

THE PRESSURE TO BE PERFECT

To be all around isn't easy: future goals and grades dictate the future; HOSA makes you well rounded and friends mean popularity. Common adolescent pressures include: the SAT's, getting your driver's license, finding yourself, higher education, being an active member of HOSA, choosing your college major, having an aesthetically pleasing image, going to parties, having a good time, and basically being on top of it all.

For some people, a busy schedule with a little bit of everything is easy. But for others, this can be extremely difficult and can put them on the verge of a mental breakdown. One vital part to the reduction of stress is to accept that no one is perfect and there must be some release of the build up of mental stress. Otherwise, these pressures and your emotional weaknesses will begin to overwhelm you. Weaknesses range from simple peer pressure to cigarettes, to more intense eating disorders, to personality disorders, and to suicide.

We all want money for personal expenses, which creates additional stress if you try to do a balancing act of school, work, and social activities. You have to make time to sit down and sort out all of your thoughts and what is really important in your life. Don't leave childhood behind, you have your whole life to be responsible, now is your time to have fun.

Too much responsibility is bad: leave room for you to develop into yourself. Relaxation is one of the most effective ways to relieve stress. We all have different ways to relax and have fun. Just remember, that nothing is the end of the world, to keep trying to attain your goals. There are places to go that help if you need it, and tomorrow is another day. Give yourself a release, allow time for growth.