

Stress

Good morning principal, Vice principals, teachers and fellow schoolmates,

If one of your family members becomes seriously ill and has been in the hospital for months, at the same time, you fail in an examination. What's the result? You will have stress.

Stress is a normal psychological response. We may have it at difficult times. Ignore it and it will take years in your life to recover. We need to accept it and deal with it, so we can turn stress into success. That's the difference between successful people and the normal, they have good stress management methods and it provides motivation for them to work.

Different people have different methods to reduce stress, such as listening to music, going to karaoke lounges and so on. In my opinion, the most effective way to reduce stress is doing sports, it's good for physical and mental health. Besides, we need to realize that some stress is helpful and we may become optimistic, it could make us happier.

I hope my sharing is useful for all of you. Thank you.