champions League chasing Leicester City puts Leeds United on 29 points. Only Wolves (2018/19) and Sheffield United (2019/20) can match that tally for a newly promoted side after the same number of games.

Some of these players have played for clubs such as Valencia, Arsenal and Everton but Patrick Bamford is the biggest success story within the squad. In fact, the Argentine manager has been labelled as the “Bamford whisperer” due to his ability to get the best out of the former Chelsea striker.

Going into this season, many questioned Leeds United's decision to not replace Bamford. He had failed to perform in the Premier League previously, and his struggles had given him a total of one goal in 27 Premier League appearances. Also, in 2019/20, according to FOTMOB, Bamford missed 33 ‘big chances’, 15 more than anyone else, however this season he has proven the doubters wrong. In his first 20 topflight appearances for the Whites, he has bagged 11 goals and five assists including his hat-trick against high-flying Aston Villa.

However, it was his goal and two assists against Leicester City which highlighted what he is capable of; an all-round attacking performance in addition to running the hard yards for his team, nothing less than what Bielsa demands from his players.

Leeds were behind for only 127 seconds before Stuart Dallas secured an equaliser even Brendan Rodgers would be proud of. James Maddison's pass was intercepted by Luke Ayling which triggered a diagonal run from Dallas in behind Leicester's defence. Ayling drove forward and played it into Bamford who slotted the goal scorer through with only Timothy Castagne and Kasper Schmeichel to beat. The Northern Irishman slotted it home with his right foot to make it 1-1 after 15 minutes.

The visitors took the lead after 70 minutes. Pascal Strujik intercepted a pass just in Leicester's half and played it forward to Raphinha. The Brazilian played Bamford through who let it run across his body before unleashing a thunderous strike across Schmeichel's goal, into the top left corner. The ball gently kissed the underside of the crossbar as Bamford scored his 11th of the campaign.

Bielsa's men rounded off the win late on through a counterattack. Maddison whipped in a free-kick but Bamford managed to head it away. Dallas ran on to the loose ball and played it forward to Mateusz Klich, who sent the Leeds number 9 through. The English striker was one-on-one with Leicester's goalkeeper, but he slowed down to allow Jack Harrison to get forward before playing it across the face of the goal for an easy tap-in for the Manchester City loanee.

Patrick Bamford has been ever present under Bielsa's reign in Yorkshire which highlights how far he has

come since being labelled as a Premier League flop. His spells with numerous clubs such as Norwich City and Burnley left many to question his potential, but on current form he has to be in the conversation to be in the England squad this summer with 15 direct goal involvements in 20 games, and 41.7% of his side's total.

In contrast, Ayoze Pérez had an underwhelming game. Despite having a very different style, the Spaniard was tasked with replacing Jamie Vardy. Although getting off three shots and creating five chances looks good, totalling in 0.85 xG+xA according to Understat, his inability to give his side an outlet cost them.

Rodgers' tactical setup was clear,

go toe to toe. This saw The Foxes edge the ball with 51% possession. However, when the home side were under pressure, they struggled to relieve it as Pérez lacked the presence and pace to cause Leeds' defence many issues.

Leicester City must be worried about Vardy's age and the lack of replacements they have for the 34-year-old. Kelechi Iheanacho and the aforementioned Pérez are the only other first team strikers at the club, and both have failed to offer the same threat the Englishman does. Although Iheanacho is only 24 years old, you can expect The Foxes to dip into the market for a striker.

Since winning the league in 2016, the club have reportedly spent £110 million on four strikers with around half of that being moved on quickly in Ahmed Musa and Islam Slimani, who struggled to find their feet.

This may have stung the club meaning they could be cautious in their pursuit to sign a new forward however, they have been linked with Odsonne Édouard from Celtic, who are reported to be holding out for £25 million. The Frenchman has worked under Brendan Rodgers before and has flourished despite the pressure on his shoulders.

With The Foxes challenging for the Champions League, depth for an aging Vardy could make the difference.

Despite scoring first, Leicester couldn't hold on for the win as the visitors showed the strength, character and heart to overturn the score line and grab all three points.

IN FACT, THIS WAS THE FIRST TIME UNDER BIELSA THAT LEEDS HAD COME FROM BEHIND TO TAKE ALL THREE POINTS, IT ONLY TOOK 122 GAMES.

A TRUE SIGN OF THEIR EVER-GROWING STRENGTH.

Written by Ethan Farmer



'STOP FOOD WASTE' DAY: TACKLING THE EPIDEMIC ON FOOD WASTAGE

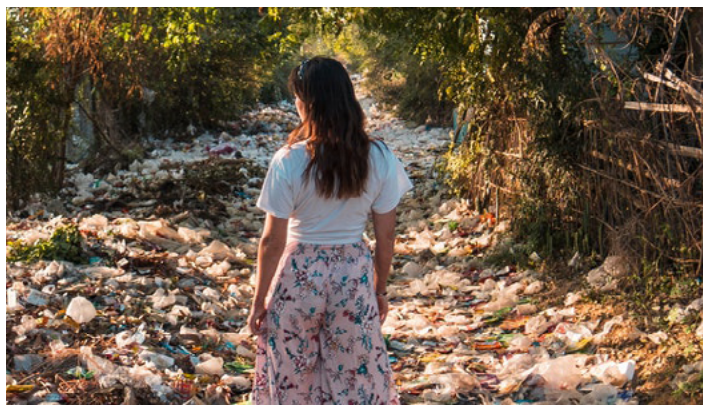
The central premise of Stop Food Waste Day is about educating and igniting change. Food waste is a central factor to some of the challenges that the world is facing today. Along with hunger, poverty, climate change, health and wellbeing and the sustainability of agriculture and oceans as stated by the Stop Food Waste Day website. Food waste over the last couple of decades has become a severe epidemic due to a lack of understanding of how to effectively use food and conserve it. This is where Stop Food Waste Days organisation comes into play.

Insight to Stop Food Waste Day

Stop Food Waste Day was launched in 2017 by Compass Group PLC later going global in 2018. They are a global leader in food service and this year it is calling upon on consumers, corporates and influencers across 30+ countries to work together on the upcoming Stop Food Waste Day that is due to commence on the 28th April 2021. They state on their website 'our commitment stretches from working with suppliers, implementing sustainable practices in our operations and raising the public profile of the issue'. Their aims also include working towards changing the statistic of food waste, with hopes of continuing to decrease it overtime. They also are partnered with a number of companies including foodtank, ReFED, eatable and many more across the world.

Stop Food Waste Days Achievements

Since their launch in 2017 Stop Food Waste Day has served around 9.8 million meals daily in North America alone. They do this through teaching their chefs how to track and reduce waste as much as possible. As well as seeking to donate more than 250,000 pounds of food each year to local food banks across the world. Their website provides recipes which members of the population can look at that show them how to make lovely, tasty meals out of



the leftovers and fresh produce that they have. The current situation reveals that 45% of root crops, fruit and vegetables produced globally are wasted per year. On top of that 33% of all food produced globally are wasted, suggesting that there is still a severe food waste epidemic that is being faced globally as stated by the website days of the year.

Stop Food Waste Days Plan

The company have stated that they plan to expand their influence beyond just Stop Food Waste Day through engaging themselves in a number of events. Ones such as Stop Food Waste NYC which was held in September 2019. Which attracted the attention of nearly 2,500 people who got involved in interactive teaching kitchen with 24 partners and 12 speakers who were passionate about promoting tangible actions to reduce the amount of food being wasted. To which they plan on engaging in a number of other events in the upcoming future. In addition to this on their website, as well as the previously mentioned recipes section, they also have a stay connected section which allows members of the population to receive blog posts, recipes and events to keep them informed straight to their email inbox. So, they will never miss a thing.

What can you do for Stop Food Waste Days?

As previously mentioned, the Stop Food Waste Day website provides a number of recipes that individuals can look at in order to productively use leftovers and any fresh produce they have. As well as their stay connected section. The website also provides an 'our stories' section which allows individuals to look at a number of helpful and insightful articles/blog posts related to the cause which is valuable to look at you are wanted to get involved with this cause. The website Days of the Year also suggests individuals help schedule interviews, cooking demonstrations, share recipes and teach others about the benefits of saving food waste to prevent the epidemics continuation.

To conclude, the Stop Food Waste Day is a great cause in preventing the current epidemic the world is facing in relations to food waste. It will be great to see what they do this year for Food Waste Day and to see how their efforts may impact the percentages that have previously been discussed. Which are currently a huge problem in relation to the epidemic.

Written by Bethany Parkes

MARCHING IN MARCH

Walking has been the saving grace for many people over this past year. It promotes good mental health, positive thinking and was the best way for us to exercise when gyms and travelling to hiking spots were limited. This March, multiple charities are hosting walking events for those of us who still want to rise to the challenge and raise money for amazing research—all whilst getting our steps in. Below I have listed a few of the walking challenges and how to apply!

Dementia UK

Starting on the 1st of March, Dementia UK have challenged people over the country to walk your dog 100 kilometres before the end of the month. This works out at roughly 3 kilometres a day which doesn't seem to be too overwhelming when broken down. When signing up, Dementia UK will send you a t-shirt in the post and your dog a matching bandana so you can both look the part when you're out walking!



Mind

Mind are hosting a running event called the 27 27 challenge. The aim is to run 27 miles over 27 days, allowing you time in between to relax and recuperate from the runs if you aren't an avid runner. This challenge's focus is to show support for the 27% of students who report struggling with a mental health problem whilst studying at University. You can do this challenge without raising money to show solidarity, but fundraising is encouraged.



Walk All Over Cancer

Cancer Research has challenged people to walk 10,000 steps a day to raise money for life-saving research. It's completely free to sign up and they even send you a fundraising pack full of tips and tricks just before you start. They also give you a list of walking routes if you're struggling to think of a good walking spot. If you have a Fitbit or other fitness device, you can connect it to the giving page on the Cancer Research website.



Walk for Water

Water aid, a charity focused on providing clean water for people in poorer countries, has come up with a daily walking challenge over the course of the month. The goal for the walker is to walk either 4, 8 or 12 kilometres a day to raise money for cleaner water. This distance is what many women, men and children are forced to walk to collect water for their families and just shows how far some people have to travel for a basic necessity.

Samaritans

This challenge is almost exactly the same as Walk All Over Cancer, the aim is to walk 10,000 steps a day over the month. Samaritans recommends that you set up a Facebook fund-raiser and share it on social media to raise money whilst walking. Samaritans will also send you a t shirt and a step tracker if you want one, 5 or 10 days after signing up.

Written by Alfie Pritchard

BE FEATURED IN NEXT MONTH'S MAGAZINE

us

APRIL'S THEME: 'Reach New Heights'

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