

## STAFF EDITORIAL:

# HELPING YOUR BRAIN HARMING YOUR HEALTH

Head throbbing, stomach churning and eyes drooping. A high schooler's lifestyle is one that, if managed incorrectly, can be unforgivably grueling. Students go day by day repeating bad habits that have increasingly negative effects on their own personal health.

Things like late night cramming for tests or pulling all nighters to finish projects are habits that we love to complain about, but is it really the school's fault? Should we also take a part in making our day manageable? How much are students responsible for, how much is the school's responsibility, and what can we control?

Students often find themselves easily stuck in a rut and caught up in school's exhausting environment. Sitting down for hours a day without any movement can be tiring, and after our fourth class in a row sitting at a desk, we can't absorb information with the same enthusiasm anymore. A bleak room filled with silence as a teacher drones on and on about a subject many students truly do not care about may have more of an effect on us than we even realize.

However, no matter how we feel about whether or not the school is doing a good or bad job taking care of us it is still our fault if we are unhealthy. We need to make sure that we are taking control of what is in our hands. For example, take the time to pick courses that will keep you interested throughout a semester. If we let the counselors pick our electives because we are too lazy to do it ourselves then we have no right to complain about it.

Another constant problem when talking about student health is sleeping habits. We stay up late for whatever reason, may it be a big research paper put off until the night before or an extracurricular activity that ran late, and we wake up early in order to be at first hour before the bell rings. We need to take



care of ourselves and manage our time appropriately in order to get a healthy amount of sleep.

Also, school seems to be getting more and more stressful as we get deeper into the year. Teachers are assigning more work because we are well past the "welcome back" part of the year. During the grind of a semester we get overwhelmed with work and sometimes our stress level can go overboard. No matter how freaked out we may or may not be we need to have a "power through it" approach. We

can't control how much work a teacher assigns but we can control how we attack our work day in and day out.

We've established that school is for the most part an unhealthy place, and we haven't even brought up school lunches yet, but the point is we need to take care of ourselves. We'll do what we can to keep ourselves going.

Our health is ultimately our own responsibility.

09:09

THE VOTE IS IN:

NINE OUT OF NINE EDITORS AGREE WITH THE VIEWS EXPRESSED IN THIS EDITORIAL.

WE VALUE YOUR VIEWS.

*if you wish to respond to this editorial, please submit it in the form of a letter to the editor. These may be submitted in person to Room 195 or e-mailed to [almaighty@gmail.com](mailto:almaighty@gmail.com). Responses may or may not be printed in the next issue.*