



He'll Carry it for You

By Josh Guy (Bradley H.S.)

It's one of those days. You wake up and you're ready to go back to sleep. When you manage to finally drag yourself into the shower, you fall asleep standing up, with the water running down your back. When you get to school you remember that there was a test today and you never studied for it. Then you think to yourself "Even if I had remembered about the test, I wouldn't have had time to study last night anyways." So you shrug it off.

It turns out the test was impossible AND you got the most homework you've had in weeks, which is saying a lot. The bus ride home is unremarkable, but once you get home you walk in on a huge fight between your parents. Perfect. How are you going to get through the night? There's a choir concert at 7 and if it's any longer than 5 minutes there's no way you're going to finish your homework. So, you face a choice. You could sit back and say "screw homework!" or attempt to finish it all. We all know which is more appealing, but are you really going to be able to get away with that?

Now I've been facing this issue pretty often lately, and I've come up with a few strategies that might help you. First of all, know that if you hit your homework hard or whatever's going on hard and don't take breaks, you will quickly get bored and make it much less pleasant. It will be a more time consuming activity as well. Taking breaks can help you refocus and stay sharp. But, with this in mind, make sure not to get too distracted! It's easy to start watching TV and forget about everything completely. My solution? Start working, and once everything starts to feel like too much, hop in bed for a quick nap and set your alarm to go off in 20 minutes or so. This keeps you alert, gives you a much needed break, and surprisingly will help you finish faster than you would without the nap. Another tip is to avoid procrastination. I know you hear this all the time, but really, what better way to get things out of the way than to already have them done? When you procrastinate, especially on nights like these, you're just making the next night even worse. Finally, take some time to pray and/or read your Bible. This can get your mind off things, and who could be a better homework buddy than God?

Here are some verses to help:

- "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." ~Matthew 11:28-30 (The Message)
- "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." ~Romans 8: 28
- "I will lie down in peace and sleep, for you alone, O LORD, will keep me safe." ~Psalm 4:8
- "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." ~Philippians 4:6-7

Basically, it all boils down to the fact that God is with you, and if you trust him to, he will get you through whatever's going on.

(More stress tips continued on the next page)

Additional Tips on Stress Management

- Take breaks
- Take a nap
- Take it to God
- Avoid procrastination
- Talk to a friend
- Exercise- can help release stress & tension in your body
- Ask for help & share the load if possible
- Break things down into manageable parts
- Reward yourself as you go
- For ongoing stress, you might need to cut back or re-arrange your schedule
- Take a walk
- Hit a punching bag, pillow, or stress doll
- Write down how you feel in a notebook

Unhealthy Tips on Stress Management

- Consume large amounts of chocolate- lots of chocolate ☺
- Yell, scream, curse, and then pass out from exhaustion
- Blame it all on others or at least blame it on the dog
- Avoid all responsibility & leave town
- Eat tons of snack food & salty snacks
- Consume large amounts of Caffeine
- Break stuff
- Slam doors
- Spend lots of money
- Ignore your problems
- Turn to negative coping devices (alcohol, tobacco, drugs, self-injury)
- Throw a giant cry baby tantrum on the floor & be a brat to everyone
- Drown your sorrows in a giant plate of Cane's Chicken, Chipotle Burritos, or XL Pizza
 - *(Actually that might help a little bit! ☺)*