TEENS: LESSER SLEEP, GREATER ANXIETY

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“Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.”
— Mahatma Gandhi

As we sleep, it’s like falling back to our death, resting our case against all the demands of this world and staying alive while we swallow our small death. And as we wake up to face every demands, we are challenged to be a reborn human with full functionality to begin again. So what happens when we are having a sleep deprivation? And what happens if we have anxiety?

Being a teen is much of a challenge today – they respond on the society’s demand with the fear of being rejected and judged, with the restriction of them being “just a teen”, and with the demand that they should be equipped with such knowledge as likely as an adult knowledge that is gained through bachelor programs and plenty of experience. Some of the teens being rejected, hinders them to succeed due to the fear of being judged and rejected again. The need to belong in their environment with such fear makes them feel like awkwardly not needed and not recognized. Those rejections, judgments and fears that they have may led to sleep deprivation – thinking they were not good enough, they were not allowed to participate and their voices were just a nuisance. The lesser the sleep, the greater the chance to have anxiety, most especially with the teens having no one being in their side to listen.
In today’s generation, most of the teens have voiced out what they think is right, with the proper reference as to what they are fighting for and with the restriction that they will be misunderstood, judged and rejected. With this restrictions, better sleep and being optimistic must be of correlation in order to avoid the greater impact of anxiety.

Lack of sleep might affect how a person experience anxiety. Likewise, having anxiety affects how a person sleeps – he might have a harder time to fall asleep, staying asleep and getting sleep. Losing the battle with anxiety was like losing a part of you – it will never be the same again, it will never be like you from before, it will be harder this time and it will be challenging to regain the self you once lost.

Teens today are more prone of mental health disorders due to the demands of today’s society; but with the proper guidance and attitude – they will be the future’s great leaders and conquerors.

References:

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