

# Shattering from the stress

Business



**ASSIGN  
BUSTER**

I am a junior in high school and to be completely honest I'm surprised I've even made it this far. Each day is filled with yelling, stress, and piles of work shoved onto me. The school system has reached its lowest point in history in this day and age. Did you know that students today have the same stress/anxiety levels as insane asylums in the 50s? Can anyone tell me how this is okay? I personally spent a good portion of my nights not sleeping because I'm so stressed about every little detail and class. People don't understand how important it should be to get the education system back on the right track.

One of the major issues I have is the time management. I always feel rushed and pressured to do everything at this specific time and then I'll just have an absolute meltdown. I also believe some school policies need to be overthrown or changed. I am just extremely worn down at this point and I'm desperate for improvement and change in school systems.