Psychological stress

Psychological stress is a lot of people are to face a problem now. Psychological pressure is I met one of the biggest problems in the near future, mainly because I've seen the movie, has caused me to think about my life and death and, in negative thoughts, slowly with the psychological pressure.

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After the movie cry very sad, I used to think love can resist everything, but found that, in the face of life and death what are floating clouds. In later days, always stay in my life will be what kind of. Fragment 5 on Saturday morning I and dormitory students go to Hang Zhou amusement park to play one day, open the Micro message in the boring time, see in the hometown classmates said that the earthquake. The moment my mind went blank, scared to death. Immediately call home to see

how, in 2 calls or nobody answered, then make blind and disorderly conjectures, thinking about different consequences, the fear of heart will continue to rise, like shaking hands, do not have any idea, only know mechanical call. Finally through the phone, I asked how, what the earthquake, my father said, he did not know, still sleeping. At the moment, my heart, and still blame dad now how to answer the phone, but found that more than 5 points just before dawn, not to say a few words, then hung up the phone.

Fortunately, my hometown is an earthquake, just felt not strong, no matter what. In the next 2 months, every day I will call home, even if it is all right, even if he is very busy, even if not what to say, but always feel like this is a must do. Assuming that the earthquake magnitude is large, if one day Dad has an accident, that father was ill, I am afraid that happen, if that happened, what should I do, how can I do, to think that all this is terrible.

At the moment I realized I was a mental illness, impact on the psychological pressure, I became with profound respect and humility, every day with great care. Excessive value other people think of me, everything is be overcautious. Read a report on the psychological pressure of the survey, nearly twenty people in one people with psychological pressure, the pressure of society now, psychological pressure is a big challenge we face. I feel in the face of life and death, who are always ants, arbitrary kneading, without any resistance. But at the same time, life is beautiful; “alive” let us enjoy life, youth, vitality to life. “Death” to remind us to enjoy now, cherish life time, cherish the people and things.

In my opinion, psychological pressure is a response to your present situation, but each person’s performance, different in degree. Learn to control the psychological pressure, relieve the psychological pressure is correct, I now face, in the online search a lot of information, to understand the psychological pressure is normal, need not be so ashamed of

it, there is a way to vent, enhance their self-confidence, positive communication with people, not depressed mood.

Now, I can’t say I psychological pressure has been eliminated, but has great cut, students also tell me are you kidding, I’m much better than before. I am so happy. Facing the psychological pressure, don’t have to feel fear, as long as the rights to vent, to solve the problem through a rational approach, each people all are the most beautiful flowers.