



Brain Summer Newsletter

April 2020, Volume 1, Issue 1

A note from the editor

Dear reader,

During these unprecedented and strange times, it is normal to feel afraid and disconnected. But I hope I can reassure you that you are not alone. Globally, there is new sense of community which has brought us closer together than ever before. Also, you have a community here in the scientific field, with us. It is for this reason we are happy to share with you our **first edition of the e-BRAIN newsletter**.

As you know, the focus of e-BRAIN is mental wellbeing for everyone, and we believe this is more important now than ever. We would like to encourage you to look after your physical and mental wellbeing through this tough time, practicing kindness to yourself and others.

Well wishes and solidarity, wherever you may be.

The e-Brain team

Meet the team: Alice!

Hi! My name is Alice and I am a psychiatrist from Taiwan. A psychiatrist is a doctor who specializes in mental wellbeing and treating mental health disorders.

I became interested in the mind at medical school when I noticed that there are many questions about the human brain that we do not have the answers too.

This led me to pursue a PhD in adolescent mental health and neuro-imaging (imaging of the brain). I believe that we can find answers to questions about the brain by using scans such as the MRI's performed in



Alice with her daughter and partner.

e-BRAIN. Brain scans gives us visuals of the brain which we could otherwise not see. This can help us learn more about how people's minds work!

Focusing my project on

brain imaging came naturally to me as I have always had an interest in pictures, visuals and art. In fact, I also have a degree in Visual Culture in the Victorian Era!

I hope that I can combine the brain scans from e-BRAIN with my medical knowledge to better understand how good and poor mental health visually presents in the brains of adolescents.

As e-BRAIN has paused recruitment because of COVID-19, I am keeping busy with my scientific reading and writing. I am also spending lots of time with my 2 kids, painting and jogging.

Welcome aboard the e-BRAIN study!

- Ark All Saints Academy, Camberwell
- Kingsdale Foundation School, Dulwich
- Oasis Academy Arena, Croydon
- Harris City Academy, Crystal Palace

Upcoming mental health awareness dates

| | |
|---------------------------------------|--------------------|
| Stress Awareness Month | 1st-30th April |
| World Health Day | 7th April |
| Maternal Mental Health Awareness Week | 30th April-6th May |
| National Walking Month | 1st May-31st May |
| Mental Health Awareness week | 18th-24th May |

More of our team...



Prof. Dazzan



Becky



Nathalie



Xuemei



Brain

Interested in taking part? Get in contact!

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How to look after your mental health whilst social distancing!

The Coronavirus (COVID-19) has us living through uncertain and stressful times. With schools closed and social distancing enforced, here are some tips and tricks to keep physically and mentally healthy through this time!

1. Keep a routine

By keeping some structure to your day you will spend your time in more productive and meaningful ways, which will leave you feeling proactive and accomplished!

2. Fill your schedule with things you love to do!

Now is the time to practice

your hobbies, as they will stop you from feeling bored and boost your mood

3. Pick up a new skill

With the internet, the world is your oyster. Use this time to try out a new skill. It can be anything—from learning a new dance, to learning a new language. Now is the time!

4. Go outside (where you can)

Social distancing simply means that you should avoid

being with groups of people. It does not mean you cannot go outside. So if you can, take a walk or just get some fresh air. A change of scenery will do you some good.

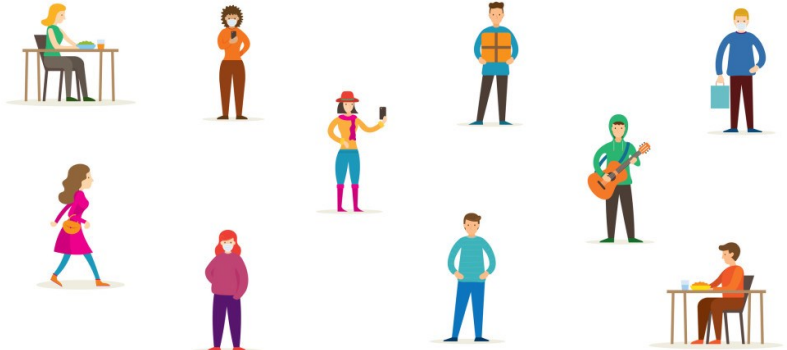
5. Keep physically active

Being physically active is proven to boost your mood. So go for a run, jog or have a little

dance!

6. Keep in touch with your friends

Staying social whilst being home bound has never been easier. Do more than just Snapchat, call or FaceTime to maintain a meaningful connection with your mates!



S O C I A L D I S T A N C I N G

MRIs explained...

What Is an MRI?

MRI stands for Magnetic Resonance Imaging and is a tool used by doctors and scientists to take detailed pictures of the inside of your body.

How do they work?

Although you don't feel it, everything, including yourself, has a magnetic field. MRIs work by using a large magnet to measure these fields and a complex computer program to build a clear 3-D image of your body.

What happens in an MRI?

When having an MRI scan, a radiologist (a person who operates the MRI) will ask you to lie in a bed which they will then slide into the MRI machine. The large

magnet will then wizz around you and a picture will be formed.

As a powerful magnet is used it is really important that you have nothing metal on your body before the scan. However, it is possible to have an MRI if you have braces.

What should I expect when having an MRI?

MRIs can be a little loud. Because of this we give you headphones to help block out some of the sound.

You will also need to wear a helmet whilst the scan is in progress. This is to help keep your head still so that we get a nice and clear picture of your brain.

Whilst in the scanner, we will ask you to perform a face-matching and emotion recognition task.

Why does e-BRAIN use an

MRI?

E-BRAIN wants to see what in your brain changes as you grow and look after your mental health. MRIs are the best scans for this as they are the safest and give us the most detailed pictures.

MRIs also allows us to see what parts of your brain you

use when performing the tasks.

Do the hurt?

No. MRIs are completely non-invasive. Meaning that we will not put anything in your body or take any sample from you for the scan. Also, unlike other scans such as X-rays, MRIs are not radioactive.



This is what an Magnetic Resonance Imaging machine looks like.