

Stress Everywhere

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No matter where you are in the world, you will be under pressure and stress. For example, there is no way somebody can change the weather. However, when it's cold and you don't have anything warm to wear, you are under pressure and stress. You can be the richest man or woman in the world and you will always encounter stress and pressure because pressure comes in so many different forms.

Here in New York, the emotional stress and pressure that I am under in my neighborhood is really tragic. Young male immigrants like me are usually afraid to go play in the park because children and teenagers make fun of us for the way we speak and dress.

My mother is also under stress. My dad is dead and she has to do everything by herself. She has three little children to take care of. She usually has to wake up early in the morning, make breakfast for them, bring them to school, and get herself to work. Late at night when she comes home from work, she has to cook dinner for them. Sometimes she will sit down and cry. The worst part is that there is nothing I can actually do about it because I have my own problems with school and work and paying my own bills.

When I was growing up in Haiti, I didn't really face a lot of pressure or stress. The only pressure I would be up against would occur at the end of the semester, when my parents would expect me to pass all my classes. If I didn't, I would be

grounded for three or four weeks. But I also noticed that there were some parts of the country where people were under a lot of stress from the government. Most of them were fugitives who had left their homes because they had said something against the government. Some of them got caught and were then executed.

I think poverty is the worst source of emotional stress. I have seen a lot of people go off the wall because of poverty.

Whoever you are or whatever the cause of the stress, a person needs to find somebody to talk to who can help him work out his problems, because there are very few positive effects of deep emotional stress.

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