

16th December, 2008

The word 'Stress' has been mentioned in the media more and more frequently today, it seems to be inevitable for everyone. This kind of psychological illness has become more and more serious. Hence, it is very important for us to learn how to handle our stress properly. Perhaps I should first talk about what is closely related to us. As a student, the main source of pressure usually comes from homework and academic tasks. The typical symptoms of the mental illness are insomnia, extreme nervousness and stomach ache. Some students may see their sufferings as a genetic problem and they think that they have few or even no option to solve their problems. In fact, the problem of stress is not so difficult to solve.

We don't need any special materials or facility to achieve that. All we have to do is to learn to master our mind and nervousness. If we can calm ourselves down and analyze the situation objectively, we may find the 'impossible tasks' much easier, and the corresponding stress will diminish.

Besides, if we compare the performance under stress and the same one without stress, we will find that we perform much better when we have no stress. The reason is obvious. Without stress, we can have a clearer mind for analysis and we will be more penetrative in understanding the changes of the condition and so react faster and smarter. Now, we have found one more strong reason for repelling stress.

Last, I hope everyone can bear in mind that: when we face challenges, no matter how difficult they are, what we need is determination and optimism, but not worry nor stress!!