

DON'T STRESS BE HAPPY

"Your mind is like water when it is agitated it becomes difficult to see. But if you allow it to settle, the answer becomes clear."

-BIL KEANE

In the contemporary world everyone is fighting with multiple kind of stress. Once we sink into the gloomy pond of stress it is very difficult to make the way out. Some of us are not even aware of it.

Peers, parents, homework and social media and relationships are some external factors which can influence children's stress. Stress ultimately affects health, happiness, relationships and grades of the children. Stress to a specific level can actually be good for us as it prompts and enthuses us towards transformation and growth. If the stress and anxiety cloud and make our mind foggy or further extends for a couple of months, it can become a threat to our life, health and career.



Life is really simple but we insist on making it complicated. If a child feels stressed for a longer time his IQ level comes down and his brain functioning slows down. It's all in our brain. Amygdala, one of our brain's part, responsible for processing memory, decision -making and emotional reactions, alerts the hypothalamus which ultimately triggers a rush of epinephrine and cortisol.

Generally senior students are enough capable to recognize their stress triggers but juniors are not that much mentally mature.



Parents must remain alert and take immediate action if they find any of the symptoms given below:

- Changes in appetite
- Gradual decline in grades
- Bedwetting
- Insomnia and disturbed sleep
- Yelling, shouting & crying
- Reluctant to go to school
- Withdrawal from activities and friends
- Emotional imbalances

❖ **STRESS BUSTING TIPS:**

Busting stress is a difficult task but the following tips will help the children to cope up and beat the challenging and unbeatable stress:-

- Get plenty of sleep.
- Guided imagery of joyous, peaceful and positive scenes.
- Exercise to release the negativity & detoxify the body.

- Breaks during long study hours.
- Join hobby classes.
- Practice relaxation techniques.
- -Share with trustworthy friends, teachers, counselor or parents
- -Think positive

"EVERY DAY BRINGS A CHOICE. TO PRACTICE STRESS OR TO PRACTICE PEACE."

-JOAN BORYSENKO