

Coping With The Anxieties Of Life After High School

All most every high school student worries about what will happen after graduation. The prospect of not knowing if something good or bad will happen to you can produce a lot of fear and anxiety. As a result, here is a list of techniques and suggestions on high school students can manage their anxiety of life after high school. The first step is to learn to take it one step at a time. There is no reason to start worrying about what may happen in the next couple of months. The best thing is to focus on the present and plan things one step at a time. Also try to do something each day that will help you to move forward. Sitting on the couch all day will not solve your problem. Talk to a career guidance professional to see what you want to do in terms of a career. Do you want to go to community college, a major university, or should I get a job. Many career places have skills tests that determine what you are interested in. Take those career skills tests and determine what the best route for you to take. Remember that just because you made a decision to do something does not mean that you can change your mind. For instance, you decide to take a job to make some money. Six months later you decide you want to go to school at a local community college. There is nothing wrong with changing your mind if you have done the proper research and your homework. The only thing is that college costs money and that you need to be serious that you want to go. Another example is that you decide to go to a major university. After a year, you want to go to a smaller school. There is nothing wrong with deciding to go to a smaller school. Again people change their minds all the time and circumstances are always changing. Just because you made a decision last year does not mean you can not change your mind. Knowing this will help reduce the stresses and anxieties of making decisions about your future. Remember that alcohol and substance abuse or any other addictions will not take away your problems and fears. In the short run, they might make you feel better, but in the long run these addictions will only make things worse. Do not let fear and worry get the best of you. If you find yourself getting stressed try to learn some effective techniques in managing your anxieties. Also learn to replace negative thinking with positive thoughts. A lot of times, our worrying can make the problem even worse. All the worrying in the world will not change anything. If you still have trouble managing your anxiety of the future, then talking to a counselor or clergyman can be of great help. There are ways to help manage your fear of life after high school and all it takes is some effort to find those answers.

About the Author

Stan Popovich is the author of, A Layman's Guide to Managing Fear, an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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