

SAMPLE

Coping with Stress by Wira Mohamad

The phenomenon of students under pressure is evident from the behaviour of those students affected. I am a student and I know when my friends are under pressure. Some of those active ones will suddenly turn passive. Some will become too quiet while some tend to get angry fast.

There are many ways one can get rid of stress. Firstly, student, especially teenagers, must go for regular exercise. A brisk walk in the park would release a lot of tension. Students should play football, hockey, basketball and badminton to reduce stress.

Exercise is also said to relax the body muscles and keep you calm. Students must have hobbies such as reading, collecting stamps, fishing or listening to music of your choice. These leisure activities help keep students free from school-related stress.

Therefore, students should plan a time-table. They can also work in groups to solve some of their academic problems. Besides making friends and discussing certain issues, group discussions can help improve study skills. One of these is the ability to make a check-list of all the activities planned and carried out. This in turn will make studying more effective and avoid unnecessary pressure.

Students should also have balanced meals and enough sleep. These are said to be basic to healthy lives. Students, especially those in examination classes, must sleep and eat well because a healthy body creates a healthy mind. However, the process of going to sleep can sometimes be difficult. Hence, it is necessary to seek advice from those whom we trust and love. Counsellors in school are helpful but you can always talk to your family first. However, if nothing works, there is a need to seek treatment from the relevant authorities. You may be surprised but a friend of mine said that screaming at the mountains and laughing your heart out can take away stress.

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