

1D Fong Yick Heng, Andrew

Hi Peggy,

Thanks for sharing your recent troubles with me. I'm sorry to hear what horrible things your classmates have done to you. However, this isn't the end of the world. The following is some advice regarding your email.

Do you know what makes lions the 'king of the jungle'? It's not size, strength nor speed - it's mentality. Having a strong mentality is very crucial when it comes to withstanding bullying. Instead of peculiar, try to think of yourself as unique! Don't be ashamed of something you can't control and most importantly, your reaction. A mentally strong person doesn't fight back in face of criticism. They instead learn to laugh it off. One of the main goals of bullies is to take joy in your reactions. However, if you laugh it off, it negates the bullies' wishes of shaming you.

Everyone is unique and amazing in their own way, both biologically and psychologically. No two people are, were, or will ever be the same. This means the only thing you can compare yourself to in the entire universe, is you. Don't let others' views or expectations affect you. Modify your old self to your liking and ask yourself this question: Have I improved from my yesterday self?

Eating less does not result in being slimmer and more beautiful. Eating less would instead lead to anorexia nervosa and bad health. When I was in primary school, I was picked on because of how skinny I was. However, I didn't lose it and started to eat uncontrollably. Instead, a balanced diet, regular exercise and a healthy mind and body eventually made me the happy old man you see today. So don't eat too little or too much. Do fun exercises such as dancing and have suitable entertainment to have a constant smile no matter what.

Hope these suggestions can help you have a better school and mental life. If you still feel down or have more questions or problems to enquire, I'd always welcome you

with open arms.

Best wishes,

Dr. P