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Overcome stress in the pandemic

534 words

Overcome stress and refound hope during the Covid-19 pandemic

According to the scientific brief released by WHO in March 2022, in the first year of the Covid-19 pandemic, the global prevalence of -anxiety and depression increased by a massive 25%. The pandemic brings many changes into our lives which increases the risk of anxiety, stress and sadness, especially for the youth who have to cope with a large amount of school work even in self-isolation. With the outbreak of the pandemic, students couldn't ask their questions face-to-face, we don't have enough school time to learn all the knowledge that we need and we are not able to do the experiments that we should see. This gives students a lot of pressure and stress which leads to mental health issues. The best way to overcome stress in the pandemic is to think about the positive side that Covid brings to us, talk to our friends when we feel depressed and take actions instead of complaining.

Even though the Covid pandemic has bring us lots of challenges, we should also think about the positive aspects that Covid brings to us. The pandemic prevented me from seeing my grandparents in China for nearly three years. This makes me feel extremely upset and depressed. However, I find the positive side as I got my driver licence in the holidays when I usually spend travelling to see my grandparents. During the pandemic, we spend less time going outside which results in much more spare time for us to study and relax. Thinking about the positives can make us find joy which improves our mental health.

While remaining positive and being optimistic is important during the pandemic, it is also really important for us to chat with our friends when we feel depressed. Even though Covid causes us to have fewer connections with our friends, we should keep chatting with them to escape loneliness. By spending a massive amount of time with our family members, we might start fights between parents and siblings. There's a big change to everyone's daily life which causes anger, anxiety, worry. Many people express their grumpy mood on to family members since they are the closest. This makes the youth's mental health even worse. Talking with friends can mitigate the pressure created by parents or family members as friends can help each other relieve stress.

Young people should take action instead of complaining. However, the reality is that young people are complaining everyday and do not think positively. The sentence in the school that I hear the most is 'I'm so stressed.' People around me are complaining every day about how they are depressed about their grades, how they are annoyed by their masks and how they are pressured by the large amount of work. However, no one actually finds counsellors for help. To adjust to the new normal, I hope young people can kick out their negative minds and talk to counsellors frequently.

In conclusion, in order to overcome stress and manage our mental health, we need to think positively and talk to our friends. Our friends might have the same experiences as us, so chatting with them can help us cope with stress.