

Stress is no stranger to me, I deal with it a lot. Some days I wake up with none, which gives me a sense of optimism about that day that usually doesn't carry with me. Most other days though, I wake up slammed face to face with what feels like a damn near invincible brick wall.

And that brick wall is just what it is—a brick wall.

Brick walls are usually physical walls made of brick, as the name suggests. In my case though, it's a mental barrier that makes any and every goal or task feel impossible to achieve.

That brick wall for me also acts as an almost-physical barrier too: I'll pace back and forth for 20-30 minutes, excessively comb my hair until my arms are sore and my head hurts, or I'll just sit down and feel completely restrained and blocked from doing whatever it is I need to get done.

The material the brick wall is made of is incredibly resilient and weighs quite a bit, as it is essentially just a pile of stress after all. The weight of each additional brick compounds more and more onto me until it feels like I can't take much more.

So whenever the right imbalance happens at just the right time, I start to break.

For me, breaking consists of a sudden and often brief fit of rage that quickly morphs into an episode of guilt and sadness. The bricks of stress though fill into the cracks created by that break, and while I may snap out of it, the bricks feel much more cemented down into me.

As a result, my grades start going down, I start sleeping less, and I start neglecting my health.

When I do manage to muster up the strength to break through some of those bricks, it's the most rewarding thing to me. I finally have a moment of relaxation and of clarity, I finally think to myself 'I got this'.

That moment of clarity usually lasts until the next class whenever I'll get assigned something new, and then the whole cycle just rinses and repeats.

I'm not alone with the brick wall in my mind at all, and neither is anyone else. Some people have bigger brick walls than I do, some have fairly smaller ones, and others are able to break through them no matter how much stands in their way.

That brick wall, though, is still what it is: stress. Stress isn't something that should be taken lightly or just shrugged on, it's something that drags people down, especially students like myself.

At this moment I'm currently sitting with a large assignment due in two days that I haven't started, another assignment that was due last night I wasn't able to get done, and an uncertain band concert to prepare for in around 2 weeks, and it feels pretty hard right now.

Even though my brick wall right now is very strong, and I feel like just giving up, that brick wall is just what it is—a brick wall.

And brick walls aren't invincible.