

Breathe!

Sorting through the Advice

Vidhya Palanimuthu

BEFORE YOU READ: When you are having emotional struggles, do you find people’s advice helpful? Explain.

People Give Advice

We often find people around us saying, “Relax, you will be fine.” But is it that easy? If yes, then why do people need assistance and support to “treat” stress? It’s absolutely not easy. I find it to be tremendously tough. It’s not easy to make people understand what is going on in your mind when you don’t understand it yourself. Sometimes, our minds can feel completely chaotic.

When I was struggling emotionally, a few friends offered real support, and a few others sounded more like they were quoting something from a Google search:

“Dance it out.” *But I was falling.*

“Go for a walk.” *But my legs were frozen.*

“Talk about it.” *But I was tongue-tied.*

“Go to bed early.” *But I was tossing and turning.*

“Focus.” With a confused mind?

“Think of good times. Smile!” But how?

I Find My Way

I laid awake at night wondering how I could fight back against the stress I was feeling. I decided to



Vidhya Palanimuthu is from India and has been living in Keene, NH, for the last six years. She is a busy mom of a 3rd grader and a 6th grader, and she loves being a mom. She takes some time out for herself to attend Keene Community Education. It’s a great place to learn and socialize with the best teachers and awesome fellow students. She also enjoys drawing, painting, and music.

revisit some of my childhood hobbies like painting. I found I could wipe away the blues with happy colors. Trust me: colors can do magic! Then I tried reading with no barriers or judgement. I read magazines, cookbooks, online articles, even kids’ comics.

I also turned to my family. They were my greatest support. We cooked together, played together, and shared childhood stories. Sometimes a good long hug is the best medicine. We need to remember that it’s okay to cry or feel bad.

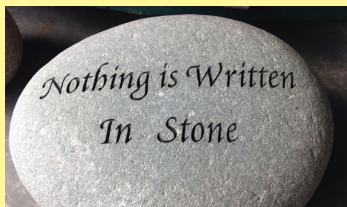
My Advice for You

With time, I found my mantra: “*Breathe... go slow.*” Taking a deep breath and doing what you love refreshes your mind. And nothing can beat the power of family and friends. Family and friends give you many reasons to survive. I hope you can find a way to take a deep breath and confidently say, “Hey stress.... let’s break up.”

Whoops! Does that sound like a Google quote?

AFTER YOU READ: There is some irony in the arc of this essay. Describe the arc – what happens at the beginning, middle, and end. And explain what the irony is.

What Is Irony?



Look up the definition of irony.
Explain how this image is ironic.