



DEALING WITH WORRY

By George Sheehan & Adam Conway

YOUR FUTURE AND ASPIRATIONS



**DON'T
STRESS.
DO
YOUR
BEST.**

- As we all know the future is very important and is something, we should be thinking about. There are many things to consider when coming to a decision about Future goals and aspirations you wish to peruse but that doesn't mean you need to worry or stress about it. Many people have been in the same position as you and you're not alone. If you feel as though you're feeling the pressure take a step back and rethink your strategy. Talking is one of the best ways to destress just tell someone about how you're feeling and that may help to calm you down and to have the reassurance you need.

DON'T BOTTLE STRESS UP

There are plenty of people to talk to in and out of school to help and it's not just you who might need help many people are probably too embarrassed to step forward and admit to someone that there struggling, but the first step to overcoming that feeling is to embrace it, define it don't let it define you and overcome it. Feeling stressed and not letting it out can lead to it building up, which can cause many mental health problems. If you bottle up your emotions, it is likely that you also feel afraid that people will see through your facade. Keeping up this constant performance can lead to stress and anxiety.



THE IMPORTANCE OF PLANNING

- If you are worrying about your future and you do not yet know how you want your life to play out why not try planning. Just remember nothing is ever set in stone so plans can change.
- Planning is not just important for a stress-free life but is essential both personally and professionally. It will ultimately help us reach our goals and allows you to use your time more effectively. Planning means studying your objective, as well as the way in which we will achieve them.
- "By Failing to prepare, you are preparing to fail" - Benjamin Franklin



YOU'RE NOT ALONE

“worrying is like a rocking chair, it gives you something to do but it doesn't get you anywhere”- van Wikler

A lot of people are in a similar position all around the world right now, they can't see their families, trapped inside, worried about the future.

When something is out of your hands the best thing to do is focus effort and energy on stuff you can control.

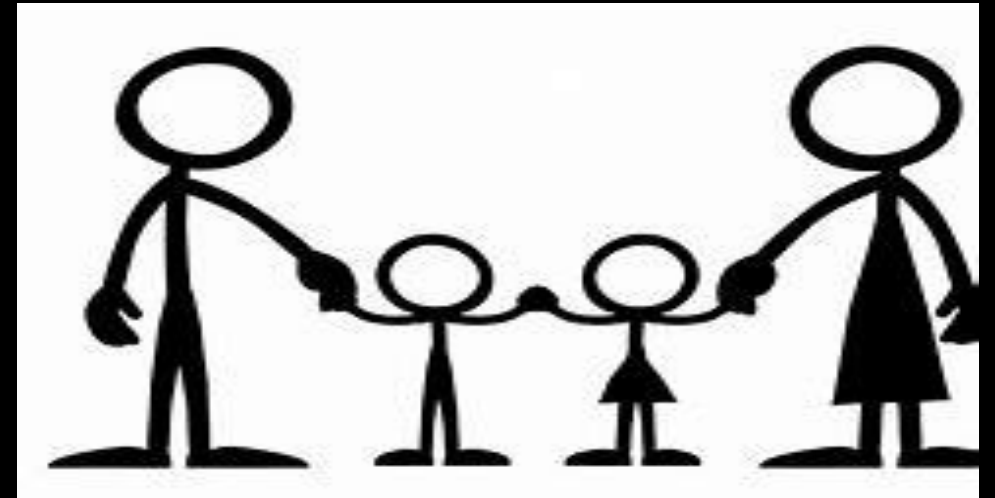


WORRYING ABOUT FAMILY

Worrying about anything in these circumstances is completely natural, especially about family. When you can't see someone that you love at all is a big change from normality, and can be tough on a lot of people.

People can worry even more when someone is in risk or vulnerable.

But we need to remember that we are not in control of what is happening right now, meaning there is no point in worrying about it, but only focusing on the stuff we can control.



WHAT TO DO?

Even though it's hard to get it all done, doing work or chores can always be a good distraction from all the chaos going on. It can also make you're day more productive.

Exercise can help a lot, whether its going for a small walk or a set of push ups in you're bedroom, exercise can make you feel stronger and calm you. Getting some fresh air every once and a while can really help in the process.

- Even though it is not a possibility for most, talking to your relatives on the phone or video call can also help keep you calm, giving you closure that their ok and not letting your mind run wild.

