



INFLUENCE OF PRESSURE AND PERFECTIONISM ON YOUTH MENTAL HEALTH

What is the difference between healthy motivation for academic excellence and unhealthy perfectionism?

Typically, an unhealthy relationship with academic perfectionism involves creating and striving for unachievable and unrealistic goals, consistently criticizing your abilities, and sacrificing other aspects of your life such as your social life to meet goals. In comparison, a healthy motivation for academic excellence includes expecting excellence in more understandable moderation and setting goals that are realistic for you to reach and that would not impact your mental health negatively.



How can I detach myself from perfectionism to celebrate achievements?

Engaging in perfectionism may lead to you discouraging yourself from celebrating achievements and can lead to further self-criticism. You can detach yourself from this ideology by celebrating what you did accomplish rather than focusing on what you could not accomplish. Additionally, you should view your shortcomings as an opportunity to grow rather than a permanent setback. Even the smallest of victories should be celebrated and in doing so you can better detach yourself from unhealthy behaviors that will impact your mental health.

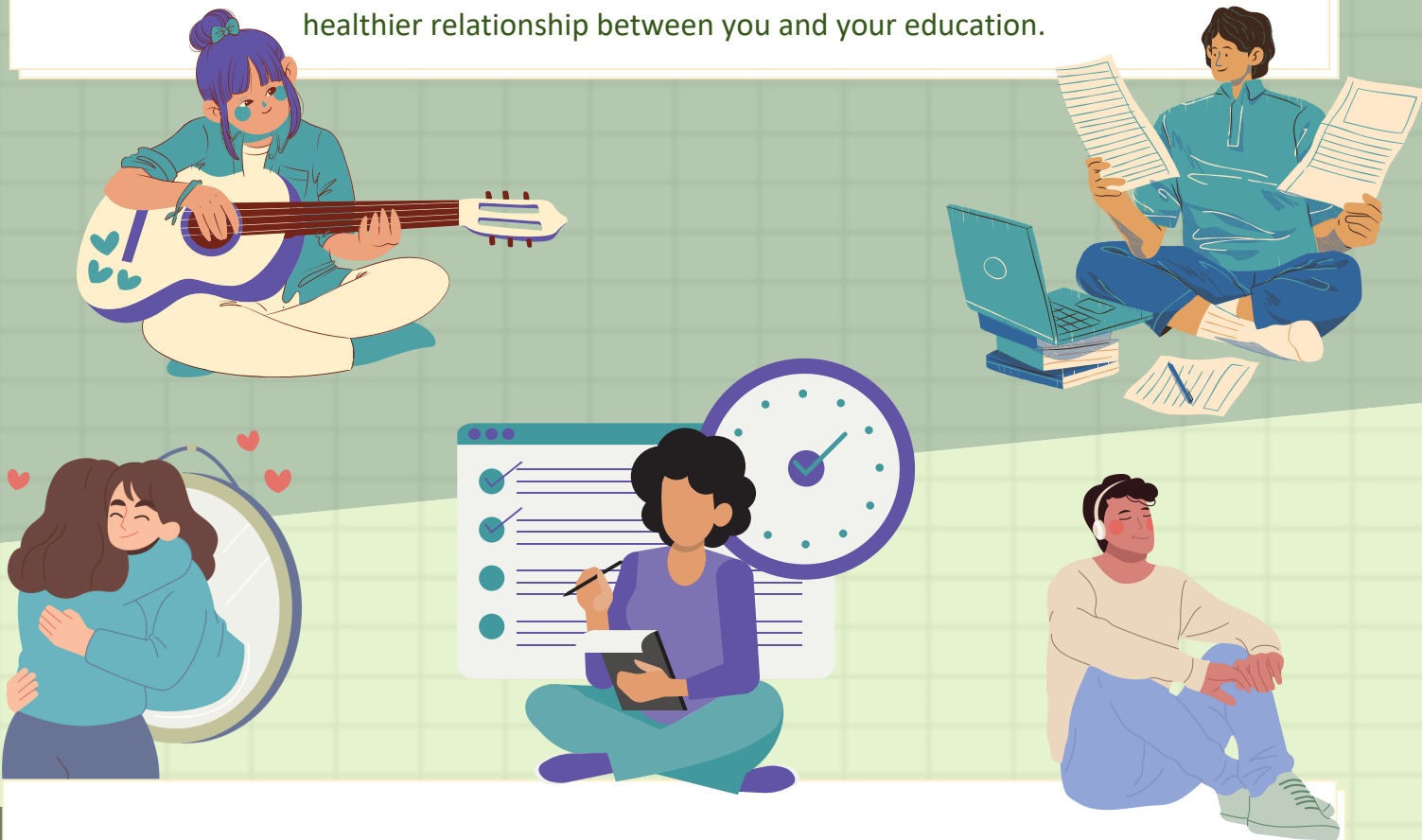
How do I balance my academics and my personal life?

Balancing your personal life and your academics involves setting boundaries about how much you should push yourself to succeed, prioritizing your own personal needs when feeling overwhelmed, and discussing issues with family and friends. Dedicating the proper time for focusing on your education as well as another time to prioritize your personal life is essential to prevent yourself from burnout and issues such as anxiety and depression.



How can I reduce the likelihood of academic stress?

You can reduce the likelihood of academic stress by enacting healthier strategies such as prioritizing selective tasks, organizing breaks, engaging in self-care, and seeking support from others such as family or teachers when needed. Allowing yourself the space to be your own person in the middle of academic stressors is key to alleviating the stress and developing a healthier relationship between you and your education.



What are healthy study habits to protect myself from burnout?

To protect yourself from academic burnout it is important to establish healthy habits to utilize during stressful moments along your journey. You should allow yourself regularly scheduled breaks as well as practice self-care to detach your life from academics when you have free time. Rather than getting caught up about what needs to be done next, you should instead engage in hobbies such as listening to music or playing sports. Additionally, changing the areas where you study could be beneficial to break up the monotony of studying and allow a change of scenery that can be mentally refreshing. It is also integral to take a step back and identify if your studying goals are achievable without sacrificing your mental well-being. If you are uncertain, it may be better to readjust or rethink strategies to protect your mental health. Furthermore, tackling issues with study habits is important to prevent further other issues that could lead to burnout such as procrastination that may lead to a cycle where you stress about the same workload not being finished.