

Stress in school

Business



Stress in School School most students hate school because school stresses students out. Do you get stressed out in school? Students get mostly stressed out by quizzes and tests. Students aren't the only ones that get stressed out in school teachers also get stressed in school. There are ways to get rid of stress and that's by gym or anything athletic. Students and teachers have stress in school, kids stress about tests, but you can make stress go away. Tests, Quizzes, and Grades Test and quizzes stress the students out so they won't sleep; they just are too stressed out ("Stress").

Students stay up to study but they over do it and don't sleep. Students also stress about grades when they get D's or F's and try so hard to bring it up to a C or A. According to Teens Talk About Stress, a kid stresses about tests, quizzes, and homework.. Other kids say grades worry them. Students aren't the only ones Students aren't the only ones with stress teachers have stress to with teacher stuff and grading so many papers.

According to American Psychological Association" Stress can also negatively impact job satisfaction and overall quality of life for many teaching professionals". Middle and high school teachers are the ones that get stressed out the most because they have to grade a eight stack of papers to grade. Imagine you grade eight stack of homework paper each week. How to Relieve Stress There is a cure to stress and that is doing sports or anything that relaxes you. According to Teens Talk About Stress kids have different ways to stop there own stress like music and physical stuff.

Some kids like to take out anger so the hit the drums and others just take it easy and play sports. According to Physical Activity Reduces Stress article

sports reduces stress. “ Exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress”(“ Physical Activity Reduces Stress | Anxiety and Depression Association of America, ADAA”). Stress can go away easily by relaxing. As a result school gives stress to students and teacher but it goes away.

Stress is a horrible for a student and teachers. They can't forces on the things they are doing, but it goes away so easily. Hope you know how to get rid of stress. Be stress free! Works Cited “ Physical Activity Reduces Stress | Anxiety and Depression Association of America, ADAA.” N. p.

, n. d. Web. 30 Sept. 2016. “ Stress.

” Teens Health from Nemours. N. p., n. d. Web.

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