Little things in life

Title: Tips for Stress Relief in Daily Life

Nowadays, many teenagers are facing different difficulties in their daily life, which mostly come from academics, parents, peers and even society expectations. Teenagers are also in the stage of having lots of worries and uncertainties, as most of them are still being confused about our future. Therefore, I want to suggest some tips to help you, as a teenager, stay away from stress for a little while.

First of all, I think support from your friends is really important, because they face problems similar to yours after all. Some simple actions will do, such as to encourage your friends by saying 'Hang on there!' or just by simply tapping your friends' shoulders. Besides, conversations can really help too. Don't be shy to express your worries and the thoughts deep down inside your mind. Sometimes, you don't really need to get any reply but just need someone who can listen to you. Try to be a sincere listener and be confident to speak up to your friends!

Moreover, starting a new hobby or simply, do something you like. Put aside your work and reserve probably 30 minutes for your hobbies, like playing sports, listening to relaxing music, painting, watching TV, or anything else you like. Drilling in your hobbies can drag your attention away from your stress for at least a while. I personally prefer doing something that can truly make me feel relaxed, but not exciting ones since I shouldn't be fully distracted from my work; I still have to cope with it anyways.

Nevertheless, the next tip seems to be the weakest but I think it is really useful and effective----doing nothing. Yes, it does seem to not make any sense, right? However, letting yourselves to be spaced out, to allow your brain to enjoy a small vacation is an excellent way to take a rest. It is difficult for us human beings to be well-functioning when you are working non-stop. So, being spaced out for maybe a few minutes when are you deeply in stress can increase your efficiency and help you think of a better way to solve your problems.

To conclude, I hope you can receive useful advice from the tips above. I hope you can stay positive and won't be overwhelmed by stress. Most importantly, the main method of relieving your stress is to tackle them, so after reading this passage, go and try your best to solve them! Reducing the time on worrying about problems is the magic spell to reduce your stress level.