

I CAN HANDLE ALL PRESSURE

<https://www.youtube.com/watch?v=frvLQVMsx3c>

<https://www.youtube.com/watch?v=xSs5Syrfq3g>

Dear children,

Hope you are safe n doing well.

Day by day, every day you might be experiencing new challenges. Pressure of challenges around sometimes may make sad. But remember what u saw in video- Pressure is good, it keeps you going, it is what shapes you to diamond. So embrace all pressure.

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Some step by step ways to do that are as follows-

Realize when you are under pressure. Fidgeting, fast breathing, dizziness and angry outbursts are just some of the signs that stress is affecting you physically and mentally

Identify the source of pressure. You must be able to point out the stressors that are most affecting you in order for you to make positive change. Stressors can be external factors, such as your job, or internal factors like perfectionism. Some common examples of external and internal stressors for children are -

- Performance at work
- Performance at school
- Relationships/Friendship
- Perfectionism
- Rigid thinking
- Pessimism
- Chronic worrying

Practice deep breaths. If you are feeling an immense amount of pressure, excuse yourself or grab a few minutes alone to calm yourself.

Thereafter-

Ask yourself if you can control the situation

Find a workable solution to what you can control.

Create a mantra. Repeat something like “Keep calm and carry on,” “This too shall pass,” “Make it work” or “I will accept the things I cannot change.” Consider getting an app that lists these mantras, changing your desktop image to the mantra or listening to a song with your favorite mantra, like “Hakuna Matata” or “Every little thing is gonna be alright.”