

Stories of STRESS

STUDYING HARD?

STRESSED OUT?

TOO MUCH TO DO?

Tell us your story. What was the problem and how did you feel? How did you solve it and what's your advice to students with similar problems? We publish the best stories on our website!



MIKE, SAN DIEGO, CA: I have a story to tell about a time last month when I had too much to do. And I think I have some great advice. The problem was that I had a big history test and besides that, I had a lot of other projects to do, too. I was super stressed out. I was studying hard one Saturday afternoon, for about three hours straight. Then a friend came over. He helped me solve the problem. He said, "Take a little time off!" We had a snack, and then we took my dog for a walk. Then I started studying again. What happened? I was relaxed, I had more energy, and I was able to study for the rest of the day. Best of all, I got an A on the test! My advice: You have to take a break sometimes.