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Dealing With Stress

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I'm a junior at Brooklyn Tech and I'm going to confess it's not easy being a student. If I don't have two to three tests a week I will be gifted with essays and projects due very soon. Staying up all night doing homework that the teacher never checks or staying up all night just to study for a test that you bomb just because you didn't get enough sleep. All these events gets me really stressed out, and it's not me only. I believe majority of the students at tech are having problems dealing with stress. But there are ways that stress can be dealt with. I learned this from my English teacher. She taught me that just sitting still for two minutes and staying at the present moment can help with stress. I've also learned from her that doing yoga is a good way to let out all the negative energy. We even went outside to do the tree and warrior poses. And I must admit

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after doing these exercises I felt a little better and regained hope that I might not be such a failure in life. I believe that all students who are going through stress should do the two minute sitting still exercise and maybe do some simple yoga. Before stress takes control of us students we should take control of it by doing these simple yet effective exercises at least once everyday. I promise it helps. :)



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