

No More Stress

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“Stress drives me crazy!” a primary school student sighed. No matter how old we are, whether we are working or studying, wealthy or poor; we all face the same problem – living with too much stress.

We all know that most Hong Kong citizens need to bear lots of stress. Some people have stress due to financial problems, some have stress because of love affairs and some have stress owing to examinations. However, how many of us would dare to say that we can cope with stress without any difficulties?

It is sorry to hear people committing suicide owing to great pressure from work. However, such cases do happen in Hong Kong nearly every day. Are there any ways which can help us reduce the amount of stress in our lives? Let’s find out what we should avoid and what we can do.

Firstly, we should not demand everything be done perfectly. It is hard for us to define what “perfect” means and different people have their own views on various things. So, please do not focus so much on the word “perfect” and we will have less stress.

Secondly, do not compare ourselves with others. Although our examination results are not as good as those of our friends or our work performance is much worse than that of our teammates, please do not look down on ourselves. It is silly to regard ourselves as dullards just by simply looking at one or two aspects. Different people have their own talents!

On the other hand, there are some practical ways that can help us handle stress properly.

In the first place, we can chat with our friends, family members or someone we like. We can share both our happiness and sadness with them. They are all willing to listen to us and help us overcome our difficulties.

In the second place, we can build up a good habit and enjoy it when we face great pressure. We may read books, watch films or do exercises. These are good methods to help us handle stress. Nowadays, many people would

like to have Yoga lessons and most learners say that it is an excellent way to help reduce stress. If you have time, why not have a try?

In the third place, we should have a balanced diet as this can help us keep our body healthy and fit so that we can have a good body to face stress and we would not get sick easily.

No matter how difficult a problem is, there must be some ways to solve it. So, please do not give yourself too much pressure. Just try your best and you will have less stress. Remember, "Tomorrow will be another day"!

Teacher's Feedback : A piece of work of high quality! Good organization and clear elaboration of ideas. Well done! (Miss Tse Kit Wan)

Food For Thought : Do you find life stressful? Can you think of other effective ways to ease stress?