

Good morning teachers and students. Do you often feel sad, angry, and become emotional when you encounter difficulties? If your answer is yes, you might be under pressure.

Having pressure is a very normal phenomenon. Anything that is out of your expectations can cause pressure. Stress, the feeling of having pressure, can be good for you, as it can motivate you to do the things that you should do, otherwise your life will be pointless and boring without stress. But when we talk about stress today, it usually refers to the bad side of things. As a student, especially a form 6 student, we have a very busy life. Uncountable homework, tests, and exams are already making us suffer. With the high expectations of our parents and teachers of getting a good grade, our pressure level becomes even higher.

In this case, pressure can sometimes cause physical and mental issues. Physically, people can have headache, stomachache, or sleeping difficulties. Mentally, people can become angry, sad, or anxious more easily. People may also eat too much or too little, withdraw themselves from their friends, and cry a lot if they are suffering.

I suffer from stress too. It is hard not to think about the DSE, the work that needs to be done, and meeting people's expectations all the time. But when I feel like I am about to blow up, I usually cope with the following methods. First, breathe deeply. It brings more oxygen to your brain and helps you to slow down your heartbeat rate. It seems useless, but it will work magically. You can also listen to some music. Not the music with heavy beats, but some relaxing music like classical music, which can be easily found on youtube. This has a similar effect with the breathing technique, which can make you feel calmer. Last but not least, talk to someone you trust; for example your family, friends or teachers can all be good listeners. You can express your thoughts and your feelings, and get some helpful advice from them on how to cope with your own pressure. But if the pressure you are having is affecting the way you live, please see a doctor as soon as possible.

I hope these methods can help you manage. More importantly, I hope all of you can find your own way to cope with stress and fight through them. I hope we will all have a happier life, thank you.