

Is chronic stress our inevitable companion

[Science](#), [Social Science](#)



Students face stress and anxiety while studying and waiting anxiously for their results and report cards. Pressures from the parents to perform well as well as time management and concerns about securing our future are some of the ways which create stress for the students.

Stress works in cycles wherein we reach back at the point from where we started, therefore, stress is probably a never-ending phenomenon if it is not properly addressed. Stress is therefore for us like a never-ending vicious circle which we encounter in everyday life and carry it also in our professional and daily routine life.

Stress can have different effects on us and every one of us probably experience some of the effects of this on us. Most common physiological effects include headaches and loose motions, sleeplessness as well as an increase in our anger levels. On the physiological side, we often experience loss of interest in our daily activities, aggression as well as showing irritability. On our social front, we find it difficult to socialize and communicate ourselves with our parents as well as our friends, poor performance in the shape of poor grades and a kind of social aloofness which continuously distance us from rest of the world.

In order to overcome such situations, we, the students, therefore require support from our parents and teachers, exercise regularly so that our mood remain pleasant as well as increase our rapport with whom we can trust and express our deepest feelings.

To summarise the above points, I would like to outline three important points of my speech:

1. Studies can be a source of stress for students.
2. It can cause different effects on our body including psychological as well as physiological effects.
3. We need the support of our parents and teachers to overcome and reduce our stress levels.