

## Blog – Stay Away from Stress

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### Stay Away from Stress

Nowadays, more and more students are facing huge amounts of stress and exam pressure. As a student who has the same problem, I would like to share a few tips on how to cope with pressure and reduce your stress levels.

Firstly, we have extremely busy schedules. We have many activities to attend after school such as painting, badminton training, piano lessons and even going to cram school. If you are feeling overwhelmed by all these activities, I recommend that you trim down your schedule. Instead of doing all the lessons every week, you can take turns attending a different lesson each week. It is also important to choose what we like and cut out the less important events. That way we will still be happy even if we are busy.

Secondly, we are facing pressure from public exams. Passing the public exam with flying colours is one of the easiest ways to get into university. Therefore, many students think it's necessary to burn the midnight oil and go to cram school to improve their marks. They are afraid that their results won't be good enough. Sometimes they feel scared and stressed. If I were you, I'd talk to my friends or parents about my feelings. Instead of always worrying, it is better to shift our attention to something else to help us get into a more positive frame of mind. We can go for a walk, get in touch with nature or do some exercise.

Moreover, we have loads of homework. Because of our busy schedules we have nearly no time for homework. I think we can plan ahead and arrange our schedules to allow more time for studying. We should also try to improve our learning efficiency and stay focused when we are learning. This means we have to put away our phones, comic books and snacks before studying. We should make sure the learning environment is quiet and free of any distractions.

Well, I hope my suggestions make you feel better and reduce your stress levels. Good luck, everyone!