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Handling the hassle

Does the stress of school have you down?

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Everyone deals with stress at some point in their life. Some stress can be a positive thing, but when those stress levels get too high, it causes more problems than solutions. Students are one group of people that deal with a huge stress load. Many students have stress from school, activities, social life, and even home life. Juggling all these things can be extremely hard and can result in the stress being too much.



Ally Sara, junior, stresses over studying for her Kirkwood college class.

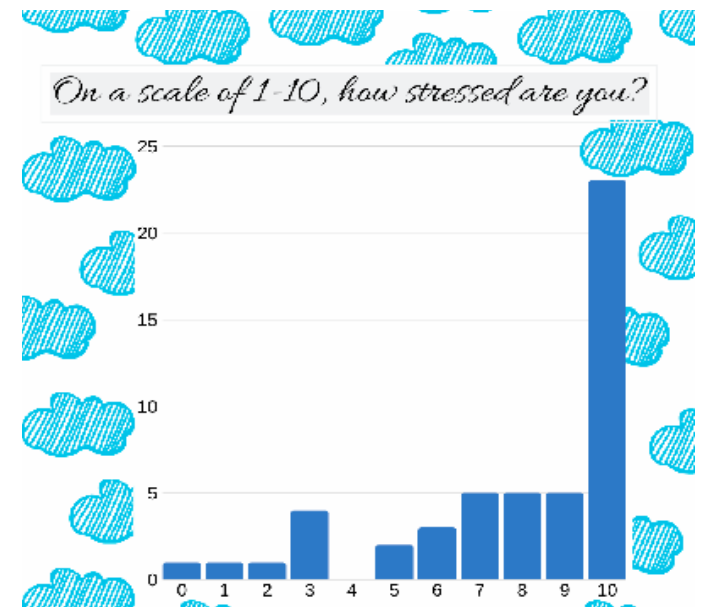
Take Ally Sara, junior, for example. She is involved in golf, Take Charge, Green Bandana, and works as well as volunteers on top of both normal

and Kirkwood classes. Sara said, "When you take 5 classes in a quarter and then you work and other things it kinda overwhelms your schedule." Sara is just one example of the lives that many high schoolers have. Time management, or lack of it, can be a huge stress causer and hard to deal with. Tom Kettman, one of the school counselors, said, "Different avenues work for different people."

Different people deal with stress in different ways. Some people may choose to use meditation as a way to relieve stress, while others can prevent it by staying organized and having a plan laid out. Exercise, reading, music, and art are all ways people can channel and release their stress. Sara said, "I just cry and get over it."

Signs of stress can be absenteeism, fatigue, frustration, lack of or binge eating, and low grades among other things. These may be signs that a coping mechanism is needed to lower stress levels. Sometimes eliminating a stressor in life is an effective way to help. Kettman said, "If you can find the source of the stress steps can start to be taken to work against that stress."

Stress left unattended can lead to even deeper issues in life. Stress can lead to a "shut down" and closing people out. Losing support from loved ones and lack of caring can be a stepping stone away from having serious mental health issues. Stress is a leading cause of depression. Depression can be both a life long problem or not, but either way it is



Out of a convenience poll of 50 people, 46% have a stress level of 10 on a scale of 1-10.

a serious life issue that can have negative effects on emotions, relationships, and more. Problems with stress can't be shoved under a rug, they need to be identified and taken care of before things go too far.

Everyone has stress, and everyone deals with it differently. Some people may cope by listening to their favorite music, reading a book, or going for a run, yet others may choose to better organize their life. Finding the way that works best for the circumstances is important to stay mentally and physically healthy.

What's going on around the school?



Mr. Trilk presents information to his class.



Ms. Duning helps student Xavier Burris, sophomore, in class.



Sadie Struchen, sophomore, sings a solo at the chorale showcase.

Index

Opinion.....	2, 3, 4
Activities.....	5, 6, 7
Center Spread.....	8, 9
Senior Interview.....	10, 11
Entertainment.....	12
Student Life.....	13, 14, 15
Community.....	16
Back Page.....	17