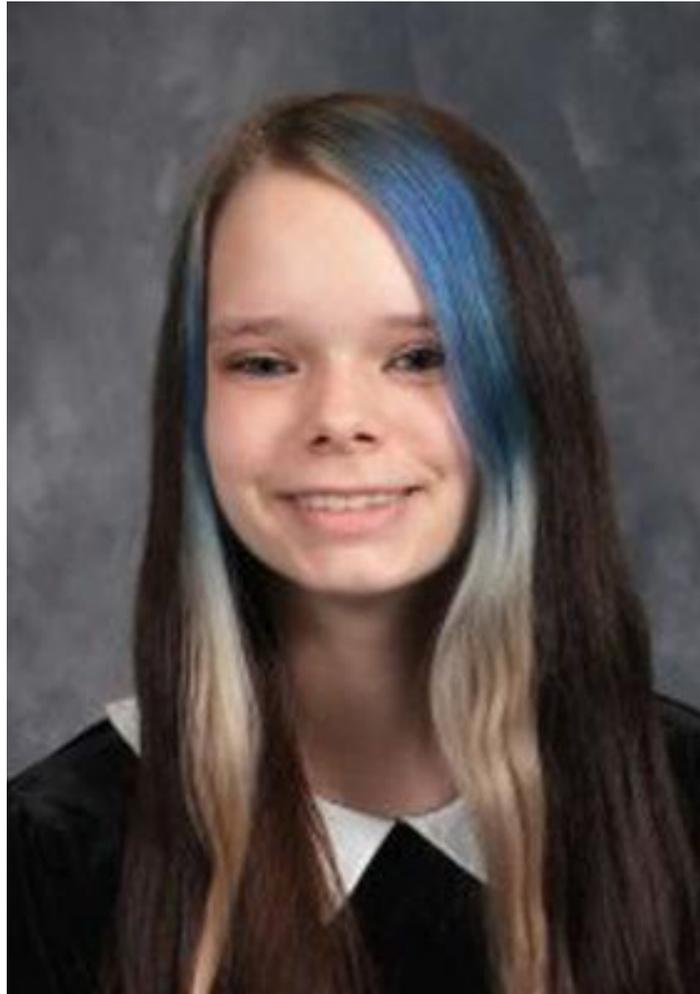


https://www.thenewsdispatch.com/columnists/article_7c772ab8-a25d-597f-bc0b-b6b90f42a3df.html

In the Middle: Don't Stress!

By PAYTON CHAMBERS Dec 19, 2018



Payton Chambers

There are many ways a person can get stressed out. Whether it's school, personal problems, or that things just aren't going right in life, you may be stressed out at any time. This is a large problem for people trying to focus on things, or even simply just trying to enjoy life. This can get in the way of some things, but just remember that this stress can't stop you from living your life.

You may have issues, but in the end, everything will be fine. If you are stressed you should try and do things you love, or that calm you down. Here are some suggestions on how to do that.

Even though it sounds like a boring cliché, one of the best things to do is close your eyes and take deep breaths. It doesn't sound like it helps much, but it has been proven that 80 percent of sensory issues, which include stress, can be shut down just by giving your eyes a break! This may not always work for you, but that is why there are many other suggestions. This is one of the few that you can do while others are in the room with you, such as in school.

Something else that can reduce stress (by a lot!) is to laugh out loud. If the mood is light in the room but you're stressed, take any chance to laugh. When someone makes a joke, makes a funny face, does some sort of strange gesture, or a number of other entertaining things, take the chance to laugh. (Of course, if you laugh when none of this is happening, you may seem a little weird, creating an awkward atmosphere around yourself and causing yourself to be even more stressed than before!)

Another way to help stress is by listening to music. If you're stressed because of too many things going on at once in your life, then calming music is the best for you. If you are stressed because something went really wrong, the best way to relieve it may be happy, upbeat music. If you are stressed and feel like you may cry, the best solution may be sad music, because the best solution to this might just be to let it all out. For me, personally, this method works best. Though, a lot of times, you can't do this while around others.

The last bit of advice I have is just to think positive. If something goes wrong, think about what's going right. This helps when you're stressing too much about an outcome, too. Positive thinking helps a lot in that moment.

In summary, there are many ways to make yourself feel better when you are stressed. Whether it's breathing with your eyes shut, laughing, listening to music, or just thinking positively, you can get through it somehow.

Payton Chambers is a student at Barker Middle School. In the Middle is a regular column produced by MCAS middle school students.