Stress is defined as a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.Chest discomfort, high blood pressure, stomach upset, slurred or quick speech, anxious behaviors like fidgeting, back and neck problems, tremors and quivering lips, and regular headaches are some of the indications and symptoms.Regardless of age or grade, a student's capacity to learn, remember, and score strong academic results might be hampered when they are subjected to persistent stress or high-stress levels.The National Sleep Foundation recommends that young people, particularly students, keep a regular sleep pattern and sleep for between 8.5 and 9.25 hours each night, according to Hales and Hales (2016) Poor nutrition and improper eating habits may significantly raise a student's stress levels.Foods heavy in refined carbs, sugar, caffeine, and fat have been linked to increased levels of stress in students.French fries, white bread, processed snack meals, candy bars, doughnuts, energy drinks, and sodas are all stress-inducing foods.They may also be prone to fixate on their shortcomings and failures while overlooking their strengths and achievements.There are also classroom tasks and term papers that must be completed and submitted within deadlines in addition to these homework assignments.Such foods include lean meats, walnuts, whole grains, vegetables, and fruits.Regular physical exercise and relaxation methods such as massage, tai chi, yoga, meditation, and deep breathing are among them.As a result, many feel so pressed that they turn to academic dishonesty, such as cheating on examinations to meet their goals.It's worth noting that excessive stress levels may cause physical ailments in students, which might have a bad impact on their academic performance.When a student feels these symptoms, he or she may lose the desire to perform their best in academic responsibilities such as completing projects or studying for exams.Moreover, the symptoms are hazardous to kids' health, a factor that may negatively impact their academic performance.When a student is stressed, they are more inclined to dwell on the adversity or unpleasant scenario in which they find themselves.They lead to a student's lack of confidence in their talents, which has a detrimental influence on their academic progress since they are unable to perform to their full capacity.As previously stated, excessive stress levels in students may result in physical symptoms, poor management skills, and self-defeating ideas.As a result, parents and teachers should collaborate to ensure that kids do not suffer excessive stress, as it is detrimental to their health and academic performance.Foods that are rich in complex carbs and fiber and low in fat make up a healthy stress-relieving diet.Students may use a variety of stress management tactics to help them cope with their anxiety.Poor sleeping patterns, academic pressure, poor nutrition, and bad eating habits may all cause stress in students.(Oxford Dictionary) The human body's natural response to hardship is stress.Stress is experienced by students owing to a multitude of factors.If teachers and parents learn about and have a strong grasp of typical stressors, they may help kids avoid chronic stress in their life.The three main reasons for students' stress are academic pressure, poor nutrition, and poor sleeping patterns.Teachers assign homework to students as they prepare for standardized examinations, even if they are as young as six years old.The pressure from these tasks, along with students' desire to excel academically, results in stress.Students that do not get sufficient sleep and who don't have good sleeping habits are more likely to be stressed than students who get enough sleep.It contributes to the maintenance of a strong immune system.Many forms of quick, processed, and convenient meals fall under this category.Students may develop self-

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defeating ideas as a result of their high-stress levels. Students who are stressed have significant health and intellectual consequences.

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