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Dear Reader,

This issue of our newsletter, '*Well-being in Today's World*', covers various commentaries on individuals' well-being as they struggle with daily issues and global developments that constantly impact their lives as they endeavor to navigate their socio-psychological, economic, and financial hardships. The term *well-being* has different interpretations. For some, it prioritizes *health*; for others, *success, peace, contentment, prosperity, and welfare*. Therefore, with such a wide spectrum, we should ask the question: is it realistic to aspire for an all-encompassing definition and interpretation of *well-being*? Is it achievable? Or is it just a myth? Thus, rather than hankering after a utopic, unattainable imaginary aspiration, an individual, through an internal inquiry, should aim to see and value what is in hand rather than continuing to push the limits until they break apart at the seams, where the ripple effect does not remain with the individual in question, but spills over into their environment. One may argue, though, that in such a case, there is the danger of complacency, which surely is a viable argument. Yet, as is in most cases, it is up to the assessor to decide and, accordingly, maintain a balance between our mostly self-consuming and self-destructive desires and the genuinely felt pleasures that we get from our deeds and achievements. Better to see that at the end of the day, it is our inner self-communication and reflection that prove to be the most determining factors in the journey to what we truly wish to gain from a well-being state of mind... Happy reading...

Prof. Dr. Yonca ÖZKAN
Director

Institutional News in Brief

Asst. Director of CU SoFL gives a presentation at the ELT Department

18 December 2024

Asst. Director Dr. Alper ZEREYALP gave a presentation titled “English Language Teaching & Leadership” to students in the English Language Teaching program at C.U. Faculty of Education. As part of our school’s internal collaboration efforts, he shared his experiences and explored the connection between teaching and leadership roles.

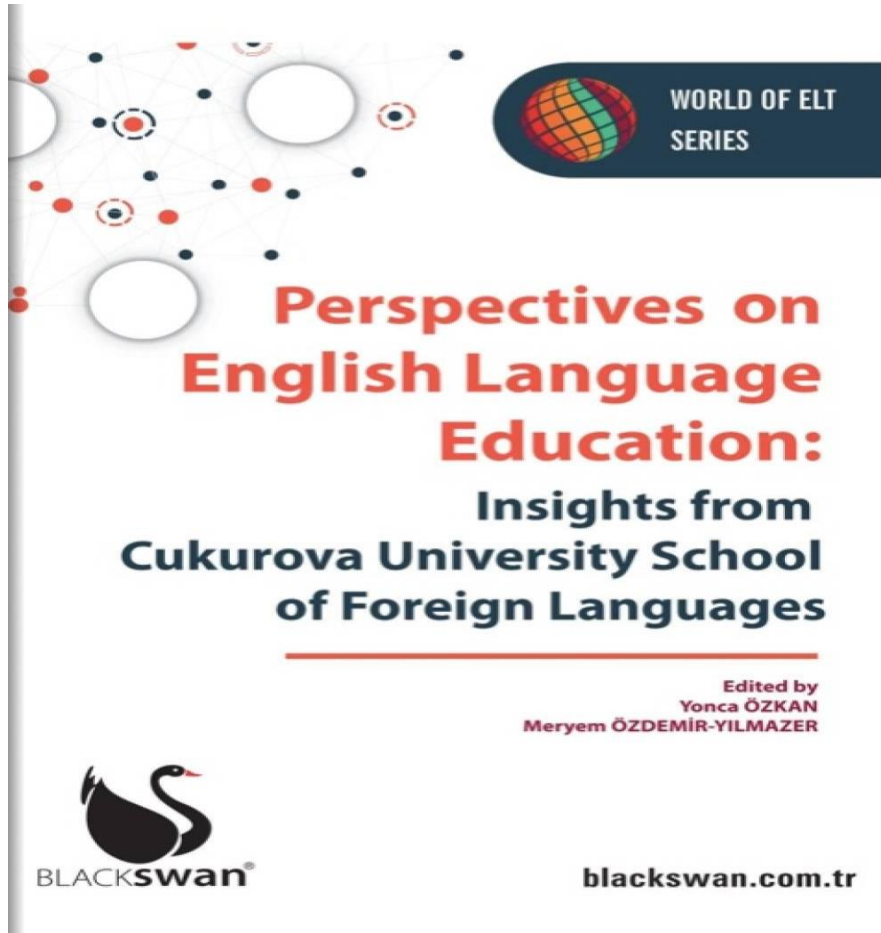


CU SoFL releases its latest publication titled "Perspectives on English Language Education: Insights from Cukurova University School of Foreign Languages"

06 January 2025

Cukurova University School of Foreign Languages is delighted to announce the release of its latest publication, *Perspectives on English Language Education: Insights from Cukurova University School of Foreign Languages*. Edited by Prof. Dr. Yonca Özkan and Dr. Meryem Özdemir-Yilmazer, this comprehensive volume showcases contributions from esteemed CU-SoFL members, offering fresh perspectives on the dynamic landscape of English language teaching and learning. Rooted in the unique context of CU-SoFL, this collection aspires to provide meaningful insights that extend beyond our local setting, contributing to global advancements in research and practice within the EFL field.

The book is now available [online](#).



CU SoFL visits TÖMER for an Institutional Collaboration Event

22 January 2025

The First Institutional Collaboration meeting between CU SoFL and TÖMER took place on January 22, Wednesday afternoon. Both schools took an important step towards new beginnings and strong partnerships. We are open to long-term projects and collaborations. Looking forward to achieving impactful results together!

Why CU SoFL MAGAZINE?

AIMS AND SCOPE

We wanted to create an online magazine for the School of Foreign Languages at Cukurova University to share experiences, to communicate, to network, and to find useful tips for teaching and learning English.

Aims:

- to create a digital environment for English learners and instructors at schools of foreign languages where they can share their knowledge, experiences, achievements, and useful tips for colleagues and students.
- to create an online magazine for talented prep year students who would like to develop their personal and academic skills.
- to invite both teachers and students for brainstorming about the challenges and achievements at preparatory schools.
- to engage more students into creative projects and organize contests, podcasts and vcasts, video materials.
- to publish the interviews/essays/reflections of English instructors and learners from different cities in Türkiye (also foreign instructors teaching in Türkiye)
- to create a dynamic community, new bridges and exchanges among schools of foreign languages, departments and institutions at Cukurova University and other universities to create a new community based on common personal and professional development goals.

SUBMISSION GUIDELINES

- The submission should be a single-spaced Word document in standard 12-point font, Times New Roman. (Check the template)
- The submission should include your name, affiliation, the title of your work and brief biodata with a photo of the author/s. The biodata should not exceed 5-8 lines. (Check the template)
- The submission should be between 500 and 1500 words. It should not be longer than 2000 words.

Please Follow the Submission Guidelines!

- You can download the template from the following website: <https://CU-SoFL.cu.edu.tr/cu/Dergi/Say%C4%B1lar>
- We only accept your submissions online via e-mail. Please send all your written works to the following e-mail address: cusoflmagazine@gmail.com

Note!!!

We do not accept submissions from any other platforms.

PLAGIARISM POLICY

All submissions should be original and authentic content. Plagiarism software is used to analyze the similarity index. The similarity index should not be more than %25. Please share the sources of any content, photos, graphics, etc. that you benefited from. If not, your submission will not be accepted for publication.

EDITORIAL TEAM

Lect. Dr. Cemile BUĞRA (Team Leader/Managing Editor), Office No: 12

Lect. Dr. Neslihan GÜNDOĞDU (Copy Editor), Office No: 12

Lect. Dr. Ali AVŞAR (Editor), Office No: 16

Lect. Lindsay HUMPREYS (Editor), Office No: 16

MESSAGES FROM CU SoFL MAGAZINE EDITORIAL TEAM

Dear students,

Our online magazine is open to you all. We accept all your creative written works such as news, memories, stories, letters, book or film reviews, poems, songs, scenarios, interview reports, etc. You are all welcome to send us any creative work of yours at any time during the academic year. You can even work collaboratively with your classmates or friends in other classes in our school. We would like to publish your creative works regularly.

We will have prompts or themes from time to time for the students who need some kind of inspiration but you can touch upon different kinds of issues that can grab the attention of your readers. You can also send your reaction letters to the written works for each issue. We will be happy to read and share them in the following issues.

Why should you write for this magazine?

- It can be an opportunity for you to improve your writing skills and share your creative skills and ideas with others on a platform.
- It can be an opportunity for you to realize your boundaries and maybe go beyond your limits through these writing experiences.
- It helps you explore yourself and discover your own voice as both a language learner and a writer.

Dear Colleagues/Contributors,

We are all looking forward to your contributions to our online magazine. It would be a great opportunity for our readers to benefit from your ideas and experiences. Let's create an inspiring space for each other!

Contact Info:

For all your inquiries, please send an email to cusoflmagazine@gmail.com

ACKNOWLEDGEMENT

We want to express our deepest appreciation for the efforts of everyone who contributed to our magazine.

The Theme of the Twelfth Issue:
Well-being in Today's World

Biodata



Anna LEFEVRE is a research associate and teacher educator at The University of Munich. “Originally from Melbourne Australia, I have been living and working in Munich for the last 12 years. I have been teaching English in one form or another for the last 22 years. Currently, I am working on my PhD which focuses on mindful approaches in the English language classroom. Foregrounding noticing, non-judgement and consideration of other points of view and possibilities (Langer, 2014) when engaging with multimodal texts enacts cognitive mindfulness with myriad benefits for the English language learner (and teacher!).”

NOTES ON WELL-BEING: FINDING THE MAGIC IN THE EVERYDAY

Well-being can encompass so many things in today’s world. The rhetoric on social media for example preaches self-care, cold-plunges, puppy yoga, green drinks, boundary setting, saying no, saying yes, enjoying nature and more. How do we make sense of what’s right for us, what’s realistic and suitable and more importantly, what we can actually achieve? What about the pressure of feeling like we should constantly be doing more, being more and achieving more? Somehow all this messaging seems antithetical to wellbeing! I like to concentrate on simple contributions to my everyday well-being by just focusing on three things.

Connection with others

The wonderful Esther Perel says “The quality of our relationships determines the quality of our lives” (2023). As a teacher educator, one of the most important things that I want to impress upon my students is the foundational importance of building rapport and improving the nature of relationships in a classroom. Rapport, according to Scrivener, “is a kind of indefinable magic” (2012, p. 40) and while I agree, this doesn’t mean that we can’t break it down, talk about how it works, identify when we recognize it and how it makes us feel. I don’t just *talk* about building rapport; it is something that I try to model. I work in Germany and given the formality here (addressing teachers and students alike by Herr and Frau and the formal you ‘Sie’) I wonder sometimes if being open, personable or familiar, conducting myself with a certain amount of informality is an act of defiance, the creation of my own counter-culture. However, warmth is demonstrative of my Australian culture, who I am and what I think is important, namely connection with others. I have to be true to myself. This came to light in a discussion about students’ absences recently, a colleague stated that they didn’t want to know what was going on with students and the reasons why they were absent. I was surprised because I’m the opposite- I *do* want to know, I want to be informed to be able to support my students in the best way I can. I want to have that connection with them, I do not want a wall of formality separating us. Being connected with others contributes to feelings of belonging, self-worth, a sense of purpose and warmth. The quality of your relationships can transform the day-to-day and contribute to everyday well-being. Remember, being kind costs nothing and a random act of kindness can transform someone’s day (maybe even yours).

Connection with self

Why don’t you do more of that which makes you *really* happy? I’m not talking about going on holiday or a huge shopping spree but rather the everyday things that you love. This can be a really simple way to focus on your own well-being, filling your own cup with a good book, a swim in the

sea, a really good coffee, or a chat with a friend. Carve out time for these small magical moments in your everyday life. It's worth it and you're worth it. As a wife and mother, a teacher and PhD candidate my life is busy to say the least. I'm not always good at finding time to do the things that bring me pleasure but it's something I'm working on. I love drawing and recently tried 20 drawings for a 20-day challenge. I notice when I'm drawing that my mind quiets, I lose time, my focus is on the pen, the paper, the process and the product. Sometimes on the weekend, I make a coffee and hop back into bed and take sips, deliberately, mindfully, taking pleasure in the little things. There can be great calm in rituals, buying your Favorite sandwich, doing wordle, reading a book and taking a moment for yourself, even if just for a couple of minutes. There are other ways to be kind to yourself. Sometimes when making a to-do list I write things that I've recently completed and then cross them off even though they're already done. There's a certain satisfaction in that! I also think it's really important to pause and celebrate when you achieve something (small or big). Try taking stock, savor the moment and don't just move on to the next thing. Sometimes we are so focused on the 'I'd be happy if I... achieved, had, did, owned etc' that we don't actually see how far we've come. If all else fails, you can always buy yourself flowers, eat a piece of cake, pat a dog or relive a magical moment in your mind.

Connection with the world around us

Life can get very busy. It's easy to get bogged down in the motions of the everyday like Sisyphus pushing that rock up the hill waiting for it to come back down again only to start the process again. In her work on mindfulness, Langer begins with the notion of mindlessness as a counterpoint. Many of us fall prey to mindlessness, a "state where nothing is noticed, one is inflexible, rigid, closed or single-minded and acting on automatic pilot" (Carson & Langer, 2006, p. 30). In contrast, we can think of mindfulness as being awake, alert and receptive, "seeing the familiar in the novel and the novel in the familiar" (Langer & Molodovenau, 2000, p. 222). Being engaged in the everyday instead of simply passing through brings value as does looking for recognizable signs in the new or novel. Dana's notion of 'glimmers' speaks to this noticing. Glimmers are quietly remarkable moments, snippets of joy, "micro-moments of regulation". The sun hits your face and warms you for the first time in weeks, a dog smiles at you on the bus, a shopkeeper helps you with kindness or you remember the delicious dinner your friend cooked the night before. Dana suggests that "(g)limmers routinely appear in everyday life, yet frequently go unnoticed. They are easily overlooked because, to help you survive, the human brain is wired to pay more attention to negative events than positive ones" (2024). What if we started to really notice that which is around us? We can find moments in the everyday which are extraordinary though fleeting. We just need to be open to what's out there, actively notice, train our brains to see these things and find joy in the everyday. Challenge yourself to find something new in familiar surroundings, be curious about the little things, seek out opportunities for affirming moments, pay attention to your context and work to enrich your everyday life with ordinary yet extraordinary glimmers, the highlights of your day.

Wellbeing doesn't have to be complicated, in fact in my opinion it can be a simple, achievable adjustment to your life. Feeling connected with others, with yourself and with the world around us is grounding, rewarding and brings a certain quality to your life. Seek your own moments of connection and see your world light up.

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Anna LEFEVRE

Biodata

***Faruk MIKE** is an Associate Professor in the Department of Banking and Finance at Osmaniye Korkut Ata University in Osmaniye, Türkiye. His expertise is in international macroeconomics. His life isn't very interesting; it mostly consists of working, sleeping, and then working again, with a lot of time spent thinking. His main passion is Fenerbahçe SK. He is also a former student of CU SoFL.*

DOES MORE TECHNOLOGY MEAN A BETTER LIFE?

The modern world offers significant conveniences that contribute to human well-being. Thanks to the digitalization brought about by technological advancements, we can easily access almost everything and overcome many challenges in our daily lives. For example, digitalization has made accessing and utilizing information incredibly easy. If we are unsure about something, we can immediately consult artificial intelligence tools. If we want to buy something, we can instantly use virtual applications. If we want to socialize, we can contact our friends through various social media platforms. Advancements in information and communication technologies allow us to quickly and easily access almost anything in our lives. What great comfort, right? However, does the ease and accessibility of everything also mean it is beneficial for our individual and social health? This is one of the most important issues being discussed in the modern world today.

Certainly, people have differing opinions on this matter. The lack of consensus arises from these differing perspectives. One group of people is unconcerned by modern conveniences and does not believe these developments negatively impact human life as many claim. On the other hand, another perspective suggests that the relentless advancement of the modern world is causing harmful effects on human health and social unity. Both viewpoints have numerous arguments supporting their positions. While I am not sure where you stand on this issue, I align with the second viewpoint. I believe the modern world provides enough convenience for daily life, and no further technological advancement is needed in this regard. Of course, I am not referring to fields such as medicine, space exploration, or productivity; these areas must continue to progress indefinitely. However, I believe that technological advancements aimed at improving our daily needs should cease now.

The conveniences provided by the modern world have led us to think less, socialize less, care less about our environment, and pay less attention to social issues. We are now living more individualistic lives and becoming more isolated. We are on a path toward becoming more vulnerable and more easily replaceable individuals. However, nature requires struggle, and we are an essential part of that nature. If we fail to keep up with this struggle, we risk losing.

Faruk MIKE

Biodata



***Fatima Zahra BOUCIF** is a dedicated language educator with a remarkable career spanning over a decade. Originally from Algeria, she has made a significant impact in the field of English language teaching across multiple countries. Currently an English teacher at CU SoFL, she has previously worked as a lecturer at Adiyaman University and as a high school English teacher in both Turkiye and Algeria.*

Fatima holds a Master's degree in Language and Communication in English and French from Abdelhamid Ibn Badis University in Mostaganem. Her commitment to excellence in language education is further demonstrated by her TESOL certification from the University of Arizona and an IELTS preparation certificate from the University of California.

Beyond teaching, Fatima is a passionate researcher and development educator, continuously seeking innovative methods to enhance language learning.

THE ART OF DAILY WELL-BEING: A GUIDE TO SELF-CARE AND FULFILLMENT

In today's world, humanity enjoys a level of luxury and convenience unparalleled in history. Medical advancements have extended lifespans, knowledge is instantly accessible, and travel has become a pleasure rather than a hardship. Communication transcends borders, bringing people closer than ever before. Even food, clothing, and entertainment have reached remarkable levels of sophistication. Yet, despite these comforts, many still struggle with stress, burnout, and a sense of disconnection.

The key to true fulfilment lies not just in external luxuries but in mastering the art of daily well-being. By integrating mindful habits into your life, you can achieve a balanced, healthier, and more joyful existence. Whether you seek to reduce stress, enhance relationships, or cultivate inner peace, this guide will provide you with simple, yet powerful strategies to elevate your overall well-being.

Understanding Well-being: More Than Just Health

Well-being is a holistic concept that extends beyond physical health to include emotional, mental, and spiritual fulfilment. It is not merely the absence of illness but the presence of vitality, resilience, and contentment in all areas of life.

Prioritizing well-being enhances your ability to navigate life's challenges, fosters deeper connections with others, and ultimately leads to a richer and more satisfying existence. How do we nurture our well-being amidst the demands of modern life? The answer lies in self-care—an intentional practice of maintaining and improving one's physical, emotional, and spiritual health.

Self-Care: A Necessity, Not a Luxury

Many perceive self-care as an indulgence, something to be enjoyed occasionally when time permits. In reality, self-care is an essential practice that strengthens the mind, body, and soul. The World Health organization (WHO) defines self-care as the ability to maintain and promote health, prevent illness, and cope with challenges, whether with or without medical support (2024). It is a proactive approach to personal well-being, ensuring that you thrive rather than merely survive.

Types of Self-Care and How to Practice Them

1. Emotional Self-Care: Nurturing Inner Peace

Your emotional health is the foundation of overall well-being. Prioritizing activities that bring you joy, self-awareness, and relaxation can have profound effects on your mental state.

Consider:

- Practicing mindfulness or meditation to center your thoughts
- Keeping a journal to reflect on emotions and experiences
- Engaging in creative outlets such as painting, writing, or music
- Seeking therapy or professional guidance when needed
- Building supportive relationships that uplift and inspire

One of the best applications that helps us write our diary, organize our thoughts, and purify the mind is the “5-minute Journal-self-care” application. It also provides ideas for relaxation and meditation. I recommend using it as it may increase happiness because it always reminds you of the things you are grateful for.

2. Physical Self-Care: Strengthening the Body.

Caring for your body enhances energy levels, improves mood, and supports long-term health. Some key habits include:

- Eating a balanced, nutritious diet
- Getting sufficient rest and quality sleep
- Engaging in regular physical activity whether through exercise or movement-based hobbies
- Maintaining personal hygiene and skincare routines
- Avoiding harmful substances such as tobacco and excessive alcohol

One of the applications that I can recommend is the “Uni Meal” application, which is similar to a nutrition expert who accompanies you all the time. This application shows you a menu that suits your daily needs, and each meal’s recipe. You will also find a daily program for intermittent fasting, and a set of exercises that you can practice daily.

3. Spiritual Self-Care: Finding Meaning and Purpose.

Spiritual well-being is about connecting with something greater than yourself, whether through religion, philosophy, or personal reflection. Ways to cultivate spiritual self-care include:

- Practicing gratitude and positive affirmations
- Spending time in nature to restore inner calm
- Reading spiritual or philosophical texts for inspiration
- Engaging in prayer or meditation for deeper connection
- Attending religious or community gatherings for a sense of belonging

4. Social Self-Care: Cultivating Strong Relationships.

Human connection is vital for emotional and mental health. Strengthening social bonds can significantly impact your happiness. Consider:

- Spending quality time with family and friends
- Setting boundaries to protect your emotional energy
- Participating in meaningful conversations and social activities
- Engaging in volunteer work or acts of kindness

- Finding a community that shares your values and interests

Simple Strategies to Incorporate Self-Care into Daily Life

You don't need to overhaul your entire lifestyle to practice self-care effectively. Small, consistent efforts can create lasting change. Here are some simple strategies:

1. Personalize Your Self-Care Routine.

Self-care is not a one-size-fits-all practice. Identify what truly brings you joy and relaxation, then incorporate those activities into your routine.

2. Adopt a Balanced Approach.

Avoid extremes—well-being is about sustainable habits, not perfection. Focus on gradual, manageable improvements.

3. Integrate Self-Care into Your Daily Schedule.

Incorporate small acts of self-care throughout your day:

- Take a short walk during breaks.
- Practice deep breathing between tasks.
- Listen to music or an uplifting podcast while commuting.

4. Prioritize Rest and Relaxation.

Quality sleep and moments of stillness are essential for a balanced life. Make rest a non-negotiable part of your routine.

5. Practise Self-Compassion.

Treat yourself with kindness. Replace self-criticism with encouragement, and remember that progress, not perfection, is the goal.

Five-Minute Self-Care Practices for Busy Schedules

Even on the busiest of days, self-care doesn't have to be time-consuming. Here are quick activities to boost well-being in five minutes or less:

- Take deep breaths to calm your mind
- Listen to a favorite song to elevate your mood
- Write down three things you're grateful for
- Step outside for fresh air and sunlight
- Engage in positive self-talk to counter stress

Conclusion:

Prioritize Yourself for a Fulfilling Life

Self-care is not a luxury—it is a necessity for a balanced, fulfilling life. By prioritizing your well-being through small, meaningful habits, you cultivate resilience, reduce stress, and enhance your overall happiness. Whether through emotional, physical, spiritual, or social self-care, taking intentional steps toward well-being will help you live a more joyful, productive, and meaningful life.

Start today—your future self will thank you.

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WELL-BEING: “EVERYTHING IS GONNA BE ALRIGHT!”

The concept of well-being has been a subject of discussion in written sources from as early as 400 BCE to the present day. It has been deeply examined by philosophers, politicians, statesmen, religious leaders, Sufis, parents, and—most of all—by society. In our modern world, it has become a field of study within the discipline of psychology under the name of Positive Psychology.

I believe the word “define” is a magical one for understanding and solving problems. For this reason, I have tried to gain insights by sharing the question “Define your well-being” on different platforms with people of various ages, professions, statuses, nationalities, and belief groups. I observed that each individual's understanding of well-being is vastly different. Something as simple as breathing, having running water from a tap, or being respected and wealthy might be ordinary for one person but a well-being goal for another.

In this case, every individual should ask themselves: **“What is my definition of well-being, and why haven’t I reached it yet?”**

Aristotle, Maslow, Jung, Allport, Rogers, the Stoics, and Locke have presented different but mutually supportive perspectives on well-being. One of the most comprehensive models of psychological well-being is explained by Dr. Carol Ryff. Detailed studies and summaries on this topic can be found online.

Maslow’s hierarchy of needs pyramid is a good summary of well-being:

PHYSIOLOGICAL NEEDS: breathing, food, water, shelter, clothing, warmth, rest, sleep.

SAFETY AND SECURITY NEEDS: to be secure and safe on health, employment, property, family and social ability.

LOVE AND BELONGING: Intimate friendships, family, sense of connection.

SELF-ESTEEM: Confidence, achievement, prestige, respect for others, and the need to be a unique individual.

SELF-ACTUALIZATION: Morality, creativity, spontaneity, acceptance, meaning and inner potential, achieving one’s full potential.

If a person’s needs are satisfied, then they seem to be in a state of well-being. However, how do we define “satisfaction”? At all levels of the hierarchy, someone may have everything but still look for more, either as a hedonist or as a slave to their pleasures or fears. The equilibrium between taking and giving may be a good scale for avoiding slavery to desires.

The chakra concept from Eastern theological doctrine has seven major topics and a color scheme similar to Maslow's pyramid. If there is a problem with your well-being, then you have a flow problem in your chakras. If you solve the problem in your chakras, then everything is going to be alright. The New Testament theology concept attributes the cause of chakra flow problems to the seven deadly sins. If you purify yourself of those, then once again, everything is going to be alright."

All positive concepts (whereas negative concepts try to make people slaves) in the world depend on bringing about permanent change in the individual. As Sufi Rumi says, "If you change yourself, the whole world will change."

By stopping ourselves from looking into others' lives, we can concentrate on our own precious lives. By focusing on our own life, we can observe our way of thinking and behavior. If we become aware of our negative thoughts, beliefs, feelings, and behaviors, we will have the chance to change them into positive ones, and EVERYTHING IS GOING TO BE ALRIGHT.

Japanese use the word "ikigai" which means reason or purpose of being. Ikigai motivates the person to wake up in the morning with a great ambition. I have a great wish for everyone to find their own "ikigai" as early as possible.

Hüseyin ÖZCAN

Biodata



Merve ÜNLÜAĞAÇ is a Dyehouse Chemical Manager at Kıvanç Textile, Adana Türkiye. She graduated from İstanbul Technical University, Chemical Engineering department in 1997. She is a Sirtaki Instructor at Casa De La Danza and has also been an Argentine tango dancer for 13 years.

WELL-BEING IN TODAY'S WORLD

In today's fast-paced world, well-being means more than just being physically healthy; it's about our mental, emotional, and social health, too. With everything happening around us—technology, social media, work pressures, and global crises—finding balance and feeling good can feel like a real challenge. On the flip side, there are more tools, resources, and ways to take care of ourselves than ever before. So when it comes to well-being in the modern world, what can help us feel better?

One of the biggest struggles we face today is the overwhelming presence of technology, especially social media. While these platforms connect us, they also put a lot of pressure on people, particularly when it comes to self-esteem and mental health. Social media can make us feel like we're not doing enough, not looking good enough, or not living up to the standards that others seem to set. Constantly scrolling and comparing ourselves to others often leads to feelings of inadequacy and anxiety.

Then, there's the stress from economic pressures. Many people feel trapped in the grind of high costs, job insecurity, and long work hours. With rising costs of living and the need to stay competitive, it's easy to forget about taking care of our mental and physical health. The pressure to succeed often means working extra hard, but that can quickly lead to burnout and feeling disconnected from things that really matter.

Plus, global issues—like climate change, political instability, earthquakes, and the aftermath of the COVID-19 pandemic—have added layers of stress and uncertainty. It's hard to feel optimistic about personal well-being when the world around us seems so chaotic and unstable.

Despite all these challenges, there are plenty of things today's world offers that can support our well-being. First off, mental health is getting more attention than ever before. People are becoming more open about seeking therapy and talking about their struggles. Public awareness campaigns and social movements are breaking down the stigma around mental health, making it easier for people to admit they need help and to get the support they deserve.

Physical health is also being prioritized more. People are becoming more aware of the benefits of healthy living, whether that's through fitness, eating well, or practicing mindfulness. Wellness practices like yoga, meditation, and even things like dance have become incredibly popular. Movement, in particular, is not just great for the body but also for mental health. Whether it's hitting the gym, dancing, or even taking a long walk, physical activity releases endorphins (those feel-good chemicals), which can make a huge difference in our mood and overall sense of well-being.

With all the stress in today's world, it's important to take active steps to improve our well-being. One great place to start is by prioritizing mental health. Practicing mindfulness—whether through meditation or just taking time to slow down and focus—can help us manage stress. It's also crucial

to check in with ourselves regularly and reach out for help when we need it, whether that's seeing a therapist or talking to a friend.

Another big strategy is finding balance between work and personal life. Too many people push themselves too hard, and it leads to burnout. It's really important to take time for the things that really matter—like family, hobbies, or simply resting.

Staying active is another key to well-being. Exercise is not just good for the body; it's vital for mental health, too. This is where something like dance can come in—whether you're doing it as a workout or just for fun, dancing is a great way to release tension, improve mood, and feel more connected to your body. It's not just about hitting the gym; it's about finding activities you enjoy that make you feel good. Physical health and mental health are so closely tied, so getting that balance is important.

Well-being in today's world is definitely a balancing act. We're all dealing with pressures from technology, work, and global issues, but at the same time, we have more tools than ever to take care of ourselves. By making mental health a priority, staying active, and finding balance between work and personal life, we can improve our overall well-being. And let's not forget how simple things, like dancing or taking a moment for ourselves, can make a huge difference in how we feel. The world might be moving faster than ever, but by taking proactive steps to care for ourselves, we can still thrive and find peace amid the chaos.

Merve ÜNLÜAĞAÇ
Chemical Engineer & Sirtaki Instructor

Biodata



Özgün Gökşen ERCAN - is a US educated, Netherlands based Nutrition Consultant. Born in Ankara in 1986, she built a career in banking before pursuing her passion for nutrition. She earned degrees and certificates in Nutrition Science in California, and gained experience working at various institutions. Özgün has run her nutrition consulting company, [Eat-Right](#), since 2021.

WELL-BEING

In today's fast-paced world, well-being has become more essential than ever. The constant advancements in technology, the pressure to perform, and the global uncertainties of recent years have led to an increase in mental, physical, and emotional stress. In this complex landscape, it's critical to understand how we can prioritize well-being to thrive amidst the challenges.

The Complexity of Modern Life

Modern society offers convenience, but it also brings new challenges. While technology enhances our daily lives, it also creates pressure to keep up with constant changes. Social media, for instance, while offering connection, fosters feelings of inadequacy, anxiety, and isolation. The curated, perfect lives presented online can lead to unrealistic comparisons and a diminished sense of self-worth, impacting mental health.

The Mental Health Crisis

Mental health challenges are rising at an alarming rate. Depression is now the leading cause of disability worldwide, with anxiety disorders close behind. People are no longer afforded the opportunity to truly disconnect. Smartphones and laptops have created a 24/7 work culture where the boundaries between professional and personal life are increasingly blurred. The stress of always staying on-call, coupled with the pressure to maintain productivity, can lead to chronic stress, sleep disturbances, and decreased well-being.

The Physical Dimensions of Well-being

Physical health is directly linked to mental and emotional well-being. However, modern lifestyles often encourage sedentary behaviors, poor eating habits, and irregular sleep patterns. Many people spend long hours sitting at desks or in front of screens, which can lead to obesity, heart disease, and other physical issues.

Sleep quality, too, has taken a hit. Artificial lighting, screen time, and social media consumption can disrupt sleep, leading to fatigue, diminished cognitive function, and weakened immune systems. But simple changes—like regular exercise, balanced meals, and prioritizing rest—can greatly improve physical health and overall well-being.

Emotional and Social Well-being

In today's world, emotional well-being is critical for navigating the complexities of life. It's about understanding and managing emotions in a way that fosters resilience. While external pressures can make contentment seem elusive, mindfulness and self-awareness allow us to build emotional strength.

Social well-being is equally important. Meaningful relationships with family, friends, and peers contribute to a sense of belonging and happiness. In the digital age, technology often substitutes face-to-face interaction, but it's important to prioritize genuine connections that nourish our emotional health.

Achieving Balance in a Digital World

To find well-being in this digital age, we must be intentional about balancing our lives. Mindfulness plays a crucial role in reclaiming our mental space and allowing us to detach from distractions. Setting boundaries—whether it's limiting screen time or carving out personal time—can help reduce stress and foster peace of mind. Ultimately, well-being is about aligning our actions with what truly matters to us and finding time for activities that bring 'fulfilment'.

Conclusion

Well-being in today's world requires a conscious effort to navigate the complexities of modern life. The demands of technology, work, and social pressures are overwhelming, but by prioritizing mental, physical, and emotional health, we can regain 'balance'. ***It's about making mindful choices, nurturing relationships, and taking time for self-care.*** In a world that often moves too fast, fostering well-being is key to not just surviving, but truly thriving.

Watch This!

If you're confused and don't know where to start, check out this impactful documentary on Netflix called '[Live to 100 : Secrets of the Blue Zones](#)'. It makes you discover five unique communities where people live extraordinarily long and vibrant lives.

Özgün Gökşen ERCAN

Biodata



***Tolunay EKİZ** graduated from the Foreign Language Education department at Middle East Technical University and is doing her PhD degree in ELT department at Cukurova University. She has been working as an EFL instructor at School of Foreign Languages, Cukurova University since 1999. Her special interests are teaching about Turkish culture in English, improving language skills, social-emotional learning, and increasing learner agency to maximize learning potential.*

HOW WELL ARE WE?

There was a big crowd in the street in front of the supermarket. Two angry men were yelling at each other in the traffic. All the cars and buses were waiting for the argument to stop. After hearing some swearing and offensive words, things were sorted out and life was normal again. I didn't look at the scene like other shoppers did in the supermarket. I wasn't curious. Or interested. I didn't want to know what it was all about. I was more interested in my own well-being. Life is annoying enough and I do not have any more space for more chaos. This is all to protect my psychological and physical well-being, which will eventually affect my spiritual and professional well-being, like a chain reaction. When I stop feeling the joy of life, I stop smiling. Then, my heart gets colder and indifferent. Afterwards, I feel worse and stop trying. When I lose hope, I can never find a reason to go on. This will affect my environment, and I will be responsible for the outcomes. Such an existentialist view.

Awareness. Wisdom. Two words that penetrate into our soul making it difficult to maintain our well-being in such a world. When we see things beyond their realms, how can we not feel sorrow for anyone trying to survive in unimaginable contexts? And what's worse, it doesn't have to be someone. A stray animal, a neglected plant, or an ignored rule are all in the same basket. Like live crabs pulling each other down into the basket and sinking.

So what's the solution? A) Unseeing the events? Unfeeling empathy? Unreacting and uncomplaining? Undeveloping problem-solving skills? Losing joy and hope? Giving up on everything? Or B) maintaining our well-being and starting from scratch to hope and work for a better world?

If you say A, read the other articles about well-being in this magazine. If you say B, then start by setting up good relations with people you trust. Eat healthily and get enough sleep. Also, learn to manage your stress. Do exercise or at least take a walk every day. And why don't you focus on the present instead of the past or the future? Learn to be mindful. Heal yourself emotionally. Moreover, do activities that you enjoy. Finally, you'll feel better through self-care.

Which one is the best solution? Who can change the world, those who are well or those who are ill?

Tolunay EKİZ
EFL Instructor
CU SoFL

Biodata



*Clinical Psychologist **Yaprak YURDAKUL SERİN** grew up in Adana and completed her psychology education in Koç University. She completed her master's degree in Clinical Psychology at Işık University in 2019. Her thesis topic is "The effect of five factor personality traits and dark triad personality traits on marital adjustment". She has completed Cognitive Behavioral Therapy and Acceptance and Commitment Therapy training. She received it from EABCT. She has been working in Yaprak Therapy Clinic since 2018.*

WELL-BEING IN TODAY'S WORLD

In recent years, the focus on well-being has shifted significantly. Today, our world is constantly changing at a fast pace. As we navigate an increasingly complex world, the concept of well-being has taken on new dimensions including mental, emotional, physical, and social health. From a clinical psychology perspective, well-being is not merely the absence of mental illness but the presence of positive psychological states, such as resilience, self-acceptance, purpose, and meaningful connections. Understanding the changes that contribute to our well-being today is more important than ever.

Mental health issues are much more open to discussion today and visible compared to the past. Increasing conversations about mental well-being reduces the stigma that once surrounded these topics. People are now more comfortable seeking help, whether through therapy, support groups, or community resources. Normalizing these conversations has made a real difference in the lives of many, allowing individuals to reach for help and improve their quality of life.

The COVID-19 pandemic has had an undeniable effect on our well-being. While it brought challenges like isolation and uncertainty, it also highlighted the importance of mental health. Many have reported feeling overwhelmed, anxious, or depressed during quarantine. However, that period also sparked discussions about resilience and its relations to wellbeing. People have learned to adapt to life changes Covid pandemic brought and also found new ways to connect, whether through virtual gatherings or outdoor activities.

Physical health continues to be a cornerstone of overall well-being. It has been proven again and again that engaging in physical activity not only boosts physical health but also plays a significant role in improving mood and reducing stress. In recent years, there has been a stronger emphasis on maintaining a healthy lifestyle through regular exercise and eating balanced meals. Fitness apps, online workout classes, and nutrition guides helped a lot of people make healthier choices.

As remote work became more prevalent, many employees had to reimagine work-life balance. The flexibility of working from home allows individuals to manage their time more effectively, feeling more in charge, which can contribute positively to their overall well-being. Employers are recognizing the importance of supporting their employees' mental health by offering flexible hours and promoting a healthy workplace culture.

Technology has transformed the way we approach well-being. Health and wellness apps, online sites provide greater access to resources and support. Starting with the pandemic, online therapies have become more common. However, it's important to keep a balance between online interactions and face-to-face connections to maintain a sense of belonging.

Social relationships are crucial for well-being. Engaging with friends, family, and community members can foster a sense of belonging and provide support during tough times. Participating in community activities or volunteering can also enhance one's sense of purpose and satisfaction in life.

Today's understanding of well-being focuses on a holistic perspective that considers all aspects of life—mental, physical, emotional, and spiritual. Practices like mindfulness and yoga have gained popularity as effective ways to reduce stress and promote overall well-being. Taking time for self-reflection and gratitude can also lead to a more positive outlook on life.

In conclusion, well-being in today's world is a multifaceted concept influenced by different factors, including mental health awareness, the impact of the pandemic, lifestyle choices, work dynamics, and technology. As we continue to navigate these changes, prioritizing well-being through proactive measures and a holistic approach can lead to healthier and more fulfilling lives. By fostering connections and supporting one another, we can create a more resilient and thriving world.

Yaprak YURDAKUL SERİN
Clinical Psychologist

Biodata

*I am **Deniz ÇELİK** from Türkiye. I am a student at Cukurova University and my department is Computer Engineering. I am interested in politics, philosophy, and history, and I write about these.*

A CRITICAL DISCUSSION ON HUMAN WELL-BEING AND CAPITALISM

In this article, I will discuss whether it is possible for a person to live a reasonable life in terms of psychological well-being and living standards within the capitalist system. I will do this as a student and ordinary person. People should say their opinions on issues that concern people. So, politics and philosophy should be saved from politicians and philosophers and brought into the population. It is especially important for school and university.

Natural and social environments affect the human consciousness. So, our psychological, spiritual, and practical world is not abstract from the natural and social environments. There is a dialectical bond between them. Humans affect their own environment and are affected by it. A person born into the world of commodities is affected by this world. Therefore, the position of humans in this world needs to be examined with this economic and social structure.

Marx firstly started by defining commodities in his great work Capital. He said: "The wealth of those societies in which the capitalist mode of production prevails, presents itself as "an immense accumulation of commodities," its unit being a single commodity. Our investigation must therefore begin with the analysis of a commodity" [1]. Then, Marx defines commodities as something that "presents itself to us as a complex of two things- use value and exchange value" [2]. Therefore, commodities have values and they are produced for exchange. In capitalism, consumers exchange commodities with money.

While capitalist relations of production were developing, they did not have the power to control everything. With the development of technology, production, and the army, the power of capitalists also increased. When capitalism reached the stage of imperialism, as Lenin said, everything became a commodity [5]. During the imperialism phase, capitalists began to exploit more barbarously and the rest of the population became poorer.

Historically, the capitalist system has continuously developed and dominated everything. Therefore, everything has turned into a commodity, something that can be bought and sold. Philosopher Rosie Braidotti said: "Advanced capitalism invests in the scientific and economic control of all living things and profits from it" [3]. In such a world, even the most basic human necessities are commodities. This is a very clear fact; for example, in Türkiye, there are approximately 70,000 homeless people, and approximately 1 million in the United States. Also, more people cannot even pay their bills. In such a reality, nobody can be optimistic about tomorrow like Pangloss. (Pangloss is created by Voltaire in his novel, and Pangloss thought people live in the best possible world. Pangloss is Leibniz in real life. Voltaire criticizes Leibniz in this novel) [4]. In the world, there are wars, poverty, and insensibility. The biggest reason for this is capitalism. Capitalists exploit the world for wealth and power and bring death and poverty to people. [5]

The economic and social system we are in surrounds us more and more day by day, and it does not give satisfaction. If even relationships have been turned into commodities and marketing tools, if human emotions have been exploited, this structure cannot offer an ideal life for people. Anxiety, selfishness, and cheap dreams such as "making quick money" have spread and become ordinary, so humans have become estranged from themselves and other people. Social cooperation, people's talents, and ethical things are disappearing. Social decay has increased so much that even the once-sanctified concept of "love" has turned into a commodity. The scenes and messages presented to

people on billboards, TV series, and shows increasingly make people nihilistic and focus on short-term pleasures. So many companies profit from it.

As can be seen, these cheap demands provide profit to capitalists. Also, the capitalist system, which estranges workers in factories by making them work for hours, estranges other people through the media. “Eternally fettered only to a single little fragment of the whole, man fashions himself only as a fragment... He never develops the harmony of his being, and, instead of shaping the humanity that lies in his nature, he becomes a mere imprint of his occupation, his science” [6]. Also, another quotation from Marx “...the more powerful becomes the alien world of objects which he creates over and against himself, the poorer he himself – his inner world – becomes, the less belongs to him as his own” [7]. Humans must break out of their partial human form and fight against exploitation and estrangement.

The opposite of capitalism is socialism because in socialism the rich minority does not rule. But the workers, who are the majority and produce life, rule. Society takes back the means of production from the capitalists who control them. “With the seizing of the means of production by society, production of commodities is done away with, and, simultaneously, the mastery of the product over the producer” [8], Now, exploitative classes disappear and life is organized by society so that people are not exploited and estranged for the sake of the minority. Under socialism, people who are liberated and regain their humanity achieve true well-being.

People should be against capitalism and stop being consumers because in this system nature and people have been exploited, and it is not possible to enjoy and be well. In this system, the happiness of a person is also fake as humans are estranged from themselves and their human characteristics. Antonio Gramsci correctly said: “The crisis consists precisely in the fact that the old are dying and the new cannot be born” [9]. The only thing that can make us well is if this system is destroyed by humanity. We should build a world where people are not exploited and not estranged. This world is Socialism.

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Deniz ÇELİK

Biodata

*Hello, I'm **Esra ÇOBAN**. I'm in the Electrical and Electronics Engineering department, currently a student at CU SoFL. Listening to 2000-2010's party hits is my way to relax. I enjoy watching tennis and volleyball tournaments and have a keen interest in automotive and motorsports, as well as art and culture. Looking at paintings relaxes me because it gives me space to think.*

THE IMPACT OF BULLYING ON WELL-BEING

At different times in my life, I experienced bullying. These experiences affected me deeply, but also, shaped the person I am today. In this essay, I want to talk about how bullying impacted my well-being and what it taught me.

My First Encounters with Bullying

When I was in primary school, two classmates forced me into the boys' bathroom. They grabbed me by my arms and tried to push me inside. I was screaming and crying to let go because my strength was not enough to get rid of them. I shouted for help from the teacher on duty, but he ignored me. The fear and helplessness I felt at that moment hurt me deeply, and being ignored made it even worse. This experience affected my trust in adults and made me afraid to express myself.

In middle school, I faced different kinds of bullying. Girls were allowed to wear skirts or trousers, and I preferred trousers since 5th grade because our school skirts were uncomfortable. In 6th grade, a group of girls teased me for looking like a boy because of my short hair and trousers. To prove them wrong, I wore a skirt one day. This time, they teased me because my skirt was knee-length. Later, I realized their words had other intentions, so I decided to continue wearing trousers confidently.

Bullying in High School

During high school, a boy constantly made fun of my appearance, and his group of friends laughed with him. I tried to ignore their words, but I couldn't. I stopped eating and drinking, and my nerves got worse.

At the same time, I was dealing with exam stress and problems at my dorm. The cheerful girl in 9th grade was gone. In 11th grade, I went to the doctor and was diagnosed with depression and anxiety disorder. With the help of my friends, I solved the problems at the dorm and addressed the bullying issue by talking to a teacher. However, I still didn't want to eat.

Finding Support

One day, I met someone new: a friend of my friend. When we were introduced, he noticed I wasn't eating. Every morning, he bought me a bagel when he bought one for himself. At lunch, he brought me ice cream or soda. Thanks to his kindness, I started eating again. His small but nonstop efforts made a big difference in my betterment.

What Bullying Taught Me

Bullying left deep scars in my life, but it also taught me valuable lessons. It helped me develop empathy and become more sensitive to others who are facing bullying. I learned the importance of asking and accepting help.

Now, if I see someone being bullied, I don't hesitate to step in. My past experiences have taught me that no one should feel alone. If I can make a difference to stop bullying, it will be one of my greatest

achievements. Reflecting on these experiences, I see how important emotional well-being is. Bullying can destroy a person's confidence and mental health, but support and understanding can help rebuild it. By helping others, I also protect my own well-being and find peace in knowing I can make a positive impact.

Esra OBAN

Biodata

I'm Efe Edip ÇABALAK. I'm 19 years old. My department is Mechanical Engineering.

WELL-BEING

Well-being is a way of behavior which can also be seen as kindness all around the world. It means peace in the world and self-improvement. People come from different cultures. The importance of well-being never decreases in an environment where culture and thought conflicts continue.

Apart from these, wellbeing has other meanings. Feeling well in spirit and feeling physically well are good examples. All good manners are the foundation of well-being. Every situation is strongly connected with each other. If this connection breaks, it will have a butterfly effect and everything will worsen.

Well-being shows its power in every aspect of life that is our source of relief. In the earthquake on February 6, 2023, which was perhaps the biggest disaster in recent times, we may have seen the greatest example of well-being. Many people who didn't know each other came together to help those affected by the earthquake. Although there have been those who have sought to exploit it, we have once again realized that the power of well-being cannot be destroyed by any negative group.

Well-being is not just for society; it is also for individual things. Throughout history, many battles have taken place. However, in World War 2, there was a hero in the Battle of Okinawa. His name was Desmond Doss. He refused to use a weapon. He was a combat medic. He didn't kill anyone and he saved 75 soldiers. He was the only person that had a honor medal with conscientious objection. This behavior showed that goodness would win even in a battlefield and once again it was written again the name of history.

Today, when someone explains a good deed they've done, people might say, "They did it to boast and now they're here talking about it." However, it's still important for raising social awareness. The advancement of technology and the greed of humanity remind us once again of the significance of well-being. If this kindness spreads to everyone and is truly appreciated, the world would become a much more livable place.

Efe Edip ÇABALAK

Biodata

İkbal ÖZDEMİR was born on November 25, 2005, in Malatya, Türkiye. She is currently studying English Language Teaching at Cukurova University.

THE CONTRIBUTION OF MUSIC TO WELL-BEING AND ACADEMIC SUCCESS

Music is a magnificent art which allows people to give voice to their ideas and emotions when they cannot directly express their thoughts or opinions in their minds due to emotional or language barriers, the concern of being misunderstood, or fear of falling out with the people they cherish because of saying the desired things. Not only does music enable us to express unspeakable thoughts, but it also has various remarkable impacts on both physical and mental health and on achieving success in one's educational life.

Taking into account the consequences of listening to music, one of the most important ones that comes to mind is its significant benefits to cerebral health. Listening to music helps people avoid negative thoughts, and makes them feel content and happy. This plays a critical role in reducing the risk of developing severe mental disorders that pose a virulent threat to human health. Resorting to music as a powerful intervention in coping with mental illnesses such as anxiety, depression, and schizophrenia has been proclaimed as efficacious in alleviating symptoms (Mössler et al., 2011; Erkkilä et al., 2011) while boosting mood and social engagements (Edwards, 2006). In a study scrutinizing the impacts of listening to music on preoperative anxiety in men who go through prostate surgery, participants in the music intervention demonstrated a substantial decrease in anxiety and blood pressure. (Yung et al, 2002). Furthermore, research on 20 women awaiting a breast biopsy revealed that the group who listened to music for 20 minutes experienced relatively less anxiety than usual care patients after the baseline anxiety had been controlled (Haun et al, 2001).

Alongside the fundamental benefits of music to psychological well-being, there are many striking influences that music provides on body health as well. Music can encourage individuals to do sports or keep them doing recreational sport activities steadily. "Most of us do not need theories or research to explain the benefits we experience from music during exercise" (Clark & Tamplin, 2016). Based on this statement, it is apparent that there is no need to be a scientist or a researcher to say that the music we listen to while indulging in sports has many gains. Hearing music from others or playing it ourselves can encourage us to exercise more, contributing to better physical health. In an example given by Clark and Tamplin (2016), a man who took part in a research study asserted that he always listens to music while walking, that it soothes him and keeps him mobile and motivates him to go on walking without feeling bored. It is highly possible to encounter many such expressions in our daily lives.

In conjunction with its momentous influences on physical and mental well-being, music also plays a vital role in achieving academic success. "Many students listen to music to alleviate the emotional effects of stress and anxiety when engaged in complex cognitive processing, such as studying for a test, completing homework assignments, or while reading and writing" (Dolegui, 2013). In a study investigating the distracting effect of music on cognitive task performance, the findings illustrated that listening to music indeed improves cognitive skills. (Cockerton, Moore, & Norman, 1997). Moreover, the entertaining rhythm of music lets students keep studying without getting bored, enabling them to achieve high grades in school as a result of hard work and accordingly contributes to succeeding in their educational life.

As all the above points have demonstrated, music exerts a pivotal impact on not only individuals' health both psychologically and physically owing to dealing with stress and anxiety and the way it promotes engaging in sports, but also their studying process by enhancing concentration and cognitive performance, conducive to one's academic achievement.

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İkbal ÖZDEMİR

Biodata

*Hello, my name is **Meryem MAZMAN**. I was born on 20 September 1967 in İskenderun. I live in Adana. I am married and have no children. I worked as a technical manager in the private sector for a long time. I want to do work that I enjoy. I want to produce information and help many people with social responsibility projects.*

SOCIAL MEDIA AND PSYCHOLOGY

Social media is a very important network if it is used correctly and in accordance with its purpose. However, there are problems about social media usage today. Consumption habits, understanding of happiness, and seeing it as hope negatively affect people's psychology.

It is a very important network for those who produce content and do not prefer simplicity. There are large masses who express themselves through social media. This platform of international limitedness brings happiness but also it negatively affects socialization.

In the modern world, younger generations find life meaningless. They constantly depend on material reasons to be happy. This situation prevents spiritual pleasures. People start to resemble each other. Nobody wants to be themselves because they do not like themselves. They always see others as beautiful and perfect. People can be happy and reach peace of mind by returning to their own essence. There are many ways to do this. It is possible with a change in the world politics and system. It is possible with a fair, equal, and non-exploitative system. It is possible with a system where the world's resources are used consciously and distributed equally.

Meryem MAZMAN

Biodata



*My name is **Nagihan DİRİ**. I was born on December 5, 1989, in Istanbul, and I am originally from Sinop. I completed my undergraduate education in Russian Language and Literature at Istanbul University. During my studies, I participated in the Erasmus student exchange program in Lithuania for one semester. As a second degree, I graduated from the Culinary Arts program at Okan University. I have been working as a business development specialist for 11 years at ORYA TIBBİ GAZ VE ENERJİ TEKNOLOJİK ÜRÜNLERİ LİMİTED ŞİRKETİ, where I am also a partner. I have traveled to 27 countries. My hobbies include meditation, yoga, traveling, and visiting museums. My dream is to lead a life where I can practice organic farming while also supporting animal shelters.*

WELL-BEING IN TODAY'S WORLD



The idea of well-being has meant different things over time. With more technology, social media, and communication tools, its meaning has grown to include many new aspects. In simple terms, well-being means feeling good physically, mentally, and emotionally. But can we really achieve all of this in modern society?

Physical Well-Being

Physical health is the basis of our life—if our body is not well, nothing else works well. Today, physical well-being is more than just being free from illness. It means living a healthy lifestyle that includes balanced nutrition, regular sleep, and constant physical activity. Taking care of yourself through good hygiene and regular grooming is also very important. These habits help our bodies work properly, reduce the risk of infections, and improve our overall quality of life.

- **Balanced Nutrition**



Balanced nutrition means eating the right amount of all the nutrients your body needs each day. It is important to know what foods to eat, how much to eat, and which foods to avoid so that our bodies can produce energy, grow, repair themselves, and fight disease. Different food groups—such as grains, vegetables, fruits, proteins, and natural oils—help our bodies in various ways. For example, grain products provide fiber that helps digestion and balances cholesterol levels. Vegetables and fruits are full of antioxidants that protect our cells and lower the risk of chronic diseases. Proteins help build and repair muscles and tissues. Eating the right amounts is key; too much or too little can upset your energy balance or weaken your immune system. In our busy modern lives, dietitians can offer important guidance to help us maintain a healthy diet.

- **Regular Sleep**

Regular sleep is essential for proper brain function, keeping hormones balanced, reducing the risk of illness, and starting the day with energy. Going to bed and waking up at the same time every day helps set your body's clock. Avoiding electronic devices for at least an hour before bed, not eating late at night, and keeping your room cool, quiet, and dark all help improve sleep quality.

- **Physical Activities**

Physical activities keep our bodies healthy and make our lives better. Regular walking and running improve sleep and keep us active throughout the day. Exercise burns energy to help control weight, builds muscle and bone strength, and prevents problems like osteoporosis. Exercise also releases endorphins, which help lower stress, anxiety, and depression while boosting our mood and happiness. Activities like dancing, climbing, or trekking can also be social and make life more enjoyable.

Mental and Psychological Well-being

Mental well-being is not only about a healthy brain or being free of mental illness—it is also about feeling emotionally and psychologically balanced. When we do not feel good mentally, professionals like psychologists, psychiatrists, and therapists can help us understand and manage stress, anxiety, and depression. They help us see negative thoughts and replace them with more positive, mindful ones. Today, mental well-being includes practices like yoga, meditation, mindfulness, hobbies, social activities, and positive thinking.



- **Yoga and Meditation**

More people are turning to yoga and meditation to handle stress, busy lives, and the distractions of the digital age. Many centers now offer professional training in these practices. Regular meditation brings mental calm and emotional balance, while yoga improves flexibility, strength, and endurance. It also helps reduce muscle pain and corrects poor posture. These practices support mental well-being and help us find inner peace.

- **Mindfulness**

Mindfulness means paying attention to the present moment. It helps us set aside our worries and focus on what is happening right now, without judgment. Recently, mindfulness has become popular in schools and workplaces. Regular mindfulness practice can improve your concentration, help you make better decisions, and let you see the connection between physical and mental problems.

- **Hobbies and Social Activities**

Hobbies are activities you enjoy during your free time. They can be different for everyone—like crafts, painting, or listening to music—and they help reduce stress and bring mental relaxation. Hobbies boost creativity and help you focus better. When done with others, hobbies also encourage social interaction and teamwork. These activities can make you more efficient at work, help you enjoy life more, and build your self-confidence.



Social activities also play a big role in reducing stress, anxiety, and depression. They give you a chance to meet new people, understand different views, and build empathy. Social events let you break away from your daily routine, recharge your energy, and create happy memories.

- **Positive Thoughts**

Positive thinking means looking at situations in a good light and moving away from fixed negative thoughts. It helps you manage stress and anxiety better. Focusing on your achievements and potential, along with practices like repeating positive affirmations or keeping a gratitude journal, supports a positive mindset. This attitude not only lowers stress but also makes you feel physically better. By concentrating on small moments of happiness, you can reduce disappointment and build feelings of satisfaction and self-confidence.

In conclusion, well-being is about having balance in physical, mental, emotional, and social areas of your life. By taking small yet effective steps—such as eating well, exercising regularly, getting enough sleep, enjoying hobbies, participating in social activities, and thinking positively—you can greatly improve your quality of life. These steps help you manage stress, maintain balance, and understand yourself better. Well-being is a journey that makes you more resilient to challenges and helps you live a more meaningful and satisfying life.

Nagihan DİRİ

Biodata



*Hi all! I'm **Seyhan ONAR**. I am studying Radio, Television and Cinema at Cukurova University. I want to tell you about well-being in today's world.*

WELL-BEING IN TODAY'S WORLD

When we think of well-being, financial stability often comes to mind. However, true well-being goes beyond economic prosperity; it includes social, cultural, and emotional health as well. A good life is not just about earning a sufficient income, it also means living in a safe environment, having access to quality education, and being able to look toward the future with confidence.

Despite advancements in many parts of the world, well-being is not equally distributed. While some countries experience economic growth, issues such as income inequality, environmental challenges, and social disparities continue to affect people's quality of life. Moreover, societies that prioritize financial success alone often overlook the importance of individual happiness and mental well-being.

Real well-being can only be achieved in a society where people feel secure, have equal opportunities, and live in a sustainable environment. To create such a world, both individuals and communities must take conscious steps to ensure well-being is accessible to all.

Seyhan ONAR

Biodata



*I am **Sinem ÖZGIRAY AK** from Türkiye. I am an English teacher and work as a manager in Gülen Yüzler Kindergarten of Cukurova Municipality and also as an English teacher in Kökdil part time. I graduated from Hacettepe University English Language Teaching Department. I completed my master's degree in English Language Teaching at Çag University.*

IMPORTANCE OF WELLBEING IN TODAY'S WORLD

In today's fast-paced and stressful world, well-being is more important than ever. It refers to a state of overall health, happiness, and life satisfaction. Well-being is not just about the absence of illness but also about feeling fulfilled, balanced, and able to cope with life's challenges. It affects every aspect of life, from personal happiness to productivity at work and relationships with others. Prioritizing well-being helps individuals and societies thrive despite modern challenges like high work demands, digital overload, and global uncertainties.

There are some key points as to why well-being matters today:

Better Mental Health- Stress, anxiety, and depression are rising due to work pressure, social media, and economic instability. Focusing on wellbeing helps people build emotional resilience and cope with challenges.

Higher Productivity and Performance- Employees with good well-being are more engaged, creative, and efficient. Businesses and economies benefit when people are physically and mentally healthy.

Stronger Social Connections- In a world where digital interactions are replacing face to face communication, maintaining social wellbeing ensures stronger relationships, emotional support, and a sense of belonging.

Improved Physical Health- Chronic diseases like obesity, diabetes, and heart conditions are linked to stress and unhealthy lifestyles. Prioritizing wellbeing through exercise, nutrition, and sleep lead to a longer and healthier life.

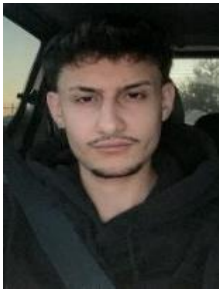
Work Life Balance- With remote work and constant connectivity, the line between personal and professional life is blurred. Focusing on wellbeing helps people set boundaries, reduce burnout, and enjoy life outside of work.

Resilience to Global Challenges- From economic crisis to climate change, today's world presents many uncertainties. People with strong well-being are more adaptable and capable of handling these pressures.

As a result, well-being is essential for individuals to live happy, fulfilling lives, and for societies to function effectively. In a world full of stress and uncertainty, prioritizing wellbeing leads to a healthier, more productive, and more connected society.

Sinem Özgiray AK

Biodata



*My name is **Zeynel ARI**. I was born in Karaman. I am studying Economics and currently in the preparatory year. I enjoy listening to music, singing, and playing football. These hobbies help me relax and stay active. I am passionate about learning and improving myself every day.*

WELL-BEING

Well-being is one of the most important things in life because it changes how we feel, think, and connect with people. It's not only about staying physically healthy, it is also about feeling good mentally and emotionally. When people take care of their well-being, they tend to feel happier, more energetic, and less stressed. Personally, I've noticed that starting the day with a walk outside gives me a sense of calm and positivity. While I'm doing that activity, I listen to Lil Peep's songs before diving into my daily routine. Everyone has their own way of looking after their well-being, and it's personal and unique to each individual. Some people find comfort in listening to music, reading a book, or engaging in a favorite hobby. For me, I find so much joy in curling up with a book and a cup of tea while listening to slow music like Gülden Karaböcek's songs. It's the perfect way for me to relax and recharge.

Many people enjoy activities like painting, writing, or playing an instrument as ways to calm their minds. A close friend of mine plays the guitar, and he says it helps clear his mind and feel better when he's feeling stressed. He often likes singing songs by "Duman", "Büyük Ev Ablukada", and "Ahmet Kaya" and playing them on the guitar.

Exercise is key to well-being for many people. Even a simple stretch or a walk can boost mood and energy levels. I personally believe that exercise makes a huge difference in my day. When I get moving, even if it's just a short walk, it boosts my energy and makes me feel happier. Also, when I go for a short walk, my brain works better.

Eating healthy food also plays a big role in well-being. People who eat fresh, nutritious meals often feel more energized and ready to take on the day. On the other hand, when people eat too much junk food, they can feel sluggish and tired. Drinking enough water is essential for staying focused and healthy, and most people notice they feel better when they stay hydrated.

Getting enough sleep is another important part of well-being for everyone. A good night's sleep helps people wake up feeling refreshed and ready to face the day. Without enough sleep, many people feel stressed and have trouble concentrating. For me, creating a bedtime routine, like reading a book or listening to emotional music like "Nilüfer" "Sen Evlisin" or watching some series or anime before bed helps me sleep better and wake up feeling more rested.

Spending time with family and friends is also crucial for well-being. Talking, laughing, and sharing moments with loved ones can bring happiness and emotional support. Most people feel more balanced and less stressed when they connect with those they care about. Balancing work and personal time is vital, as too much stress from work can negatively affect a person's overall well-being.

If people don't pay attention to their well-being, they may feel exhausted, anxious, or unhappy. That's why it's important for everyone to make time for self-care. A happy and healthy life often begins with small daily habits that, over time, lead to big positive changes in how we feel. PLEASE, PEOPLE, TAKE CARE OF YOUR WELL-BEING.

Zeynel ARI

Class 209

Biodata

*My name is **Ziřan TEKİNKUŐ**, and I am 17 years old. I was born in Gaziantep in 2007. I completed high school in Gaziantep as a language student. I moved to Adana to start my college education, and right now, I am a student at CU SoFL preparing for the ELT department. I enjoy listening to music and travelling.*

HOW CAN WE IMPROVE OUR SOCIAL WELL-BEING?

In recent decades, people have faced various changes, especially due to technology, which has rearranged our daily lives and future plans. While some of these changes have a positive impact on our well-being, most of them don't. Therefore, people have started looking for solutions to improve our social well-being. According to research, there are several effective ways.

First of all, interacting with real people has a significant effect on us. People have used technology for communication for a long time. Although it is convenient, it also puts distance between individuals. Sometimes, we can't express ourselves properly, especially in texting. Therefore, unless it is necessary, visiting and meeting face-to-face and speaking with gestures and facial expressions helps you improve both your communication skills and your relationships. It will probably make you feel better compared to texting, etc.

Secondly, maintaining a physically healthy lifestyle is important. Nowadays, health is a major issue for us. The things we eat, our sedentary lifestyles, etc., lead to negative outcomes like inefficiency of vitamins or fatigue. To minimize the impact of these issues, we can take some actions. For example, having a well-balanced diet, an exercise routine, and enough sleep are the most prominent ones.

Lastly, we should enhance and strengthen our mental state. Since we have to contend with various problems and assignments in our daily lives, we should look for ways that are helpful in coping with daily stress and depressing moods. Therefore, to boost mental health, we can learn meditation or stress-coping methods, and we should adopt an optimistic attitude toward life.

To sum up, there are several key aspects to improving social well-being: interacting with people face-to-face, taking care of our physical needs, and managing our mental state effectively.

Ziřan TEKİNKUŐ

VOICES FROM REPEAT CLASSES IN CU SoFL

Biodata

*My name is **Saadet YILMAZ**, and I am proud to be a part of CU SoFL, teaching English to preparatory classes for more than 30 years.*

WELL-BEING OF REPEAT CLASSES

Since I started teaching English to preparatory students at CU SoFL, I have always tried to empathize with students, especially the ones who have several difficulties in learning a second language. Afterall, English has never been their first subject to study while preparing for the university exam. I really have had so many questions in my mind asking why some students fail to pass proficiency exams and cannot continue their education studying their majors in their departments. Another aspect that has always made me feel sorry for these students is that our curriculum has not been efficient enough to guide and motivate them to prepare for the proficiency exams when they become our 'repeat' students.

However, our repeat students this year have had the chance to have a curriculum designed just for their improvement in learning English by being taught the strategies in all skills with lots of materials in class and tutorials as part of the program that we have applied this year.

When we first met them in the orientation program, most of them were so unmotivated that they had no hope for success. Our motto was *'Everyone deserves a second chance. You failed, perhaps you were not ready the first time'*. Then, something began to change for these students as soon as they were introduced to the program.

As time went by, my partners and I could see the shining eyes who were asking for tutorials. Most of them believed in themselves and became motivated. What made us think that we were on the right path was their gradual improvement in assessments. I can never forget the day when we were checking their last mock proficiency exam papers and saw the increasing results of the students who could now pass the exam.

After these new outcomes, there was a new-found happiness about them that wasn't there before. Their well-being is a result of working hard, gaining self-confidence, setting a regular program themselves, and practicing a lot. Of course, as teachers, we may have provided some support. 😊 We believe all these students will pass the proficiency exam in February.

What about the rest of the students who have not attended the classes regularly or practiced enough? The ones who realize the reality will perform their miracles in their last chance about 15 weeks later in the proficiency exam in July. However, I am really sorry for the ones who didn't take advantage of their second chance 😞 here in our program.

I would like to share some of our students' experiences, feelings and reflections of well-being as repeat class students in CU SoFL.

Saadet YILMAZ
EFL Instructor
CU SoFL

Biodata

Hello, I'm Naciye KAYA. I'm a preparatory class repeat student, and I'm 20 years old. I'm interested in sports and drawing, and I hope to succeed in the proficiency exam that I will take in one week.

MY REFLECTION ON REPEAT CLASS EXPERIENCES

This year, I'm attending a class specifically designed for repeat students. This class has several advantages. It allows me to work more regularly and systematically. I can focus on areas where I am weak, and I find the support from teachers much more efficient.

While I was taking part in speaking activities, I used to feel very stressed and nervous. However, over time, I've become more confident and relaxed. Practicing a lot helps me. There are many materials for us to practice, and working with these materials is very instructive. I also feel happy to be encouraged and supported more by my teachers.

During exam periods, my teachers helped me manage stress effectively. They always reassured me and made me feel like I could do it. For this, I'm very grateful to them.

Naciye KAYA

Biodata

*'Hello everyone, I am **Zehra YOLDAŞ**. Last year, I was a preparatory class student. Since I did not study regularly throughout the year, I could not take the exam in June. I wanted to take the exam in September, but I failed.*

MY REFLECTION ON REPEAT CLASS EXPERIENCES

I spent my summer vacation studying, but due to incorrect studying, I failed the proficiency exam again in September. Later, I started education in the repeat class. With the motivation of our teachers, we began preparing for the resit exam together.

I owe my improvement and progress in this matter to my teachers. They took care of us and never gave up on us. With the program they prepared, we advanced step by step towards success. My writing, listening, reading, and speaking skills improved a lot. The countless exercises I did with my teachers helped me and many of my friends have improved.

Besides this, they also sent extra study materials. To help us study individually, our teachers prepared many study materials. They adjusted everything for each student and tried to help us overcome our weaknesses.

I would like to sincerely thank my teachers Saadet YILMAZ, Işık TİBET, Püren DÖŞKAYA, and Gülcihan ODABAŞI once again for their efforts.

Zehra YOLDAŞ

Biodata

Hello, my name is **Emine Zehra KURTBAŞ**. I am 21 years old, and I live in Hatay. I am currently studying at Cukurova University in CU SoFL. My major is Business Administration. I find my studies very rewarding because I want to learn management strategies in the business world and improve myself in finance and marketing. In my free time, I love reading psychology and self-development books, so I try to dedicate time to this as much as I can. I am very passionate about fashion magazines such as Vogue and In Style. I also love traveling, as it gives me a chance to explore new places and meet new people. This helps me to better understand different cultures.

MY REFLECTION ON REPEAT CLASS EXPERIENCES

In 2023, I started my preparatory class, but for some reason, I was unsuccessful and had to repeat the class. I was really upset and worried about it. I didn't really know what to do. Then I heard that the class would reopen for the new semester, and this excited me. I met new academicians in the preparatory class, and they were supportive. Meeting my writing skills tutor in the repeat class was one of the greatest opportunities of my life. She supported me in every way, not just as a teacher. Especially thanks to her, I improved my writing skills a lot.

This improvement was reflected very positively in my grades. One day, we were checking my essay paper, and we saw my progress. It was the first time I got a grade over 10 out of 15. We were both happy and moved. Then we hugged and started to cry. It was one of the most beautiful moments for me. This situation allowed me to recognize my potential. I truly believe I've developed myself. As a result, seeing my progress makes me feel very happy and hopeful.

Emine Zehra KURTBAŞ

Biodata

*My name is **Ömer Emirhan YÜKSEL**. My major is electrical and electronic engineering. I am a student at CU SoFL. I am a repeat student. I stay in a dormitory because my home is far from my school. Usually, I spend my free time with friends in Adana.*

MY REFLECTION ON REPEAT CLASS EXPERIENCES

I have been studying at CU SoFL for two years. I couldn't pass the proficiency exam last year because I didn't study enough, but this year I have learned several things about improving my English skills thanks to my teachers. I have learned many useful methods and study skills from them. They encourage us to study to pass the proficiency exam. CU SoFL's teachers also helped us with every issue, particularly our writing skills tutor. Students who study at CU SoFL not only prepare for the exam but also prepare for their university lives. We have understood how to study for an exam this year. I have improved a lot this year because CU SoFL's system for repeat students changed before the term started. CU SoFL opened special classes for repeat students. These classes tend to improve our English skills such as reading, listening, speaking, and writing. Different teachers have come to classes since each skill is essential to improve our English. I think this system has a positive impact on students like me. Therefore, this year most students may pass CU SoFL's exam and they can move on to their majors.

Ömer Emirhan YÜKSEL

Biodata

Neslihan GÜNDOĞDU is an English instructor with 29 years of experience in teaching English to graduate and undergraduate students at the school of languages of Cukurova University. She holds a BA, MA degree and PhD in ELT. Her main interests in her field are material, professional development, and intercultural learning.

PROMOTION OF WEL-BEING ACTIVITIES

Well-being has become a widely discussed topic lately, as many have overlooked it due to the fast pace of life and the overwhelming distractions of technology. Sadly, this neglect has a negative impact on both mental and physical health. One might question what well-being truly means. Well-being refers to the state of being content, happy, and healthy in body and mind. Due to the importance of well-being, workshops have been organized to support individuals in improving their overall health. Like some others, I have also participated in various well-being training sessions and made an effort to incorporate what I have learned into my daily life. After experiencing the positive impact of these well-being activities on my own life, I wanted to share some of this knowledge and these experiences with my students to help them become aware of the importance of well-being in their lives.

Since the topic of the twelfth issue of our online magazine was 'Well-being in Today's World,' I thought it would be a great opportunity to promote well-being and incorporate some well-being activities for the students I have been teaching. I implemented these activities in some of my office hours or in the last ten or fifteen minutes of class sessions. While conducting the activities, I noticed that the students became much eager to participate, even though at first they were giggling or laughing at what we were doing. Now, I would like to give the floor to some of the students to share their reflections on how the activities impacted them. I will not be able to share all of the students' reflections, as some preferred not to have theirs published.

Dr. Neslihan GÜNDOĞDU

Instructor

CU SoFL

Biodata

*My name is **Alime EŞKİ**. I am from Mersin. I am a Mechanical Engineering student at Cukurova University. I am studying English at the preparatory school of English this year.*

MY REFLECTION ON WELL-BEING ACTIVITIES

Many people do not know anything about wellbeing. What is well-being? Well-being is a state of feeling healthy and happy. Well-being affects our physical health, mental health, social relationships, and work life. It expresses people's quality of life and happiness. At first, I did not know about well-being. Our teacher, Dr. Neslihan GÜNDOĞDU, taught us about well-being and shared ways how we could improve it. We also participated in activities focused on enhancing our well-being.

Firstly, we were informed about masculine and feminine energy. We talked about these energies and how they affect us. Feminine energy is attracting opportunities to us. Masculine energy is also putting these opportunities into action. Every person has masculine and feminine energy. I was very surprised when I learned about this. I did not know that everyone has both energies.

The second activity involved connecting with our senses. We smelled flowers and tasted chocolate to activate our senses and heighten our body's sensitivity. Next, we learned about the chakras in our body. We placed our hands on each chakra and repeated the phrases: 'I'm sorry, please forgive me, I love you, and thank you'. This practice was meant to help us accept ourselves and increase our awareness. It made me feel relaxed and at peace. Thirdly, we did the House of Albatros activity. In this activity, women sat on the ground while men sat on the chair. Then women drank water and ate bread, and men had tea and chocolate. At that moment, we thought women were insignificant and worthless. And then our teacher told us why women sat on the ground, drank water and ate bread. To our surprise, in Albatross culture, women are highly important and valued for their role in giving birth to children. That's why women should connect with the earth to absorb its energy and focus on eating and drinking natural things. The purpose of this activity was to help us become more aware of societal prejudices.

In conclusion, these activities taught us valuable lessons about physical and mental well-being. We should be grateful for our bodies and our mental health, and we should avoid being prejudiced about anything. I would like to do such activities with our teacher Dr. Neslihan GÜNDOĞDU in the next semester.

Alime EŞKİ

Biodata



*My name is **Arhan ARIOĞLU**. I am 18 years old. I am from Adana and I live in Adana too. I am studying at Cukurova University. My department is mechanical engineering, but now I am studying English at CU SoFL. I have lots of hobbies, but my favourite hobbies are watching movies, series and doing sports. I love football so I play and watch. I can ski and ice skate. Also, I do Aikido professionally. I have a black belt. I am good at swimming and playing table tennis. I sometimes play volleyball and basketball, but I can't do it very well. I go to the gym a lot. It is hard but I love it. In short, I love doing sports and I love my life.*

WELL-BEING

Well-being is a good activity. It prevents you from focusing and worrying about unnecessary things. It makes you think about beautiful things. I didn't know what well-being was until Dr GÜNDOĞDU told us. She made us do many well-being activities so I thank her. The activities are very beneficial. It made us more aware of what is around us and our senses. It helps us relax and clear our minds. A few times we ate and drank something. That time we said good things and felt our senses. Everyone was eating their food in a row, offering it to each other in turn. I think it is a good thing. One time we played a little game. It showed that there can be many different points of view and how important empathy is. One time our class went to the garden and we did well-being activities. We sat down on the grass and did a relaxing activity. Then we looked at one place and one minute after that we communicated with our friends. At that time we made eye contact with our friends. It also allowed us to socialize with our friends. In short, they are good and helpful activities and well-being is a very good and beneficial thing.

Arhan ARIOĞLU

Biodata

Hello, my name is Asya KELLEÇİ and I'm from Adana, Türkiye. I'm 18. I'm in the Business Administration department at Cukurova University, currently a CU SoFL student. I hope to broaden my horizons as I aim to work internationally in the future. I'm planning to go abroad and travel around the world because I like meeting new people, new cultures, new places and I want to see another world. Also, I am keen on listening to music, dancing, doing yoga and gymnastics. I have been doing gymnastics professionally for six years. I believe that sports are good for your body and your soul. Besides, I think it's important to have hobbies for your well-being. Let's share some of our well-being experiences!

BECOMING AWARE OF WELL-BEING WITH MY DEAR TEACHER

I would like to start by thanking Dr. Neslihan GÜNDOĞDU for reminding me that I am not alone, and for reminding me of myself when I forget.

I thank my teacher for breaking down these prejudices and finding the courage to teach us as many people find it unnecessary and even laugh at those who do it. Thank you for creating and setting aside extra time after classes for both your own well-being and ours. I really enjoyed the activities you had us do, as I am also interested in them, and they were effective. Perhaps it is a coincidence, or perhaps the feelings and energy told you the right time. Whenever I think I cannot do something, or when I feel foreign because I am not used to it, I find myself doing well-being activities. One day, I was stressed because of our presentation, and you unknowingly helped me relax and calm down by reminding me of the breathing exercise we did in the previous class and showing me how to do it. We breathed in for four seconds and breathed out as slowly as possible, and while doing this, we even imagine that we are breathing the air into the chakras in our body, and after applying it to all the chakras, not only the breath, but also, a very good feeling fills us.

Once, despite it being a very beautiful day, I was feeling bad, quite pessimistic. In the last class, we went out to the garden, sat on the grass, and once again remembered our valuable connection with the soil. We put our hands on the soil, closed our eyes, and took a few deep breaths. Thus, after surrendering my negative energy to the soil and neutralizing it, I chose to accept all the positivity for myself and activate it in my life. I started to feel good at that moment, but what was even better was that afterwards, I was able to take a step for something that I had not dared to do for a long time, and everything suddenly happened easily.

I would like to say that I was impressed by this. I had heard that such things worked, and it was a fascinating and exciting experience to see it happen in such a short time. On the day we went to the garden, we did two more activities. One was to see the connection between people, and the other was to see the connection between events in life and the wholeness of life, and to create awareness about this. After pairing up, we tried to talk by looking into our friend's eyes for a minute, and I must say that it was a bit difficult to talk without taking my eyes off. Most of us live in a life where we are gradually weakening our social communication without being able to look into a person's eyes for even a minute, and I think that although we may not yet realize the negative effects of this, we will feel it in the near future. I am happy to remember this, and I am also a little worried and thoughtful.

Another issue is the ability to see the whole by focusing on one point. Yes, I said ability, because I think this is an ability, and perhaps even a habit that should be in our lives. Today, people have lost their attention. As long as we have such easily distracted attention, we will not be able to give our full focus, our whole being to the work we do, and we will also be missing some beautiful details. We determined a point in the garden and fixed our gaze on it. Meanwhile, we tried to observe what was happening around us without taking our eyes off that point. It was fun to try this, I think it is an activity that measures our attention, and I even think that maybe when we do this sometimes, our attention can develop even more. It was very useful for our teacher to draw attention to the benefits of this practice. It is important for our senses to be active for well-being. We did various activities for this as well.

We brought narcissus to the classroom, and on another day, we ate dark chocolate to experience tasting in the moment. We even said magical words while eating: "I give with love, you accept with love". It was a very fun and different experience for me. On another day, our teacher thought of us and took time out of their own schedule to make a very delicious dessert and brought it to the class. It tasted very good, but what was even better than its taste was the love in it. We talked about doing good deeds without expecting anything in return, things that make us happy, giving without expecting anything in return, and we drew attention to the place of the giving-receiving balance in our lives.

In addition to doing their job well, I believe that people who choose to help people as a part of their lives in professions that involve communicating with people, and who feel happy about this, and who develop this in a mutually beneficial relationship of development, should increase around us.

I was very pleased to see that our teacher was happy not only to teach us something new, but also to see that it positively affected our lives. The connection between people has always been of great importance in my life. I feel, I believe, that doing well-being activities has also created a beautiful bond between my teacher and my classmates. I think that it can contribute to society by positively affecting and strengthening human relations. Feeling good and living life like this is everyone's right...

Asya KELLECI

Biodata

*Hi, I am **Gülcan OSANMAZ** from Adana. I am studying at CU SoFL, Cukurova University. My department is Business Administration. I like watching series, listening to music and doing yoga.*

MY REFLECTION ON WELL-BEING ACTIVITIES

Well-being means feeling good in body, mind, and emotions. At first, I did not understand the importance of well-being. The activities we did with our teacher taught me that well-being activities are important for our mental and physical health. For example, sitting quietly in nature, taking deep breaths, and listening to the sounds around us help us to feel calm and happy. Feeling the wind, hearing the birds, and smelling rose essence make our senses stronger and increase our awareness. I also learned that when we give things like chocolate to each other, giving it with love and showing our gratitude to the other person is important for the balance of giving and receiving in our lives. Experiencing well-being like this helps us find balance in our busy lives.

Gülcan OSANMAZ

Biodata

*Hello my name is **Fikret Eren AVAN**. I am from Kayseri and I am 19 years old. My department is business administration, but I am studying at CU SoFL at the moment. My hobbies are watching football matches and playing video games.*

MY REFLECTION ON WELL-BEING ACTIVITIES

The well-being activities were really enjoyable. It helped us reduce our daily stress and communicate with each other better. It was a good opportunity to get to know ourselves better and share our feelings. I felt relaxed and my energy increased during the activity. Also, I think there was a more positive and cheerful atmosphere in the classroom. I think these activities contributed to both our motivation and social relationships.

Fikret Eren AVAN

Biodata



*My name is **Miraç BEDİR**, and I am 17 years old. I will study Computer Engineering at Cukurova University. Now, I am a student at the School of Foreign Languages. I love writing, and when I was a child, I wrote many different types of articles. Writing has helped me express my thoughts and ideas. I still enjoy writing today.*

WHAT IS WELL-BEING?

Over the past 50 years, people have become asocial. They do not want to talk to anyone, and they become more depressed day by day. In today's world, ill-being is more common than well-being because people are depressed, and they have no purpose to live. However, in the past, people's cultures, especially faith-based cultures, showed that people should have mental, physical, emotional, and spiritual health. This means that humans are social animals, so being human does not mean if you are a human and live, you are human. You have to live properly and healthy if you want to enjoy life.

Well-being is mental, physical, emotional, and spiritual health, but if we want to learn well-being, we need to learn what these requirements are. Firstly, mental health is like the immune system. Imagine a person who has a strong immune system. They do not get sick easily because they have a system of protection. People's mentalities and immune systems have similar goals. People's mentalities try to protect you from bad thoughts. For example, people might be divorced, and some people might lose their life purpose. However, people who have mental health can overcome these problems, and they can live as they used to.

Secondly, emotional health and mental health are interrelated because if people cannot control their emotions, they cannot control their thoughts, and this might cause aggression and depression. Managing emotions is not easy, but well-being helps to manage your behavior. In addition, why should people have physical health? People should because people with broken legs cannot enjoy life as much as they used to until they are back to normal. If people do not enjoy life, they may feel like they are falling into a black hole. If they feel depressed, they may not be able to control their emotions, and it continues like this. This means that people need to be healthy because even a small problem can cause a domino effect, leading to bigger problems.

Lastly, spiritual health is important for all of us. It is the most important thing for nations that have faith-based culture because they believe that if their spirits are not healthy, they cannot avoid getting sick or becoming depressed. Their faith gives them that. For example, Muslims do not drink alcohol, and do not eat pork because according to their beliefs, it can harm their health. Furthermore, according to Islam, thinking ability is the biggest difference between humans and animals. Therefore, Muslims try to avoid things that can be harmful to their minds. Moreover, Aborigines do not eat some foods because they try to live in harmony with nature, and they believe that if they eat forbidden foods, it may disrupt the harmony. Additionally, Hinduism prohibits eating meat, drinking alcohol, and certain sexual behaviors. Drinking alcohol is a big problem for a clean mind, and according to Hinduism, clean minds are so important because they believe in karma. Karma is an actions-results

law, if you do anything, you get something back. If people drink alcohol, they may not control their behaviors, so that is why Hinduism prohibits drinking alcohol.

In brief, well-being is important nowadays, and it will become more important because everyone can affect everyone, so your behaviors are not just yours. If we want a happy and peaceful society, we should inform people about well-being because most people think that well-being is just a yoga activity, it is unnecessary. However, both yoga and well-being are necessary, and people should not underestimate it.

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Miraç BEDİR

Biodata

*My name is **Nazlı GÜNAYDIN**. I'm 19 years old and I live in Adana. I study business at Cukurova University but now I'm a student of CU SoFL. My hobbies are tennis, theatre, dance, reading and writing. I am also interested in well-being.*

WELL-BEING

Today I want to talk about well-being. What is well-being? Well-being refers to a state of being comfortable, healthy and happy. It encompasses various aspects of life, including physical health, mental and emotional balance, social connections, and sense of purpose or fulfillment (Dodge, Daly, Huyton, & Sanders, 2012).

I want to talk about the well-being activities we did in CU SoFL last semester. Under the guidance of our instructor Dr. Neslihan GÜNDOĞDU, we participated in three activities. The first one was about chakras. She mentioned that there are seven chakras in our body, so we did exercises for each one. I believe this was an important practice for self-awareness. Later, we worked on the concept of masculine and feminine energy-what they are and how they function. This activity helped us understand terms that we often hear in daily life but don't fully grasp. After trying out the things Dr. GÜNDOĞDU taught us, I saw the results myself. This increased my interest in these activities, and I started researching them on my own.

Finally, we did the 'House of Albatros' activity. In this activity, women sat on the ground while men sat on chairs. Then chocolate and tea were served to the men, while bread and water were given to the women. And at that moment, I believe all the women felt the same thing: humiliation. However, when Neslihan Teacher explained that women are more important because they are life-givers, and that's why they were seated on the ground (representing the earth) and given unprocessed foods, our perspective changed. This activity taught us to look at situations from different perspectives. I'm sure the activities we did last semester contributed not only to me but also to my friends and taught us not to be biased. Dr. GÜNDOĞDU managed the activities beautifully with her energy. She truly does her job with passion and genuine belief, which is why it caught our attention as well. The fact that she researched these topics for us and taught them to us in such a detailed way was very important to us. I hope such activities continue in the spring semester as well.

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Nazlı GÜNAYDIN

Biodata

*My name is **Zehra AYVALI**. I'm 18 years old. I'm from Adana and I live in Adana. My department is Business Administration. I like reading books and hanging out with my friends.*

WELL-BEING ACTIVITIES

I find the well-being activities that Neslihan Teacher did in class quite useful and functional. It was very beneficial for me. It helped me get to know myself and realize what would be good for me. For example, the last activity we did in the garden and the feeling of our senses activity we did in class were my favorites. They helped me a lot in understanding and controlling my feelings. I will try to make these activities a part of my routine.

Zehra AYVALI

SHORT STORIES FROM P2 CLASSES (204 & 205) IN CU SoFL

Biodata



*My name is **Arhan ARIOĞLU**. I am 18 years old. I am from Adana and I live in Adana too. I am studying at Cukurova University. My department is mechanical engineering but now I am studying English at CU SoFL. I have lots of hobbies. But my favorite hobbies are watching movies, series and doing sports. I love football so I play and watch. I am able to go skiing and ice skating. Also, I do Aikido professionally. I have a black belt. I am good at swimming and playing table tennis. I sometimes play volleyball and basketball. But I can't do very well. And I go to the gym a lot. It is hard but I love it. In short, I love doing sports and I love my life.*

WARRIORS OF GALAXY

Once upon a time, our Solar System had eight super warriors, one in each planet. Their names were

MERCURY: HERMES

VENUS: AFRODİT

EARTH: GAİA

ANTHEM: ARES

JUPITER: ZEUS

SATURN: KRONOS

URANUS: URANUS

NEPTUNE: POSEIDON

These were the names where the names of the Greek gods come from.

Super warriors had a lot of super power. Their purpose was to protect our solar system. One day, an evil entity emerged from another galaxy's black hole, which provided transportation to other universes. The evil came from a different universe. His name was Gravillon. His goal was to destroy our universe and he would start to destroy our galaxy. All the planets' bios learned that he had come. All planets' governments, kings, and our warriors were gathered in council, Big Galaxy Council, which protected and managed the galaxy.

The council was on the Earth, and they came to a decision after a long time.

Evil had to be destroyed, but at this time, the council wasn't powerful enough, so they needed old powers if he wanted to win the war. And he had the only way to win the war. Each planet had one power ball and it contained energy. Whoever used this thing would be very powerful. And the evil wanted to have all of them. The council knew about this and they assigned super warriors to stop the evil. Besides, the super warriors had a high authority in the council. They came together to make

plans. Gravillon's first destination was Neptune, so the team moved to Neptune by spaceship. Once the team arrived at Neptune, Gravillon had already arrived. Neptune was a freezing planet so it made things even more difficult. The power balls were saved in the planets' center, so they would go there. When they went there, they saw Gravillon on planets' surface. After that, they attacked him by the spaceship's guns. But Gravillon wasn't affected by it and he threw an energy ray. The spaceship broke and fell to the ground. Then they left the spaceship. When they went to the planets' center, Gravillon had gone with an energy ball. They wanted to go after him but the spaceship had broken down. They stayed there for a while, repaired the spaceship, and left the planet. The other destination was Uranus. When they arrived, the planet Gravillon was fighting against the planets' soldiers. He threw an energy wave and all soldiers were destroyed. Then the team attacked Gravillon. They fought, but this time Hermes went to the planet's center and took an energy ball and Ares came back and helped the team. Ares threw the energy ball to Uranus.

And Uranus destroyed Gravillon by using an energy ball. Gravillon was injured and he had to go away. The next destination was Saturn. Passing Saturn's circle was very hard and the weather was very troubled. However, it wasn't a problem. The team arrived at Saturn and they took the energy ball easily. The evil wasn't there and they were very surprised. Then they left Saturn and they set out to go to Jupiter. When they were close, the planet Gravillon attacked them. Also, he had been to the planet and taken the energy ball. They fought Gravillon, but he was very powerful. So, some of them were injured and the spaceship fell down. Kronos and Poseidon were very powerful because they had energy balls. They fought Gravillon. But, Gravillon beat them. Then he stole their energy balls and he was gone. The team stayed in Jupiter for a long time because they were terrible. They were injured and they had to get better quickly. If they had energy balls, they could heal quickly.

So, they had to take back energy balls. Their spaceship broke down, so they had to use different spaceships and they left the planet. Then they went to Anthem. Gravillon had been there, he had taken the energy ball and he had destroyed all the planet. He had already gone. When Ares saw his own planet in this situation, he felt heartbroken. After that, they went to Earth. They met in the council to make a plan. Then Gaia took the Earth's power ball. They thought Gravillon would come to the Earth. They waited for him but he didn't come. This time he went to Venus and Mercury. Then he took the energy balls and destroyed the two planets. He moved to the Earth. The last war was on the Earth. The team held by using energy.

The super warriors and the council were ready to war. Gravillon entered the planet's atmosphere. The team and the council's army attacked him. They were fighting. Gravillon caused a huge explosion. But the team and many armies were still alive. The army used a huge energy gun and they shot Gravillon.

Gravillon was injured but he was still powerful. And he made a big earthquake. Then lots of meteors were sent on the army by Gravillon and they died. There was only the team against him.

Afrodit made an energy sword and cut Gravillon's arm. Then he laughed and his arm healed instantly. Gravillon shot Afrodit. Kronos attacked Gravillon. Kronos punched him and Gravillon fell down on the ground. But he was still powerful. Gravillon and all super warriors could fly so sometimes they fought while they were flying. Gravillon stood up and attacked Hermes. Hermes was injured. Then he fought against Poseidon, Zeus and Uranus. At that time, Gaia was helping injured friends. Gravillon threw Zeus and Uranus. Poseidon was angry with Gravillon and he started hitting Gravillon. Then he shot Gravillon. Gravillon swung and hit the moon. After that Poseidon was teleported back and shot by an energy wave again. Gravillon fell down the Earth. Poseidon was flying towards him, but Gravillon was shot by energy wave and it was very vigorous wave so

Poseidon fell down the place. There was only Gaia against Gravillon. Gaia was very powerful because she had an energy ball.

She fought Gravillon, but she was being defeated. Gravillon grasped her and he would kill her but at that time she stole the power balls' energy which Gravillon had and then she transferred this power to her friends. All of them were more powerful. They stood up and Gaia escaped to him and all of them were Gravillon around. They destroyed Gravillon with an energy beam using all their energy but at that time all the warriors were gone. They died. And the explosion caused enormous exploitation. So, it enabled the big energy wave to spread all over the solar system and the entire solar system was fully recovered, everything was repaired there was no problem.

Thanks to the warriors, the universe was saved.

The conclusion of this story is that good always wins and goodness requires sacrifice.

Arhan ARIOĞLU

Biodata

*Hi, I am **Duru Reyhan AKTEPELİ** from Adana. I study at CU SoFL, Cukurova University. My department is electrical and Electronics Engineering. I like music and action movies.*

*Hi, I am **Gülcan OSANMAZ** from Adana. I study at CU SoFL, Cukurova University. My department is Business Administration. I like watching series, listening to music and doing yoga.*

*Hi, I am **Yağmur GÖKÇAY** from Mersin. I study at CU SoFL, Cukurova University. My department is Economics. I am interested in listening to podcasts and music and I enjoy watching crime series.*

THE RED KITTEN

Once upon time, there was a pregnant white and beautiful cat. A few months later this cat had 3 different kittens. One of them was white like her mother and the other one was brown but the last kitten was red. After a few months, while they walked around the park, there was an old woman who fed them every day. Suddenly, the woman who fed them screamed, "Oh Look at that red cat! You are a sinister thing. You don't deserve one piece of meat" and then she left. The mother tried to persuade the old woman to feed them. Unfortunately, it didn't work. The mother cat said "We have been hungry for days because of you and your skin color. You cannot stay with us anymore".

She left her in the park. The poor little kitten started to cry. Then a naughty boy came near her and after that he screamed "you are an ugly and disgusting cat" and kicked her into the mud. Suddenly, her color changed to brown. After all these things, while she was sitting sadly, a group of cats came down. Leader of the group told her "Hey kiddo, where is your mother?" and then the little kitten started to cry again.

The leader was a big cat. He had a scar on his face and his tail was injured. The leader felt sorry for the poor cat. He said "Oh my little kitten, come with us and join our group". The Little kitten was so hungry and lonely that she had to accept this offer. The little kitten joined their group.

She enjoyed being with her new friends in the group and then the kitten realized that "If my color were normal, everybody would love me" because of this thought she decided to cover herself with this mud regularly so that the other cats would love her. Days went by like this. The little kitten was successful at hunting, and she was clever. Everyone liked her. One day, she went hunting with her best friend and the leader. While they were coming back, it started to rain. The rain turned her skin color to its original color. The leader and other cat realized her real color. The other cat was shocked and looked at her disgustingly, but the leader didn't do anything but looked pensive. The red kitten couldn't do anything for a moment, but then she started to run while she was crying. The leader sent the other cat to the group and warned him to not tell anyone about this. The leader looked around and finally found her crying under a tree. The leader started talking, "My little girl, why are you crying?"

"Because I'm a freak, I'm different and it is awful. Nobody likes me in this way," the little kitten replied.

"My little girl, you couldn't choose this. But you can choose who you'll be and the most important thing is this."

“But they do not like me in this way”

“You miss the point kiddo. If they don't like you when you are yourself, it is better than if they like you when you aren't yourself. Don't be ashamed because of anyone.”

The Red kitten was affected by this speech. They cuddled.

The leader said: “Let's go home”.

When they arrived, all the cats looked her color and one of them asked the leader. “Do you have any expectations about this? She lied to us, and she is different from us.”

The leader started to speak: “All cats, listen to me. I'm your leader although I have a scar on my face and I was born with an injured tail. Everyone has differences big or small.

All the cats felt ashamed.

They accepted Red.

Her best friend came and hugged her and the others did the same thing. Finally, they realized that the most important thing in life is loving yourself.

Don't forget who you are and what you want from this life. Others are temporary in your life but your identity always stays with you the entire of your life...

THE END

Duru Reyhan AKTEPELİ

Gülcan OSANMAZ

Yağmur GÖKÇAY

Biodata

*My name is **Eren KARACA**. I am a student at CU SoFL this year. My department is Food Engineering. My hobbies are playing games, reading novels comic and watching a movie*

*My name is **Kaan DEMİRKOL**. I am 17 years old and I am from Kahramanmaraş. I am a student at CU SoFL this year. My department is Electrical and Electronics Engineering. My hobbies are playing video games, basketball and guitar.*

*My name is **Talha KÜÇÜKKÖŞKER**. This year I am studying at CU SoFL. My department is Mechanical Engineering. My hobbies are games, music, exercising and philosophy.*

A STORY

Once upon a time, there was an albino crocodile. It couldn't be hunted because of its color. For this reason, the other crocodiles would exclude the albino crocodile. The albino crocodile was very upset about this issue. One day it made a one-winged bird friend. The bird had the same problem as the crocodile, for this reason they became really good friends.

Time passed and one day the crocodile became so hungry that it lost control and ate his bird friend. In the end, the crocodile realized it could do nothing to save his friend. After that, the albino crocodile cried for weeks. The albino crocodile also died there but his tears turned into a beautiful lake. All animals come to the lake but no one knows what happened to the bird and crocodile. This situation does not bother either of them because the important thing is this memory will not disappear.

Eren KARACA

Kaan DEMİRKOL

Talha KÜÇÜKKÖŞKER

Biodata

*Hi, I am **Ezgi AYDINLIOĞLU** from Hatay. I am 19 years old and studying at the preparatory school of languages at Cukurova University. My department is Economics. I would like to travel the world. I am interested in swimming. I also enjoy watching action and romantic comedy movies and series, listening to music, and reading literature books.*

*Hi, I am **Ayşe SARIAKÇALI** from Osmaniye. I am 18 years old. I live in Adana. I study at CU SOFL, Cukurova University. My department is Business Administration. I like watching fantastic movies and series, listening to alternative rock and swimming. Also, I am interested in football and archery.*

*Hi, my name is **Asya KELLECI** and I am from Adana, in Turkiye. I'm 18. I am a student of Business Administration at Cukurova University. I hope to open to the world because I would like to work internationally. I am planning to go abroad and travel around the world because I like meeting new people, new cultures, new places and I want to see another world. Also, I am keen on listening to music and dancing.*

NEVER GIVE UP

There was a boy called Paul. He was 18 years old. He liked skydiving and had watched videos about it since he was 8. He imagined himself skydiving. He wanted to tell his family, but he couldn't. His family thought skydiving was too dangerous. Paul was serious about his dream, but he didn't know how to tell them.

One day, during dinner, Paul told his family about skydiving. His family was surprised and said, "You can't do this. It is dangerous." But Paul didn't agree. He said, "People die for other reasons too. Should I stop living because of fear?" He was determined. To feel calm, he played his guitar.

The next day at school, Paul was very sad. His teacher asked, "What's wrong?" Paul told her about his dream and his family's reaction. The teacher said, "I will help you." Paul started to cry, and they hugged. She told him, "I will always support you."

During the summer holiday, Paul sold his guitar. The guitar was special because it was from his grandfather. He needed the money for skydiving. He also found a job as a waiter in a café. He worked for two weeks and earned enough money.

Two days later, Paul went to a skydiving school. He trained for one month. His coach said Paul was very good at skydiving. There was a big competition one week later. Paul joined the competition.

At the competition, Paul was very excited. It was hard, but he won. He became the youngest person in the Guinness Book of Records. His family saw him on TV. They were very proud and apologized to Paul. They called him and said, "We are proud of you." Paul was very happy.

Never give up!

People always say what you should do. But you know yourself best. Follow your dreams, even if your family doesn't agree.

Ezgi AYDINLIOĞLU
Ayşe SARIAKÇALI
Asya KELLECI

Biodata

*My name is **Yağmur KÜÇÜKGÜL**, and my department is Mechanical Engineering. I like to do sports, and I enjoy playing volleyball.*

*My name is **Melih Furkan ÇAĞIRKAN** and my department is Mechanical Engineering. I like sports.*

MÜZEYYEN HANIM AND HER LOST CAT

Müzeyyen Hanım was a lovely old lady of the neighborhood. She had a sweet, gray cat named Paspas. She loved him very much and never left him alone.

One day, Müzeyyen Hanım couldn't find Paspas. She looked everywhere, but he was gone. She sat in front of her door and started crying. The children of the neighborhood came to her and asked:

"Müzeyyen Teyze, what happened?"

"Oh, my dear children, Paspas is lost."

The children said:

"Don't worry, Müzeyyen Teyze! We will find him!"

They started looking for Paspas.

Zeynep put Paspas' favorite food in different places. Ali shared Paspas's photo on social media. Mehmet looked on rooftops and high places.

Hours passed, but they couldn't find Paspas. The children were tired and sad. Just then, Yusuf the butcher came with his dog, holding Paspas in his arms:

"You did a great thing! I also wanted to help," said Yusuf.

His dog smelled Paspas and found him on a roof.

The children and Yusuf took Paspas to Müzeyyen Hanım. She cried with happiness and thanked everyone. Helping others made everyone happy.

And Paspas? He never left Müzeyyen Hanım again.

The End

Yağmur KÜÇÜKGÜL

Melih Furkan ÇAĞIRKAN

Biodata

*My name is **Zehra AYVALI**. I am 18 years old and I'm from Adana. My department is Business Administration. I like reading books, listening to music and watching movies.*

*My name is **Metehan Emre KARAMANOĞLU**. I am 19 years old and I'm from Adana. My department is Econometrics. I like playing football, reading books.*

*My name is **Efe Edip ÇABALAK**. I am 19 years old and I'm from Hatay. My department is Mechanical Engineering. I like watching motorsports.*

ANTONIO MALDINI: THE BEST DRIVER OF ALL TIME

Antonio Maldini was a very popular driver in the Formula 1 world. He was known not only for his talent but also for his great character. The respect he received not only from Formula 1 lovers, but also from the drivers he competed with, his teammates, and factory employees was incredible. Maldini was only 22 years old, maybe being young and respectful was also effective in this situation. But his self-belief was so strong that fans were worried about his aggressiveness. They were afraid that something bad would happen to him. When he came to the 6th race from the end, Maldini was unaware of what was going to happen to him.

In that week, the weather was very bad and no one could see anything during the practice rounds. There was only one person lapping the track like crazy, that person was Antonio Maldini. Some drivers didn't want to race because of the weather conditions. But the referee committee said that 'all tickets were sold, so the race could not be cancelled.' They forced the drivers to race. The race time had come. Maldini was ahead by a long shot because he didn't believe the rain could stop him. However, he lost control of the car at the bend. He somersaulted and hit the barriers at great speed. The car started to burn and Maldini couldn't get out of the car. Maldini was forcibly removed from the car and the ambulance helicopter took him to the hospital as quickly as possible. Maldini's condition was very serious. Intensive surgeries and Maldini's determination kept him alive. When he woke up, he realized that he was lying in a hospital room and every part of his body was covered with bandages. He had severe burn marks and broken bones all over his body. The first question he asked the doctors was 'will I be able to race again?' Doctors said that it was almost impossible, but he didn't want to believe it. He had to be treated for the rest of his life, but Maldini didn't want to stop.

When he started feeling better, he started physical therapy. He spent every hour of his day training in the hope of returning to racing. So, it happened. With all his efforts, Maldini received permission from doctors to compete. He couldn't be a champion in that season and spent the next year in treatment. Now he had a brand-new season and he started all over again. The team boss thought that Maldini wasn't as good as he used to be and appointed another name to the team instead of Maldini. Then Maldini signed a contract with another team. Everyone was very excited about Maldini's new race and they can't wait to see Maldini. Maldini was worried about this situation because there were burn marks on his face. Finally, the races started and no one cared about Maldini's burn scars, even the score he received reached incredible levels. Maldini achieved a miracle with all his struggle and became the champion that season. Maldini risked his life for his passion, he did everything for the sport he devoted his life to and succeeded. Everybody talked about Maldini for years and he wrote his name in golden letters in the history of Formula 1.

This should be your motto in life. You must believe that you can achieve anything you want, just like Maldini did.

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