



People don't understand what it's like to be young today. There's a lot to deal with: friendships, socialising, sports, attention to your studies so that you can go to university, earn a degree, get a job, buy a car, get married, have kids...STOP! It's a bit much, isn't it?

Have you ever wanted to climb into bed, cover your head and wait for it all to pass?

Dealing With Stress

Stress is a reaction to the daily demands and pressures of life. Some of these pressures come from negative events – like a difficult exam, a car accident, parents divorcing or the death of a loved one – while others, believe it or not, come from positive events – hosting a party, preparing for a wedding, buying a house or getting a new job.

Have you ever spent so much time worrying about forgetting your work in an exam, that you've wasted actual study time?

Whatever the source of your anxiety, the point is that it can be overpowering if you don't know how to deal with it. And too much of it can harm your health. So try to turn worry into a productive 'tool'.

Dealing With Personal Problems

A problem is something that's difficult to deal with; it can be emotional, physical, social, spiritual or financial. Problems crop up everyday and vary from little hiccups like a squabble with a friend to life-threateners like drug addiction. They can leave you feeling helpless and confused, so once you've done your ABC analysis, set up a personal system for problem-solving:

- Acknowledge that you have a problem
- Take responsibility for solving it
- Gather all the facts; write the problem down
- List all possible solutions. Be creative!
- Write a plan of action describing what you'll do
- Make a commitment to solve the problem and follow through!

Speak to someone - like a family member, friend, teacher, counsellor or religious leader - about your problem. If you still feel lost, phone LifeLine on 0861 322 322 for a confidential (private) and anonymous (secret) chat.

NOTE Use the ABC of Stress Management:

- **Awareness.** Notice changes in your thoughts and feelings before they spiral into overwhelming anxiety. Recognise the signs (constant worrying, anxiety, inability to sleep, poor concentration, change in appetite, stomach ulcers, racing heart, colds and illnesses, trembling or headaches) so that you can combat stress.
- **Balance.** Gain a sense of perspective by looking at the situation from different viewpoints. Get advice from friends or colleagues. Ask yourself, "Do I usually worry needlessly? Am I overreacting? Is worrying about this going to make it go away? What are the options available?"
- **Control.** Take action. Make a decision about what's best for you and go through with it. This will give you a goal to work towards and eliminate uncertainty and confusion – the breeding ground for stress! At the same time, use relaxation techniques: exercise, soothing music, meditation, books, movies and time outdoors.

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