

Adventures of



Dr. Ori

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Illustration: Songpyun

1. Coping with stress

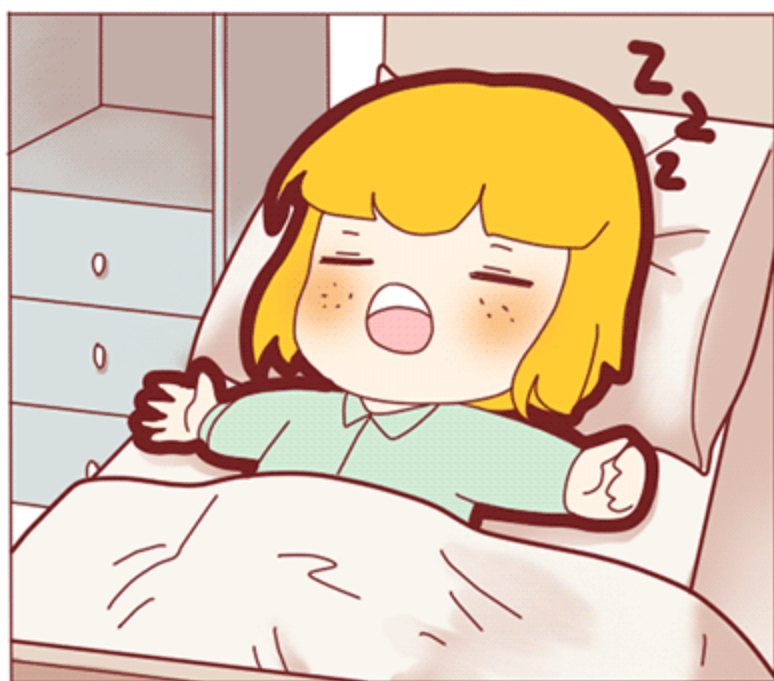
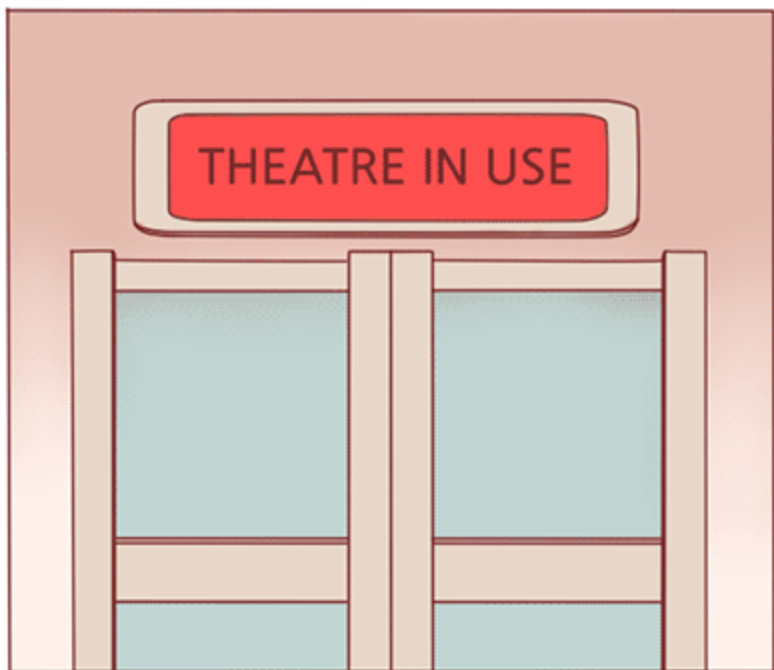
What?!

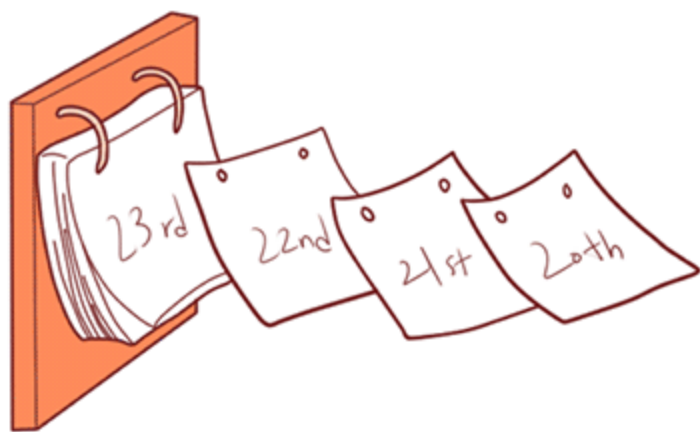
HOSPITAL

What do you mean I have tonsillitis?

Yes... I am afraid so Chloe. You will need to come into the hospital for a small operation.

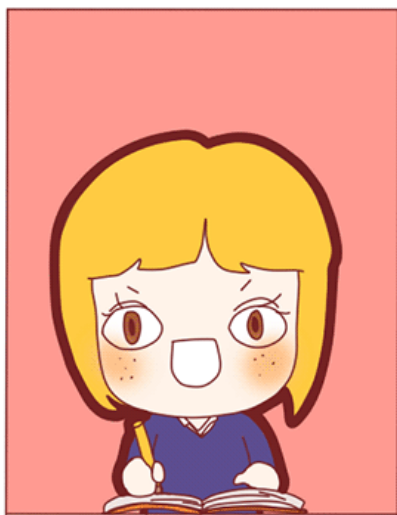








I've rested enough.
With the GCSEs coming up,
it's time to get back to work!

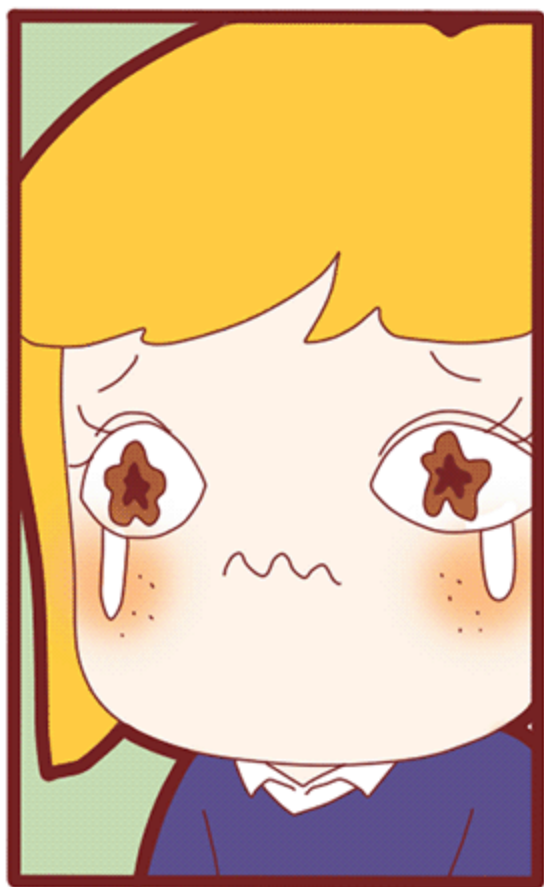


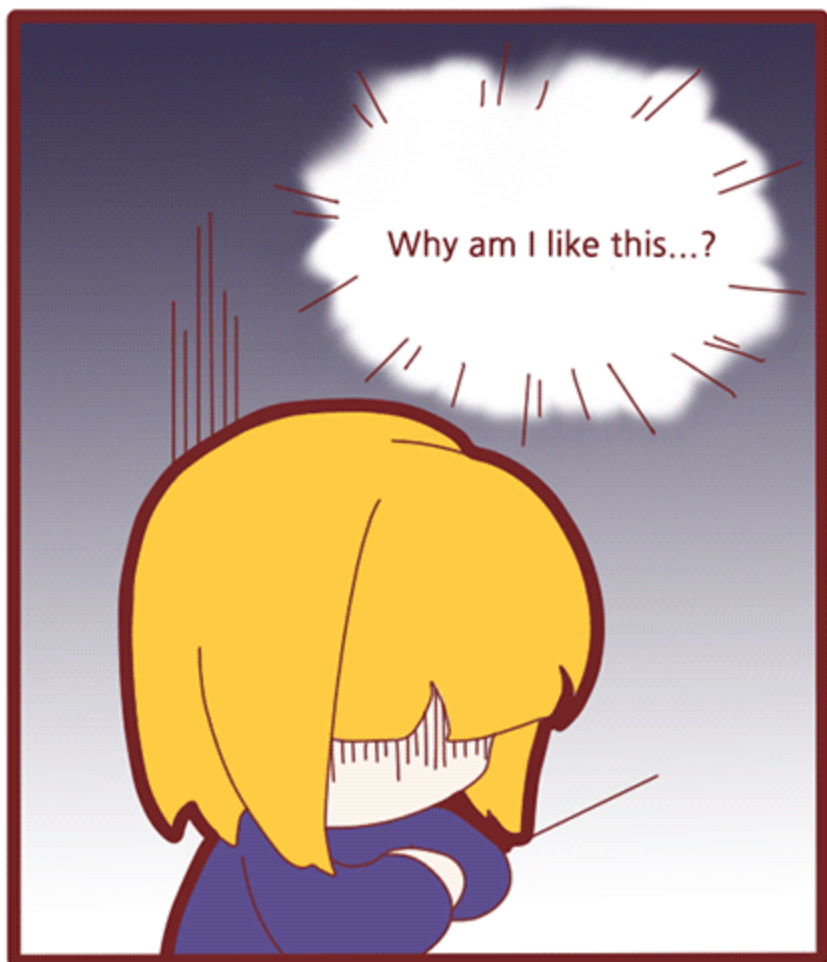
Hold on,
I don't understand any of this!



What is going on?







I don't understand why I am feeling this way...

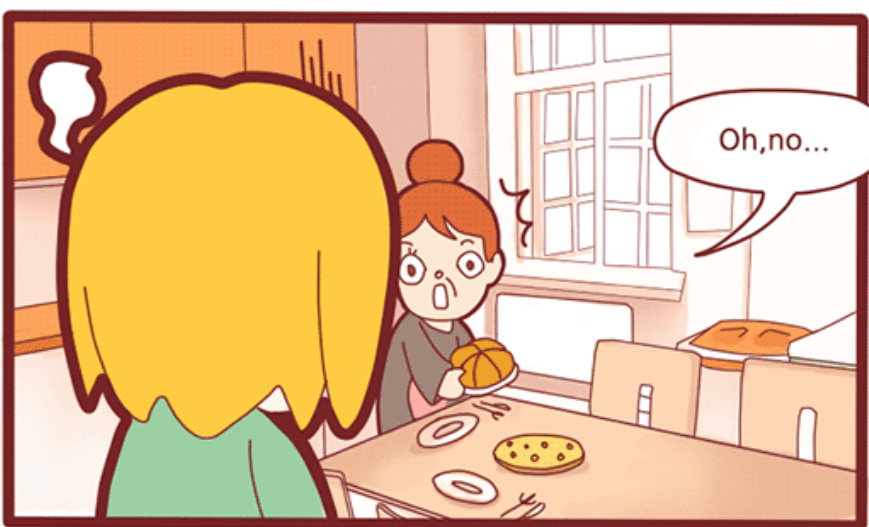


My friends seem to be fine...

Chloe! Dinner's ready!



Oh, no...



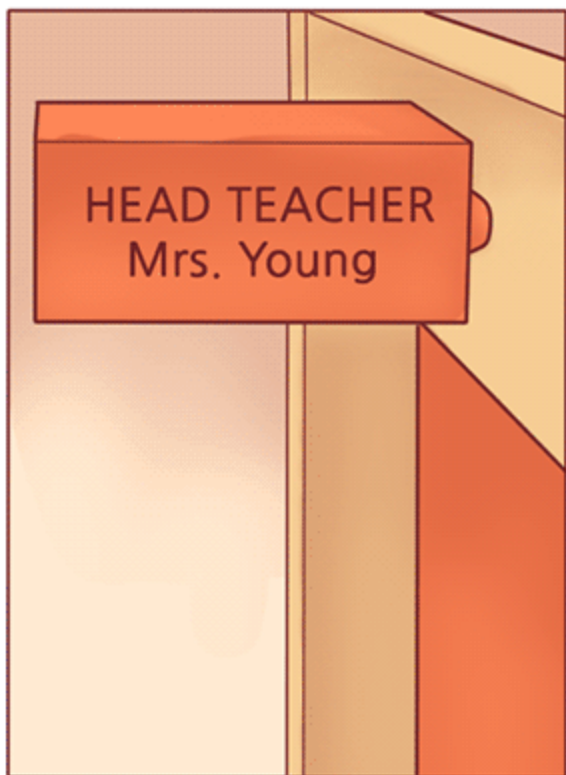
What's going on Chloe?



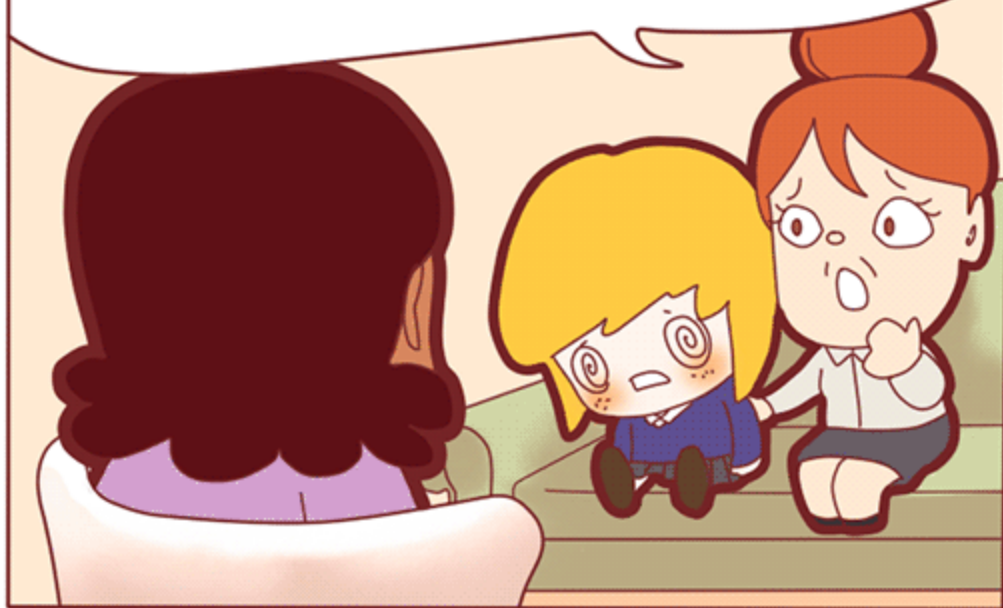
Mum...

I just can't cope
with it anymore...



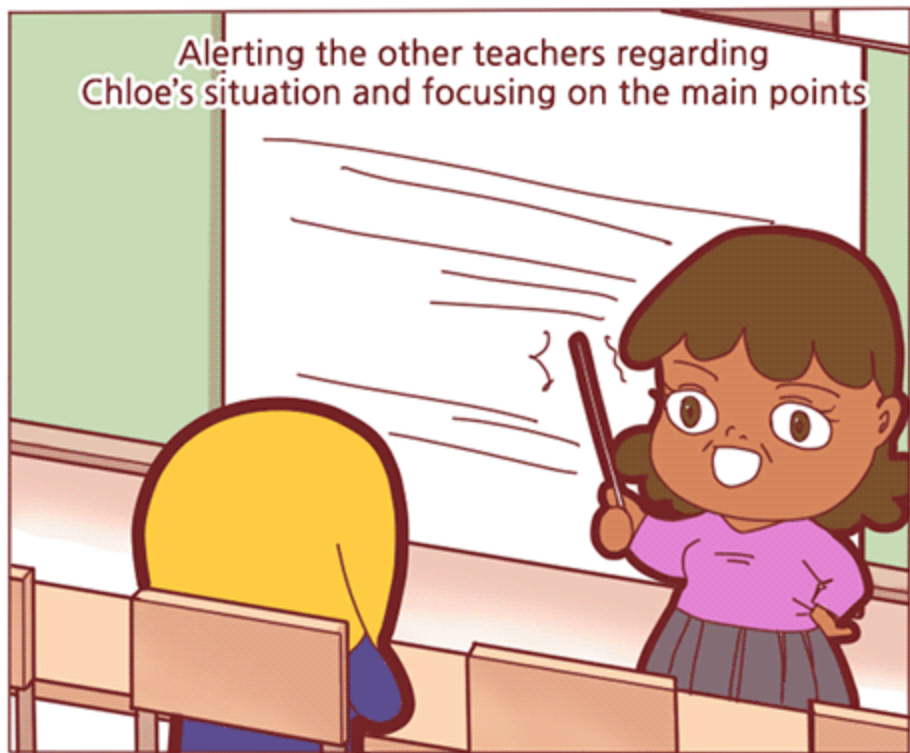


Mrs. Young, thank you for seeing us.
Chloe hasn't been herself lately and
I think she's been struggling
with the workload ever since her operation.
Do you think there is anything we can do to help her?



And so... with a little help from Mrs.Young...

Alerting the other teachers regarding
Chloe's situation and focusing on the main points



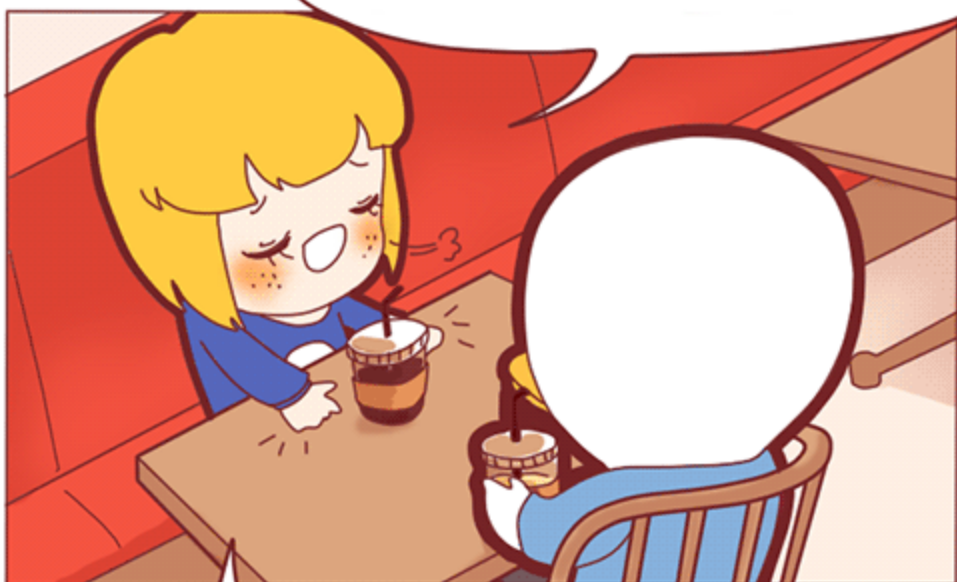
Getting tutoring sessions after school
with the teachers.



Few months later...



And that's my story Dr Ori!



I laugh about it now,
but I was really down back then.

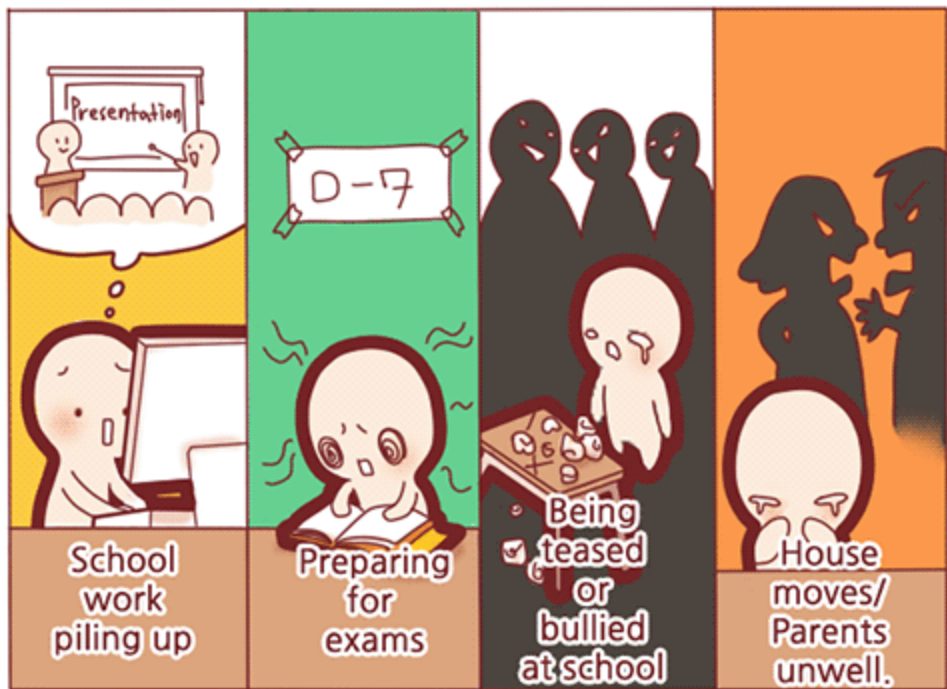
It sounds like you were really stressed at that time



Everyone gets stressed from time to time, but sometimes it can get too much and difficult to cope on your own.

Oh gosh, you're right. I wonder why people get stressed?






Oh, and people react differently to different stresses.
For example,
though you found the exam period very stressful,
your friends may not be bothered!







I see... Back then, I couldn't sleep well and I was also quite short with everyone including my friends and parents. Was this also related to stress?

Yes of course!

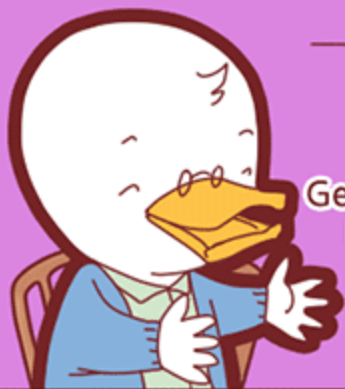
Stress can affect both your body and your mind!
Here are some of the features:


Physical:

Tiredness
Sleeping difficulty
Loss of appetite
Stomach ache
Headache
Muscular pain

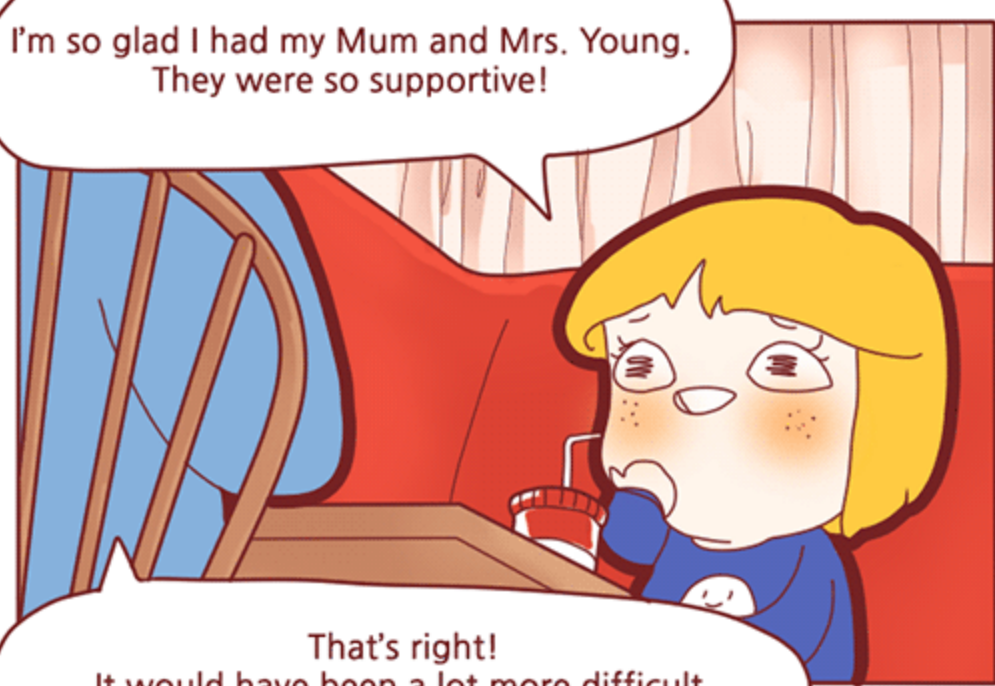
Mental:

Sadness
Getting angry or upset easily
Difficult to concentrate





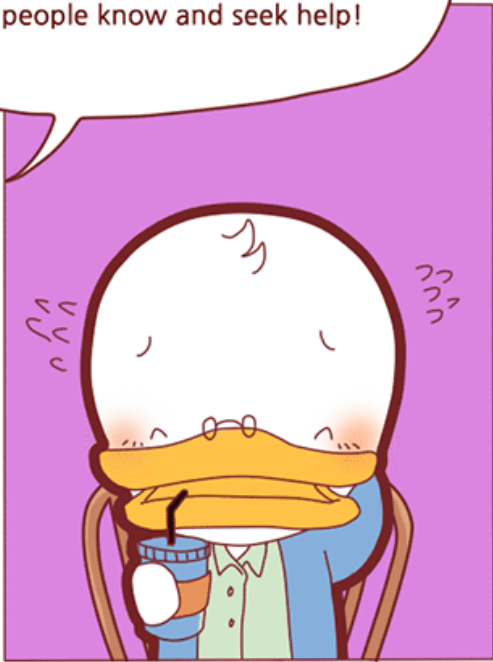
Oh... that's why I was feeling
that way back then...



I'm so glad I had my Mum and Mrs. Young.
They were so supportive!

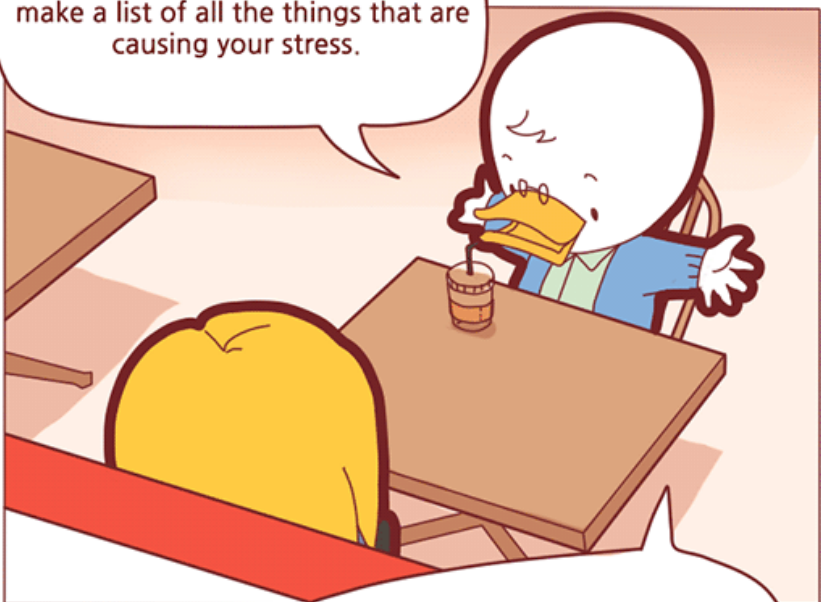
That's right!
It would have been a lot more difficult
to tackle this on your own.

I think you're right.
So it's very important
to let people know and seek help!



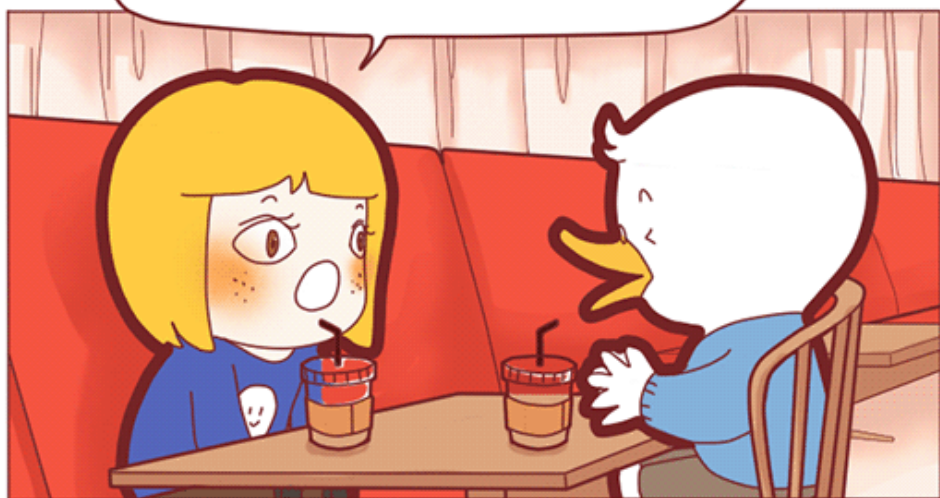
Absolutely!

Oh! Another good tip is to
make a list of all the things that are
causing your stress.



Next to each of them,
write down the possible solution.
It's always easier to tackle things one
at a time than all at once!

Oh really? Does that really help?



Yes! One problem at a time.

Ok! I'm going to give that a go!



My friends also said that exercise helps with stress, how effective is this?

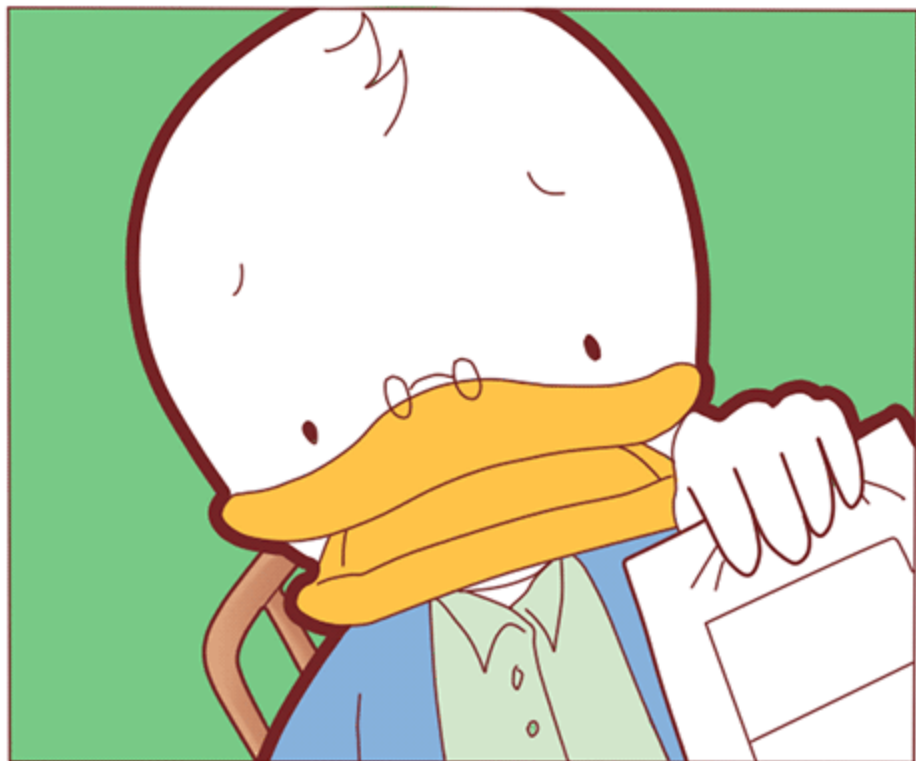
They're right.
Exercise helps to release endorphins,
which are the body's natural
'feel good' chemicals.



Ok... Now that I think about it,
it's been a while since I did any exercise...



But sometimes,
all these things may not be adequate enough to
cope with the stress. It's best to seek help,
especially if you have the following,



The stress becomes so much that you want to stop going to school, run away or think about harming yourself.



You become emotional, crying at times and losing interest in life.



Loss of appetite.



Sleeping difficulties.



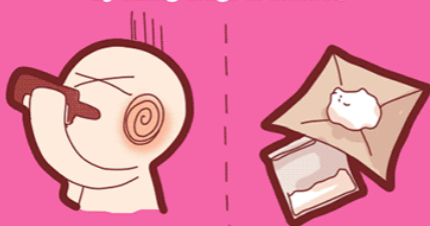
When it's difficult to tell people about your situation.



If you experience hallucinations (seeing or hearing things that are not actually there.)



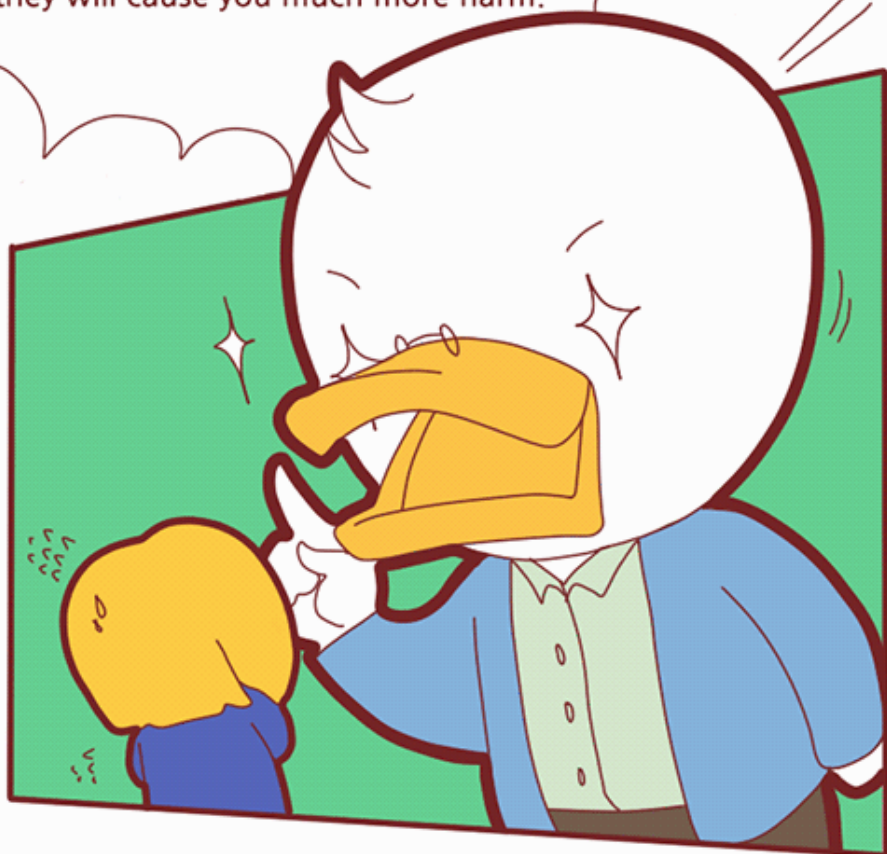
If you try to cope with the stress by taking drugs or alcohol.



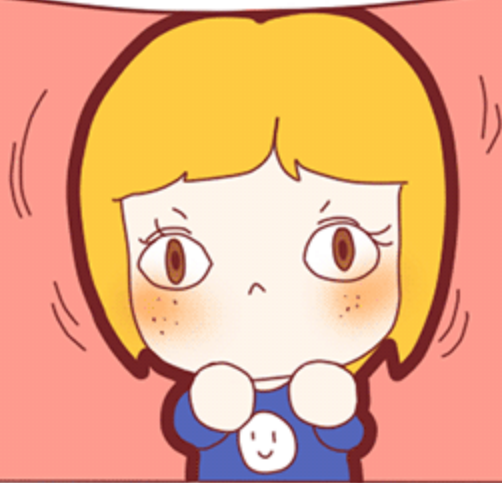
It's really important to let someone know and receive help!

Wow... You can even get hallucinations?

Yes, and remember, you may think alcohol and drugs will help with the stress momentarily, but in the long term, they will cause you much more harm.



Don't struggle with it alone!



So, find someone you can trust like your close friend, family, teacher and have a chat with them. Your GP will also be a good person to talk to and they are the ones who will be able to refer you to the mental health services for extra help.



Sometimes it may be difficult to talk to someone you know. In this case...

ChildLine - A free and confidential telephone service for children. You can also get in touch by email or by confidential live one-to-one webchat. Helpline 0800 1111.

Epic friends - Mental health problems are common. This website is all about helping you to help your friends who might be struggling emotionally.

Samaritans - Provides a 24-hour service offering confidential emotional support to anyone who is in crisis. Helpline 08457 909090 (UK), 1850 609090 (ROI); e-mail:jo@samaritans.org

Talk to Frank - An organisation that gives confidential advice on drugs, including their effects and how to get help if drugs are a problem in your life. You get speak to an adviser by calling Freephone 0800776600, or Text 82111, or you can email an adviser via their website.

Young Minds - Provides information for children and young people on mental health and emotional wellbeing issues.

Youth Access - Offers information, advice and counselling throughout the UK.

Or try this website: **Teenage Health Freak**

Useful CD: Rays of Calm, Christiane Kerr,

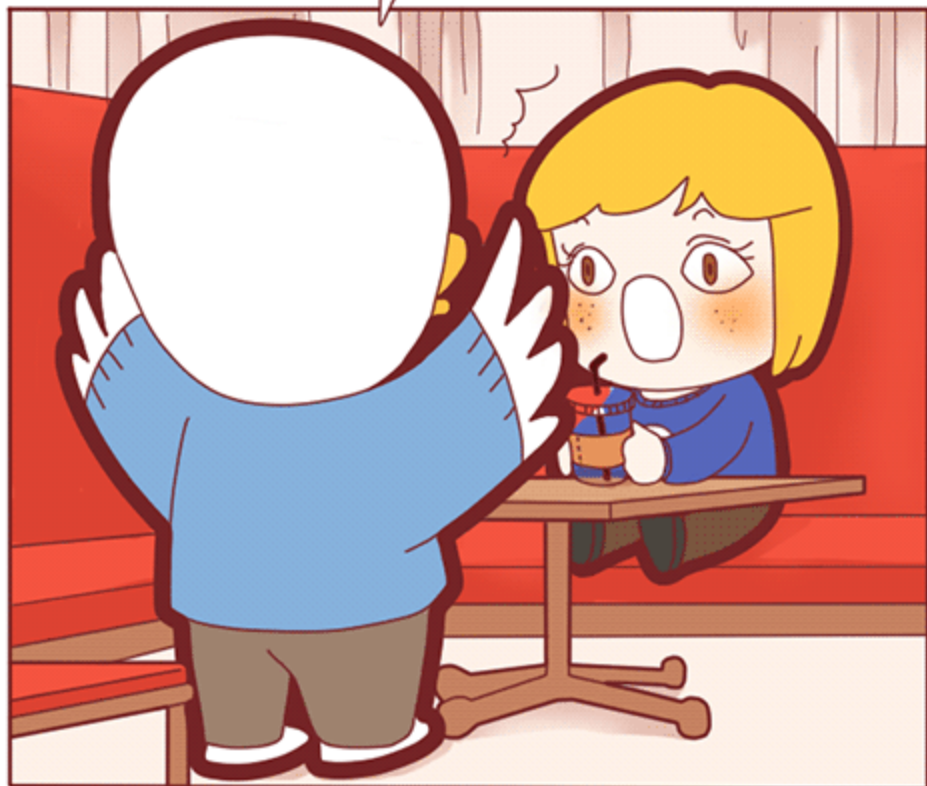
Audio CD/Audiobook: CD from the "Calm For Kids" range created for teenagers.

It talks through various relaxation techniques and visualisations designed to promote a sense of calm and wellbeing and to help teenagers deal with stress.



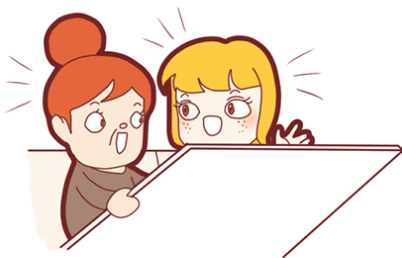
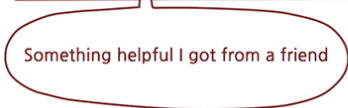
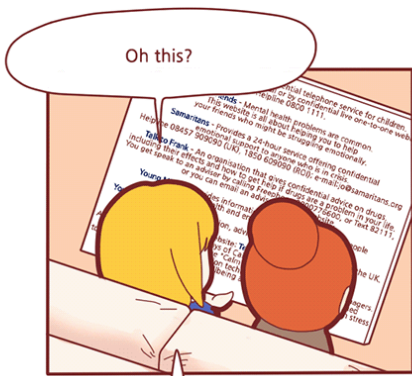
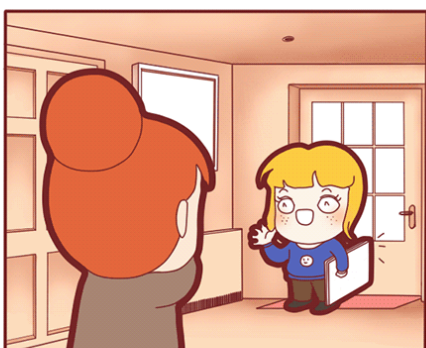
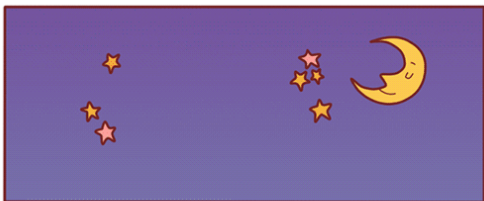
Ring one of the helplines here!

Right, I better get going then!



See you next time!





Be sure to check out the Mental Health and Growing Up Factsheets on the Royal College Website for more information and advice on a wide range of emotional, behavioural and mental health problems that often affect children and young people. www.rcpsych.ac.uk