

Key to Handling Stress

National Institute of Technology,

Kumamoto College, Kumamoto Campus

A: Hello everyone! I'm Riko.

B: I'm Keiju.

C: I'm Minami.

B: We would like to thank you for giving us the chance to speak here today. Thank you so much. Now, we'd like to start our presentation. This is quite sudden, but would you close your eyes and think about this? Have you ever felt stressed lately? What was it like? Was it exams or homework or social media? Maybe it was relationships.

C: In this way, we are feeling stressed in many situations. How can you handle such stress? So, today, we would like to share our opinions of handling stress with you all here.

B: By the way, how do you feel when you are under the kinds of stress that I just mentioned? As an example, let's ask other members about it. How do you feel, Minami?

C: I often feel anxious when I use social media. Because these days, relationship problems are often caused by social media. As for tests and assignments, I am not very anxious about getting bad scores. Studying can be a comfort to my mind at times.

A: I see! I am very stressed because I failed my test... I am not sure if I will be able to move on. I don't get much stress from looking at social media.

B: I see, thank you both. I didn't know that everyone felt that way. By the way, I feel everything stressful. As you can see, the causes of stress are different from person to person. That is why we need to find a coping method that suits us.

A: As a reference, let's now consider the case of our school's second-grade students. This graph shows the percentage of causes of stress they feel. As you can see from this, the most common cause is school exams. They account for about 60% of the total.

C: Wow. It is unique to students.

A: Absolutely right. The second most common cause is homework. Tests and assignments...So the study is a significant cause of stress. Friendship is another cause of stress. Surprisingly many people have this trouble. I often feel this type of stress, but I thought it was just me. They are feeling these kinds of stress, and we have a wide variety of it, don't we? Even just in our daily lives, we experience a variety of stress.

B: But, if we leave the stress, it can have serious negative effects on our mental and physical health—for instance, insomnia, overeating, headaches, and other serious internal problems. Therefore, the skills to handle your stress are essential for us who live in a stressful society. What can we do? Now, let's move on to the three key points to help you to handle your stress.

A: First, prepare for stress on a daily basis. What can we do? Finding a way to handle

your stress that suits for you, but finding it when you are facing terrible stress will be so difficult. So it is important to guess problems and find ways to handle your stress. But we think only it is not enough to handle your stress. Don't you think it is important to take action for the methods in your daily life? If we have no room in our hearts, even situations that are not normally stressful will become stressful. We believe it is important to face small stress on a daily basis to make room for taking action for the methods to handle your stress. What do you both do to handle your stress?

C: I write about daily concerns and make them visible. When I write it, I find a lot more than I think and even find the common part of them. I can organize my thoughts, not only does it help to resolve the cause of stress, but also I can feel refreshed.

B: I make a routine of many things. For example, I line up my shoes when I take them off, no matter how quickly I want to get up to the house, and I read the Bible every day before bed. That way, even when I am under great stress, I can calm down with my usual routine. I also watch my favorite tv series.

A: Wow, there are variety of ways to handle stress. Thank you two.

B: Second, don't keep your stress inside yourself. It is very dangerous to keep stress inside yourself for fear that it will bother others. How do you feel when people depend on you? You probably feel happy to be relied on. Your friends also want to support and help you. In many cases, counseling is the key to the solution. Sometimes it is necessary to rely on others. How about everyone else?

A: I often talk to people about my worries. In many cases, the person I talk to is my older brother. His advice is helpful because he has a lot of experience in his life. I also listen to his worries. It is a good change of pace to listen to others as well as to unburden my worries by talking to a close person.

C: I have been consulted by my friend. I was glad to be depended on and to be able to solve some problems together. I sometimes felt worried about whether I was appropriately giving advice for them. But I think talking with another adult is one of the good ways to solve the problem if the person who has a problem lets it. I am sure that there are people very close to you who would like you to consult with them.

C: Third, we need to separate the stress that we must deal with from that we can escape from. We face a lot of stress every day, but all of them are not unavoidable. Running away from your stress is not a sign of weakness. It is one of the smart ways of living to deal with them. How about you all?

B: I often felt pain and distress when I saw sad or disturbing news on news programs or in newspapers. So, I reduced the amount of time I spent watching and reading them. I felt a lot better and the stress that I was feeling was lessened. And I didn't feel left behind in current affairs because I spent less time getting information. I think about my experience, I think I was exposed to that kind of information more than I should have been.

A: I often feel mentally tired of my pride. When faced with a bad test score or something that I could not do, I tried to quit wasting my time trying to look myself good. Admitting your shortcomings will make you feel better.

B: Dealing with stress appropriately not only avoids negative effects but also leads to positive effects, such as the development of problem-solving skills and perseverance.

When you face stress, you have a wonderful opportunity to develop yourself. Before I stop, let me go through my main points again. First, find a way and take action for it to handle your stress on a daily basis. Second, don't keep your stress to yourself. Third, separate the stress that we must deal with from that we can escape from. We hope everyone to find your own way of dealing with stress based on the points introduced in this presentation. We are sure it helps and develops us all. We wish that you all have great lives! Thank you for listening!