

Blog Entry – Good Ways to Reduce Stress

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More and more students nowadays are dealing with extreme amounts of stress. Do you find yourself under a lot of pressure? Do you have a full timetable with no time to rest? Well, you've come to the right place! I have a lot of advice that will hopefully help you in some way.

One of the biggest problems students face is a busy schedule, mostly from extra-curricular activities. Usually their parents enroll them in order to get extra skills to stand out from the crowd. This will leave the students exhausted as they tend to use all their energy for these activities without taking any breaks. This is a serious problem as it puts them under a lot of pressure. A good way to deal with a busy schedule is to make a timetable. You can organize your messy schedule, prioritize the activities that are important and make sure you leave some time for rest. A 30-minute break in between activities is recommended to recollect yourself.

Another problem students face is pressure from the public exam. The HKDSE is compulsory for every Hong Kong student. The grades you get in the HKDSE will determine your future. This puts students under a lot of pressure as they have to burn the midnight oil every day in order to get good grades in the HKDSE. If you're feeling overwhelmed by the public exam, try to talk to someone and tell them about your concerns. Sometimes you'll feel better if you have someone listening to your problems.

Even though students nowadays are under a lot of pressure, there is always a way to cope with this. Exercise is a good way to reduce stress because it releases hormones called endorphins that make you feel happier and more positive. Another way to reduce stress is by doing meditation. It calms you down and relaxes your body.

I hope this advice will help you to reduce your stress levels. Good luck with your school work!