

The importance of Managing your Stress

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How long did you study for the entrance exam of KOSEN? When I was a third-grade junior high school student, I didn't have enough confidence to enter KOSEN, so I used to study for a long time of 10 hours a day.

Look at this graph of time schedules of days and holidays. I think you can see that I spent a normal amount of time to rest, but I didn't sleep enough, and the lack of sleeping caused stress. Therefore, I kept stress not only on weekdays but also on normal holidays. After this life, I became mentally ill. In short, I had a lot of stress before I noticed.

I studied for a long time without good quality rest. I didn't go outside because I thought it was better to stay home where I could study and play fun video games. The only time I went outside was when I took my cute dog for a walk. This life caused a serious and stressful situation eventually. I'd like to talk about it and the importance of managing your stress.

The serious situation has a name in psychology. It's called "Dissociation." Dissociation means that ability to recognize reality declines. When people feel a significant amount of mental pain or a stress that is beyond their limit, their emotions are separated as out-of-body experience or loss-of-memory.

I'll tell you three things that happened to me. First, I couldn't understand even what normal numbers and square roots are. Second, I was no longer able to feel what I was feeling through my own senses, only as others felt them. Third, I didn't feel that my mind was in my body. I told you what happened to me, but the most painful things are that I couldn't understand what I am, what friends are and what family is. Because of that, I was struck by a feeling of loneliness, and my mind had become empty.

I could realize my situation because I consulted with a helpful counselor. When I was a first-grade student at KOSEN, I still suffered from the problems of understanding numbers. I got two good pieces of advice. Firstly, "I should have fun more." Secondly, "I should reduce my study time."

Actually, the strange sensation of my mind and body being separated still remains a little now. Sometimes, I have some trouble with understanding numbers. But I feel more comfortable than before thanks to the people around me, not only the school counselor, who have listened to me and have given some advice.

Managing your stress is much more important than you think. In my case, I wore out my young body and didn't take enough rest. Fortunately, I could learn about the importance of enjoying myself. Knowing how dangerous my past situation was, I appreciate chatting with my close friends and enjoy my free time activities.

For me, this special opportunity to give this presentation today is one way to manage my stress because I can talk about myself and in doing so, I can sort out my troubles

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and solutions.

Don't become like "past me." And that's my advice: Talk with people around you.
Thank you for your attention.