

STRESS management

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here are many healthy ways to deal with stress. There are also many unhealthy ways to cope with stress, for example, stress eating, or distancing themselves from everyone. There are many reasons why someone could be stressed, whether it has to do with school, work, or just their personal life. In an interview with Osman Bashir, age 18, he was asked what the biggest stressor in his life right now is and his response was "school, because I am afraid to fail". School can be one of the biggest stressors in a teenager's life. Especially a teenager who is just starting college, failing is one of their biggest worries.

Yes, being stressed can make you feel like there is nothing you can do or even just make you want to give up all together. But there are many healthy ways you can cope with that stress and try to deal with it so you feel better. The way someone deals with stress all depends on the person and what they like to do. Some like to listen to music; others like to work out or just relax. In an interview with Loula Hassan, age 18, she was asked what she does when she's feeling stressed and her response was "I like to take warm baths with lavender scent to help me calm my mind". Doing what you enjoy is a really great way to help you cope with stress. Just stepping away from everything you're dealing with can really calm



Former Roosevelt student, Manal Jama, stressing over her current college classes. School can be one of the top reasons a teen is stressed. "For teens, the most commonly reported sources of stress are school (83%)

your mind sometimes. Life can be very stressful and it's important to make sure you figure out what helps you calm down the best.

Dealing with stress can be very hard, in fact many turn to very unhealthy solutions to deal with their stress. Unhealthy ways to cope with stress can be, stress eating, being angry at everyone, and even drugs. It's very important that you don't turn to these unhealthy ways because once you start, you're going to want to keep going back. In an interview with Omar Bashir, age 19, he was asked what an unhealthy way he deals with his stress is and he responded with "I tend to blame myself for

things I can't control". Blaming oneself is very common when trying

to deal with stress, but in reality, it only makes things worse.

When you're feeling stressed, take a step back from what is causing your stress and take time for yourself. When someone is feeling stressed people tend to beat themselves up over it but that only causes things to get worse. Take a day or even two to just enjoy yourself and enjoy

your life. Living your life away from the "real" world can really clear up your mind. Enjoy your life and remember, we're just tiny human beings in this huge universe so enjoy your life.

"I take breaks to cope with my stress and yes I believe that is a healthy way to cope with my stress" - Andrea Sutton, english teacher.

By Hanan Jama and staff