

**Full name** - Zaina Liang

**Age** - 15

**School & Year Level** - Saint Kentigern College, year 10

**Email** - zaina.liangg@gmail.com

**Topic** - *What are some innovative and creative approaches to help other young people cope with stress?*

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In a society where stress is constantly surrounding individuals, many young citizens may be struggling. The pressure on youth is increasing throughout the years, thus additional mental health issues are heightning. With that, there are many innovative and creative ways to help young people cope with stress. This includes creating vision boards, writing down ideas and plenty of exercise.

Firstly, one can manage stress through creating vision boards. The act of creating a collage of images and words representing wishes or goals can serve as inspiration or motivation. When youth feel the impact of harsh situations, a visionary approach to reduce stress is setting a clear goal. Vision boards are proven to be effective, as research shows that “people are 42% more likely to achieve their goals if they are noted down... Writing your goals, intentions, and priorities down helps to increase your clarity and focus.” On top of that, humans tend to process visual information and emotions in the same part of the brain. Emotional response and visual stimuli have a simple link, working together to generate memories. Visual metaphors and images, therefore, can create strong impressions in students. Hence, they can also create lasting memories. The artistic method of a vision board can distract minds and put one’s attention onto something more positive. When focussed on more optimistic aspects of someone’s life, they are able to reduce stress.

Another unique technique to overcome tension in writing. The act of releasing all your ideas onto paper can decrease stress. An APA study showed “writing can help to relieve stress by combating negative and intrusive thoughts. Writing about negative experiences can help you to overcome them and that, by putting your experience into perspective, you are able to concentrate on the positive as a result.” Additionally, the study found writing improves memory, which can contribute hugely to preventing burnout. Psychologically, writing can help to clear your mind. By writing down on paper anything that comes to your mind, you are able to express your feelings and frustrations freely, productively and without judgement. This is often known as expressive journaling. It has been proven to help reduce depressive symptoms by bringing awareness and understanding to the illness. As a result, writing is highly efficient and effective when reducing stress in a creative way.

The final approach to help teenagers cope with stress is to exercise. Exercise increases your overall health and your sense of well-being, which makes one more spirited. Professionals from Mayo Clinic suggested “exercise has some direct stress-busting benefits. It pumps up your endorphins. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins.” An individual’s metabolism, heart, and spirits can be improved via exercising, as it has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress. For teenagers, exercise maintains a healthy body and thus will also impact the mind. Therefore, it is evident that exercise is highly effective in terms of helping with releasing stress for teenagers.

There are many amusing strategies to minimise pressure for youth. This includes creating vision boards, writing and exercising - few of the many innovative approaches that can help with mental health. Stress is a thoroughly serious issue that crushes many teenagers' mentalities. Hence, it is vital to bring awareness and highlight methods to reduce stress especially on young children of our future. If we do not act around this now, stress on youth will intensify and worsen in the years to come.