

A Stressful Day in My Life

Today, I feel so stressed. My head feels like a pressure cooker and my stomach is all jumbled up. The main reason for my stress is school. I have a math test tomorrow, and even though I've studied a lot, I can't help but feel this way.

When I get home, I see that my mom is also stressed. She has to finish preparing dinner for my grandma's party! My dad, on the other hand, is in the yard, with a frown on his face, trying to fix a broken pipe. It seems stress is contagious in my house.

In an ideal world, today I'd just want to relax and not think about anything. But real life is full of situations that cause us stress, and the key is to learn to handle them. I hope that after this test, the level of stress in my house and in my head will go down a bit. I need a vacation from my own brain!