

TIPS FOR STUDENTS TO OVERCOME STRESS AND DEPRESSION

by:

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Nowadays, there are far too many challenges and obstacles that students must overcome to cope with everyday life's hustle and bustle (Kassymova et al., 2018). To keep up with a student's regular schedule, there is too much work and duty to complete at school. As a result, this hurried lifestyle may contribute to stress and sadness among students, particularly college students. Stress or depression may be characterized as an intense concern by a challenging scenario that produces symptoms such as headaches, minor pains, and sleeping issues (Becker et al., 2015). According to Burton (n.d.), the most stressful occupation is one with enormous expectations and demands that are not suited to a person's knowledge and talents, limited ability to exercise choice or control, and little support from others. Furthermore, the most demanding occupation is one with minimal outside assistance. This is a profession that may potentially provide economic incentives. There are a lot of different factors that might be to blame for your tension or your unhappiness. The essential components are due dates for academic assignments including examinations, papers, and projects. Activities that fill academy education include terms and tests, producing research papers, and completing tasks. Ultimately, quality may be used to determine how much they have learned. Because the typical student takes between 15 and 20 credits every semester, many due dates for different classes may fall on the same day. If these deadlines are missed, the student may get poor grades or be placed on academic probation.

In most cases, they cannot effectively manage their time, resulting in a lack of available time to do any task. Regardless of how stressed they are, they should not complain about not having enough time. Several outstanding pupils achieved perfect

scores on the test. Their strategy is nothing more than efficient use of their time. It is essential to have adequate time management, which may be accomplished by making a detailed schedule. Students may better organize their time spent studying, playing sports, participating in leisure activities, sleeping, and eating with a timetable. They are obligated to concentrate on doing work assigned to them within the allotted time and should never try to put things off until later.

Second, if students have issues, they should discuss them with persons they can trust and with whom they can confide if they are having trouble. Conversations should begin with one's parents since they are the most important people in one's life. They might seek advice from other individuals, such as their professors or their closest friends, who are also accessible to them. If you discuss the matter with someone else, finding a solution to the problem will be much simpler. Even when they have no one else to talk to, the counselors are always there to assist them in any manner possible. A skilled professional who is available to listen to people experiencing troubles, give them advice and support, and serve as a shoulder for them to cry on is known as a counselor. These individuals are there to help those who are going through difficult times. The counselor must aid clients in developing answers that suit the challenging conditions they face. They help people develop a cognitive framework that promotes rational and objective thinking rather than cognitions focused exclusively on emotions. They also assist individuals in putting the challenges they face into perspective. When students seek assistance from a counselor, they can reduce their life's stress, have open conversations about their problems, and avoid feeling humiliated. Any discussion between the two will be treated as strictly confidential and will not be shared with any other parties.

The following method of reducing the adverse effects of stress is to engage in activities or interests one enjoys. Others find that participating in hobbies is either uninteresting or a waste of time. They are unaware that it may benefit a person cognitively, emotionally, and physically. There is a wide range of recreational activities

to choose from. One could choose to participate in activities like fishing, golfing, tennis, basketball, or soccer. Others prefer visual arts such as photography, sketching, and painting. Insofar as they take pleasure in it and are interested in it, the quality of their lives will almost certainly increase due to the pastime they select, even if it is entirely different. Their favorite pastime allows them time to rest and unwind. They may reduce the amount of tension in their bodies by doing so, which is a positive thing. This may be accomplished by taking the emphasis away from them. For instance, instead of constantly ruminating on issues, they may devote part of their time to concentrating on their pastime instead.

Finally, they need to obtain adequate rest. They must get sufficient sleep to guarantee that their bodies can replenish their energy levels. If you want a good night's sleep, you should aim for 7 to 8 hours every night at the very least. Young children and other people need more rest, often between 9 and 10 hours per night. If you have much work to get done, you should attempt to locate the optimal time throughout the day to get it done and stay away from doing it late at night.

Additionally, it is recommended that they endeavor to go to bed and wake up at the same time each night and morning. Establishing a regular bedtime routine will help children educate their body when it is expected to be sleepy, leading to improved sleep quality and reduced sleep deprivation. In addition, if they obtain the recommended amount of sleep each night, they can focus on their studies at the university without any complications or misunderstandings.

To summarize, stress comes with its benefits and drawbacks, and only the individual can decide whether or not it is healthy for them. They should learn to thrive on stress through stress management. They can improve their self-esteem, develop more confidence, and feel more energized when they discover effective methods for managing stress in their lives. They will believe that they are the most unlucky people to have many things to accomplish before the deadlines from time to time, but they should recognize

that they will not succeed until they face the challenges that life throws at them. They can only hope to fulfil their goals at that juncture.

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