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STRESS MANAGEMENT BY STUDENTS

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Abstract:

Stress is a part of life. From minor challenges to major crisis, each human being has been facing a lot of stresses in one's life. When stress becomes overwhelming or its chronic. It can take a toll on your wellbeing. During the time of global pandemic situation, Stress has become a common factor in every one's life.

Keywords: *Pandemic, social distancing, online education, stress*

Introduction:

With the advent of Corona Virus, students lock themselves inside their homes and browse the internet. They become under pressure and try to release it in different ways. Students get worried about their education and career. They are worried about their future. Reports are coming in the newspaper about the students committing suicide and experiencing the stage of depression. As they cannot come outside of their homes and even if they come, they have to maintain social distance among the people in the crowded places. Washing hands regularly, maintaining social distance and keeping social distances are some of the rules to be followed during the crisis period.

SOURCES OF STRESS FOR STUDENTS:

Generally students are worried themselves during the time of examination. They usually feel stresses during the time of examination, when they feel they have not prepared yet or not satisfied with the preparation. They go for last minute preparation, which make them feel more stressed and full of tension. The expectation from the student's side makes them sad for the upcoming result and the future career. Competitive spirit among the students makes them to feel themselves very under performer. They underestimate themselves and prefer to be remained in isolation. It develops a lot of anxieties and farness among the students to be at par with other students.

RELEASING THE STRESS:

Some of the social scientists and psychologists have formulated certain methods to ease the tension and find out the peace in the mind of the students.

GET ENOUGH SLEEP:

Students with their packed schedules are notorious for missing sleep. Sleep is considered to be the balm for the hurt mind. It is advised that each and every student must take the sleep for 6 hours comfortable sleep. Those are spending enough time by watching movies or browsing internet, they must get proper sleep before continuing their work.

PRACTICE VISUALIZATION:

If we visualize something after taking sleep for some time, we can feel better both in our body and mind. It can help calm down to detach from what's stressing you and turn off your body's stress response.

Exercise Regularly:

Physical exercise is always recommended for the mental and physical wellbeing of the people. Students particularly below the age group of twenty must spend some time in the field. It will not only release the stress from your mind but recharge your spirit to go further. It is very much required by the students to go for some exercises regularly and do some yoga to control the mind. Our human mind is full of negatives and positive thoughts. We must get away those thoughts from our mind and prepare ourselves to move further.

LISTEN TO THE MUSIC:

Music soothes your mind and takes you to a imaginary world. It releases your stress and distracts from the preoccupied thoughts. It includes singing and listening to the music. After a long and stressful life, if you listen to the music, you can bring happiness and peace to your hurt mind. You will soon forget about the past worries and start afresh the work.

LAUGH:

Laughing is considered to be a balm for everyone. It increases your face value and makes you stress free. It is found that most of the students do not mix up with their friends and try to remain alone at home. It has become a common feature among the students during the pandemic situation. They lock themselves inside the home and do not get any chance to go outside. They become so stressed that, they go to the depression stage. At this critical time, laughing can ease the tension. You can watch comedy shows and other programs to make you laugh. This is the time where you can connect with friends over phone and share your feelings.

MEDITATION AND YOGA:

Exercises and yoga are valuable for every human being. Every day morning, do some exercises and make your body stress and disease free. You can inhale deep breathing for making

your mind and body free. This becomes very useful during the pandemic period. It will help you to reduce the tension and anxiety. Deep abdominal breathing increases the supply of oxygen to your brain and promotes a feeling of calmness.

REDUCE CAFFIENE INTAKE:

High doses of caffeine, they can tolerate. It makes you jittery and anxious. When you stay alone, you generally take coffee or tea for the refreshment of the mind. We think that it will reduce our anxiety and stress but to be true, it will make you more stressed instead.

CONCLUSION:

In this critical juncture, we must be careful about the physical as well as mental health of ourselves. It's not a personal problem rather a global problem. As the adage goes "All things shall pass away", this too will one day go out from the world and the hay day will usher in to the world. As the students are not of matured age, they easily get disturbed with little problem. It is the responsibility of the parents to convince their wads and try to adapt with the environment.

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