

# Maintaining Mental Health

By: Katelyn Rieder

The 2019-2020 school year is getting more intense day by day. With it comes the piling on of grades, deadlines, and consequently: stress.

Everyone deals with stress in different ways, it's one of the most instinctual things that we humans do. Over time, we figure out what works best for us. These methods are the very thing we look forward to at the end of a long, exhausting day. Whether it be taking a warm bath or playing a fast-paced video game, it is essential to have a mental restart once in a while.

While we all know what works best for us, it's always healthy to experiment and try out new things. If you are in need of some self care advice, here are *The Tartan's* top six ways to destress.

1. **Music:** No matter what streaming platform you use, music is an instrumental part of our lives (pun intended). Listening to your favorite song or genre can be a great way to lounge. Junior Andrew Rhoton agrees with this statement, "I listen to music and play video games mostly. It's easy when half of my schedule consists of Music classes that help relieve my stress." Regardless if you are performing or tuning in to music, simply zoning out and letting the sounds absorb you is one of the most practiced methods of de-stressing.



2. **Vent to A Friend:** Friends or trusted adults are one of the most accessible resources we have available to us. Regardless of the situation, never feel that your problems are inconveniencing or bothering these people. Your friends are there for you, no matter what. If you ever think you can't turn to anyone around you, I can guarantee you anyone here at *The Tartan* would be more than willing to lend an ear and some advice.
  
3. **Exercising:** I know, for some, the sight of the word "exercising" may make you cringe, but it really is a great way to relieve anxieties. It doesn't have to be violent, intense weight lifting. Even a nice walk through the neighborhood can be alleviating. Personally, I take my dog and headphones when I go out for walks. Not only does it exercise my pet, but it gives me an opportunity to listen to new music as well as old classics.
  
4. **Pampering:** Yes, going to the spa and getting a manicure is *incredibly* relaxing, you don't need to spend hundreds of dollars to get professionally taken care of. Stores like Target and Walmart have a wide variety of face masks, bath bombs, and essential oils. These methods aren't designed to be used every single night, but maybe once a week, try

taking a few minutes at nighttime to be kind to your skin. Make time for yourself, you deserve it more than anyone.



5. **Therapy:** While talking to a friend or someone you trust can be incredibly healing, a trained professional may be better for some situations. One Anonymous OHHS student commented on our “Maintaining Mental Health” survey that going to therapy and taking prescribed medicine helps their anxiety immensely. I am also one of the many individuals that take medication. However, medication is not for everyone, please consult your healthcare professional if seriously considering this option.
6. **Time Management:** Maybe your main issue is an overload of homework. To help this, a skill that you can focus on is time management. I know this is preached day in and day out during Tartan Time, but it really is important. If I ever have tons of homework, I work for 25 minutes, then take a break for 5 minutes. Personally, this works best for me

as I don't get overwhelmed with a large amount of worksheets and projects to finish all at one time.

Mental health, especially in teenagers, is one of the most controversial topics today. Whether it be a burnout from school work, or just not enough hours in the day, it's incredibly easy for us to get stressed out. Overall, taking just a few minutes to yourself can really aid in alleviating the stresses we face every day.