

## **¿HOW YOU LIVE STRESS IN YOUR LIFE AND HOW DO YOU MANAGE TO DEAL WITH IT SO IT DOESN'T AFFECT YOU IN A DAILY BASIS?**

What i usually do when i feel like i'm going to quit it's just let what i'm doing at the moment and take a deep breath. It actually depends of what is making me feel stressed. For example if it's something about relationships (i hate to deal with people problems) i just leave my phone away, take a deep breath and i go to drink water or something, but in cases i tend to explode and scream, but only when i can't stand it anymore.

When my stress it's about something related to school, what really, really helps me to calm down is play videogames, listen to music and sleep. They make me forget and after half an hour i feel completely relaxed and i can go on with it.

Sometimes i feel very overwhelmed by school or personal things, even sometimes they both get together and it's very difficult to deal with that. There are moments when i just can't deal with anything else i end up collapsing. When this happens i get a fever and headache that don't disappear easily. But, when i kinda deal with that i just put on my headphones and play loud music so i don't listen to anything or anyone. It's like giving a "don't talk to me" vibes.

Stress also makes my anxiety appears. It makes that i bite mi nails and fingers, pull my hair and also bite my lips to the point of making them bleed and hurt.

So, what i do to deal with stress so it doesn't affect me in a daily basis is nothing special. I just do what i mentioned before but that really doesn't make stress disappear completely. I just let the stress affect my mind and body and i just wait a while to calm down. It's all that i can do when i feel lost or confused because of it.

Stress and daily basis gonna be present in our lifes forever so, it's important to learn techniques to deal with stress and maybe if you really need it, go to therapy. I went to therapy in the past but not about stress, it was about anxiety. Whatever, i'm just trying to say that if you feel stressed, do whatever you want and don't take life very seriously, you should focus on enjoy your life.