

Student Stress

There are many times of significant change in our lives but leaving home for the first time is an especially important hurdle. The student years are times of oscillating emotions, with contradictions and conflict as well as excitement and exploration. With new freedoms, enthusiasm can easily spill over to excess whether in work, play, sex, drink, or street drugs. Any one of these, if indulged in irresponsibly, can trigger health problems. Sorties into taking street drugs can change lives forever. There are many who can take drugs without ill-effects but there are also those who can not and we do not know who will be badly affected by drugs. It is only in retrospect that the hazards of taking street drugs are evident.

Sexually transmitted diseases (STDs) are some of the risks of casual sex. It is a wise precaution to use a condom, whether it is necessary from the contraceptive point of view or not. If you think you may have been exposed to a STD, ask your GP for a blood test and seek constitutional treatment from a qualified Homeopath.

In addition to relationship issues, students may have money worries or suffer from the high expectations of academic excellence from parents, teachers, and students themselves. High levels of stress can cause lack of concentration and memory weakness. Anxiety over examinations can lead to panic attacks, asthma, insomnia, and complaints such as irritable bowel syndrome. Chronic conditions can become worse and those already suffering from long-term problems, such as eating disorders or asthma, which have been controlled with medication in the past, may find that, with additional stress, control is no longer so effective.

Pressures on students, whether academic or social, can seem unbearable especially for those who are nervous or who lack confidence. Unfortunately, the rate of student suicides is high and still increasing and it is important that the student seeks help before their difficulties become insuperable. Students with problems during their college years should try to identify the changes in their health and seek help to resolve their mental, physical and emotional problems before pathology sets in.

This is where Homeopathy is invaluable. Homeopathic treatment takes into account all the presenting symptoms whether physical, or mental and emotional. Your homeopath will take time to listen to all your symptoms and, with the help of the correctly prescribed remedy, one by one the adverse symptoms may be alleviated.

Homeopathy can help at times when the student's fear of failure is overwhelming. The homeopath will prescribe a remedy to reduce stress levels and help students return to their studies with renewed concentration and interest. People who have taken professional homeopathic treatment usually find that their health and wellbeing is markedly improved. After treatment they are better able to resist infection and have a greater sense of stability and individual purpose in life. These improvements are steps towards real health in adult life.

Useful remedies for students include:

NUX VOMICA - for hangovers; take before going to bed and on rising

ARSENICUM ALBUM - for anxiety with panicky feelings, restlessness and desire for orderliness

PULSATILLA - homesickness and a sense of abandonment.

How do I find a good Homeopath?

To find a good homeopath consult the Register of the Society of Homeopaths. All homeopaths registered with the Society practise in accordance with a Code of Ethics and Practice, hold professional insurance, and have passed stringent academic and clinical assessments before being admitted to the Register.

It is important that you feel happy with the manner and approach of your homeopath. In that way you will be more able to give your homeopath the information needed to prescribe well for you.

This leaflet is by The Society of Homeopaths

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