

Break the stigma; Help others

Mala Sood, Principal, Arvind Gupta DAV Centenary Public School, Model Town urges the students to keep an optimistic approach during stressed times. Also, students should be empathic towards depressed people and should initiate communication with them

If you ever find a sad soul, don't just feel pity for them, take time to talk, take time to connect with them. People who are suffering from SAD - Stress, Anxiety and Depression are normal people just like us. They are leading a perfectly normal life, doing their routine work and living each day as it comes.

We must understand that children are no different than anyone else, as they too experience stress and strains of living in today's world. They are constantly facing new situations where the outcome is often uncertain.

The sense of well-being and self-esteem of the children often get challenged by infinite problems. Taking these challenges in a negative sense can cause stress; anxiety and can turn one into the world of depression. Anxiety and panic attacks can be situational, but depression can cause a permanent damage. This makes it all the more important to learn how to manage your stress before you suffer any adverse effects.

Depression can be a cycle of dark thoughts and feelings of worthlessness. It can interfere with your life, making important everyday tasks such as working, studying, sleeping, and eating difficult.



Stress is not always bad. An appropriate level of stress often helps to motivate a child and achieve milestones. We must not forget; Challenges and problems are part of our life that helps us to grow. Hurdles, if encountered positively can take us to new horizons of success.

Besides worrying about the careers and activities, students also have to face the fast pace of life created by modern technology. Technol-

ogy has made life more stressful. No time for sleep, no time for playing games, no time for going to parties. You must get that six-seven figure job, you have to get an A in this class, and you must succeed. These days, it seems like stress levels are skyrocketing in student's life.

Stress leading to depression is a state of mental illness caused by the inability to share one's feelings.

Talking and pouring your heart out

Depression is a serious illness that leaves you feeling despondent, helpless & completely detached

is not the only possible solution the person has to come down and understand his or her mental state and take it towards well being. Meditation and prayer are not the ultimate solutions one needs urgent medical attention. One cannot be judgmental towards taking a psychiatric help.

Parents often feel inadequate in responding to the stress experienced by their children. They should discuss their children's feelings and ask open-ended questions. Parents who spend twice as much time listening as they do giving advice are more effective.

Believing that you are able to manage stress and anxiety is important because your perceptions have an impact on your health. Students' who perceived the ability to manage stress can reduce their likelihood of becoming depressed. Self-awareness may not always be possible when you're depressed, but it is important that you try. Remember each one of us is dealing with a large variety of issues in our lives but the one who fights all the issues with a positive approach shine as an individual. Instead of criticizing and being judgmental towards a depressed person, be a source of support by offering words of encouragement