



RENEWING

LIFE

CLASS

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Health and Wellness



Demand for psychologists

The search for help with mental health professionals has grown considerably in recent years. There are several guesses of causes for this scenario, but the but the most important is the pandemic. The duty to isolate themselves because of Covid-19, triggered mental illness in many people. In the last five years, the number of consultations with psychiatrists increased by 44.5%, standing out appointments by speciality.

According to the expert, Fatori, " The importance of this type of service becomes visible" he tries to explain.

For those who are seeking support now some alternatives are being offered: there are three different modalities of service that are made via internet, being, in some projects, free of charge, aiming at the need of the majority for sessions.

Therapy has been mentioned a lot in recent years after people get positive feedback from their sessions. The main function of therapy is to help change a behavior, feeling or thought that is preventing a person from perceiving life in its real form.



THE IMPORTANCE OF SPORTS FOR HEALTH

There are several factors that influence people's health, positively or negatively. An example is sports, which benefits for both physical and mental health, and even help to increase the happiness rate of people who practice it.

First, physical health relates to the general condition of the body in terms of illness and physical vigor. For you to stay healthy, you cannot adopt a sedentary lifestyle, that is, you need to do some physical activity. In addition to fighting a sedentary lifestyle, doing sports leaves people feeling relaxed and well-being, due to the release of endorphins from the body.

In conclusion, for you to be considered healthy, it's not enough to just be physically well, you need to be in good mental health too. In addition, you cannot lead a sedentary life, and the practice of sports or physical activities is essential, which is also a major decisive factor in people's health conditions.

In addition, regular practice of sports improves cognitive ability and reduces people's stress and anxiety levels. The practice of exercises also help to improve self-esteem and reduce the risk of mental illness. In cases of elderly people, it can even reduce the cognitive loss of Alzheimer's patients. When a person adopts a sedentary life, there is a worsening in all these aspects, and in physical health as well, further emphasizing the link between the two types of health.



running, is one of the activities that best reduces the risk of heart diseases...



Sports

Athletes' Mental Health

A lot of athletes have mental disorders, there are a lot of things they can do to improve their health. They usually have a psychologist in position to attend to them, talk about their feelings, even the uncomfortable ones. **A good mental health is important for the athletes to have motivation to continue training.** Pressure, sadness, stress, anxiety and depression are among the symptoms that influence at least 50% of athletes.

In the middle of this percentage, there's a very famous American gymnast called Simone Biles. In her case, she gave up on the Olympics in Tokyo because of pressure and stress, which do not only affect her but they also affect her teammates.

For the athletes, taking care of their mental health decrease the risk of depression compared with the general population. In certain subpopulations of athletes, there may be a higher rate of depression than nonathletes. Around 11,5 million people are diagnosed with depression. That number raised to 27.9% during the pandemic, representing 5 times more.

In an interview, Simone Biles said, "I have to focus on my mental health. We have to protect our minds and bodies, not just go out there and compete and do what the world wants us to do.", which is really a big problem, because the athletes demand the most in bigger competitions suffer more pressure, both psychologically and physically. It leads them to do psychological follow-ups to improve their performance and do better in competitions.



Women's Soccer


Soccer is a competitive and famous sport, to play it professionally, you have to get some training and formation. In the world of soccer, men's soccer has more visibility, furthermore, the sport initially was played only by men. Soccer, by itself, is a sport of contact and strength, but there are some women that have the disposition and courage for it.

Are these women getting the visibility they deserve?



Neymar and Marta in the Brazilian team



A woman in a white soccer jersey with the number 11 and the name 'DUBOLA' on the back is holding a soccer ball. She is standing on a green field with a stadium structure in the background. The text is overlaid on the image.

In Brazil, women's soccer has been played for more than 100 years, but it was only legalized in 1983. The sport used to be played hidden, it was forbidden to women because of their "natural conditions", their purpose in life. That idea is completely wrong, at the time, the society was very sexist and prejudiced. Nowadays, women can prove they have the conditions and professionalism to play it. By the way, we see the evolution of women's soccer in the world of soccer. FIFA has developed a very interesting project. The main objective is to create a more continuous structure for women's soccer. It is called "Global Strategy for Women's Football" and explains how they work with confederations, clubs, entities and the media, in order to leverage this sport. It's not as simple as men's soccer, it is true that times are changing and this can only be seen as an initiative. As women in sports continue to grow in their ability, popularity and numbers, the media is starting to make the gender difference have an impact. We are seeing an impact, but the difference between the two genders is still huge.

Kylian Mbappé has the biggest salary in soccer, receiving 50 MILLION euros. What about the biggest women's salary? Carli Lloyd has the biggest women's salary, she receives 518 thousand dollar per year. It has a "minimum" difference, something like 96 times less than Mbappé! There is not as much visibility for women's soccer as men' soccer, so there is no investment, and if there is no investment, there is no visibility.

Summing up, women's soccer will not have the same visibility and dimensions as men's soccer, until society realizes that it is the same sport, but played by another gender of the human race.



Tourism and Environment

TOURISM AND NATURE

The touristic spots have become a source of pride for its inhabitants, who take advantage of opportunities to rest, to enjoy leisure and work closer to their options. **All touristic activities are important for the social and economic development of cities and the population.**

Tourism in Brazil is a sector that has enormous potential, but it is still little explored. Brazilian tourism accounts for only 1% of world tourism. The potential of tourism in Brazil is immense, but limited by several factors, such as security, infrastructure, labor, bureaucracy, investment in the country's dissemination abroad, lack of planning, political use, little importance given to the sector and high costs.

"The movement of tourists around the globe is mostly a consumer of products made up of natural resources." Therefore, nature serves as a support base for the practice of tourism and exerts a great influence on the demand of visitors in a region.

If you look at some Brazilian beaches saturated with tourists, some leave all kinds of waste in public areas and contaminate the sea. Or, even, cases of large tourist complexes built in deforested areas. In these locations, the devastation also affects the fauna.

What are the types of sustainable tourism? Walking along ecological trails, tasting typical rustic food, swimming with fish in the river and diving, waterfalls, natural pools, being totally connected to nature.

Sustainable tourism is linked to all these activities.

“Tourism and economy”

Tourism is the act and process of spending time away from home in pursuit of recreation, relaxation, and pleasure, while making use of the commercial provision of services. Tourism is something that generates tons of money and it's very diversified but most countries don't use that to generate more money and in terms of increasing the country's economy tourism could be so helpful. Tourism is the biggest industry in the world and the one that creates the most stories.

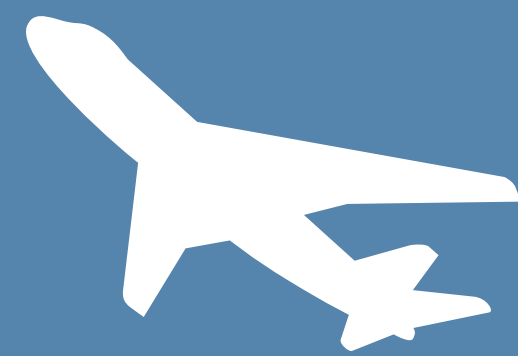
But why is tourism so important? Well I have some answers for you. Tourism boosts the revenue of the economy, creates thousands of jobs, develops the infrastructures of a country, and plants a sense of cultural exchange between foreigners and citizens. It's also very important for the preservation of the country's culture.

Karen Hughes served as the Under Secretary of State for Public Diplomacy and Public Affairs in the U.S. Department of State and as a counselor to President George W. Bush, she said that “The travel and tourism industry, it's just a huge part of our economy.” Besides the U.S.A, Spain, France, Germany and Japan are the countries with the best tourism industry and it's important to remember they are one of the richest countries too. Brazil is an example of a country that could make a lot of money if they used their tourism potential to the fullest.

Brazil has so much diversity and they are one of the prettiest countries too.

In terms of diversity tourism has 4 different types. Sustainable tourism which is for the preservation of the Earth. Food tourism that is explained for itself. Experimental tourism that includes trying new things and wellness tourism, this one is for reflection and thinking, it's when you travel to relax and just stay like that. Traveling makes you create memories, try something different, meet new people, learn something's and a lot more.

But how could countries increase their tourism industry? They could start exploring everything that their country has to offer and the types of tourism they could offer. By doing that they will know how to start, firstly they need to know their target audience, secondly they need to create an infrastructure on the parts that will be used to tourism and thirdly they need a really good marketing strategy, maybe reaching out some travel influencers, companies that work with traveling and others. Tourism could be used all over the world.





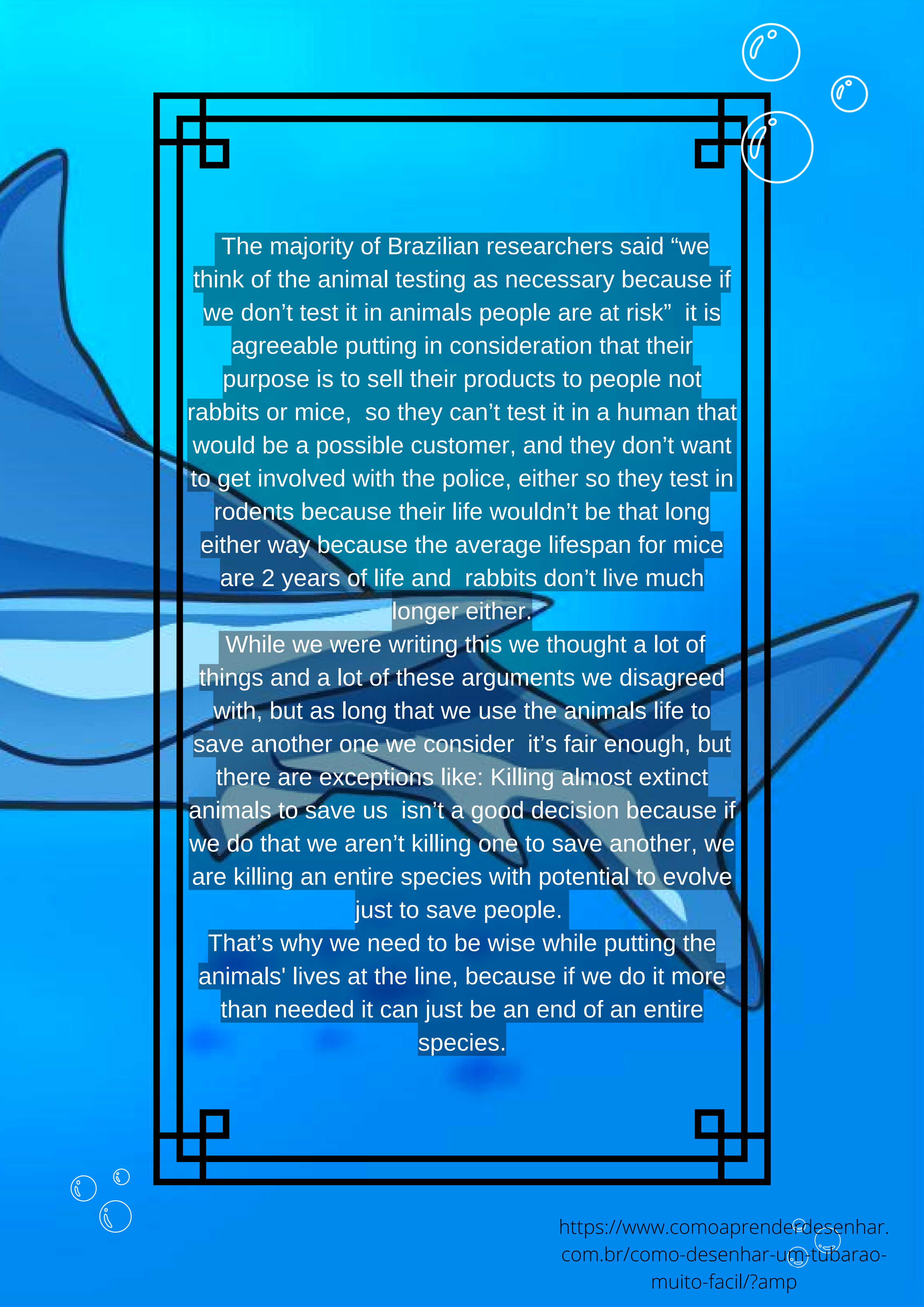
Science and Nature



ANIMALS LIVES MATTER

The humans have been killing animals for millennia, but as the time goes by the humans start to kill animals for other things as well. One of the examples of the “good killing” is the horseshoe-crab that we kill for their blood, And i know it sounds bad talking about it like this but we get their blood to cure a lot of terminal diseases.

As much as people may dislike the idea of the horseshoe crab there can be worse things to do and normally they are not justifiable animal deaths just like the elephant because the poachers kill them for one and only reason that are their tusks and why do you ask? It's purely for beauty and decorations and the fact that they are proud of killing these animals it's disgusting. Another example is the whitetip and blacktip sharks that are hunted principally for their fins. Besides, there is the hatred of sharks so their extinction can't be prevented.



The majority of Brazilian researchers said “we think of the animal testing as necessary because if we don’t test it in animals people are at risk” it is agreeable putting in consideration that their purpose is to sell their products to people not rabbits or mice, so they can’t test it in a human that would be a possible customer, and they don’t want to get involved with the police, either so they test in rodents because their life wouldn’t be that long either way because the average lifespan for mice are 2 years of life and rabbits don’t live much longer either.

While we were writing this we thought a lot of things and a lot of these arguments we disagreed with, but as long that we use the animals life to save another one we consider it’s fair enough, but there are exceptions like: Killing almost extinct animals to save us isn’t a good decision because if we do that we aren’t killing one to save another, we are killing an entire species with potential to evolve just to save people.

That’s why we need to be wise while putting the animals' lives at the line, because if we do it more than needed it can just be an end of an entire species.

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