

Intro

Hello everyone, I hope you guys are taking care of yourselves mentally. My name is Angel Padilla, it's nice to meet you all, and welcome to my film project. In this film project, we will be discussing the topic as to why student mental health is essential in this current educational transition that I'm in. Being that I am a rising Senior and my major is Emerging Media Technology, I figured I incorporate my passions in creatively expressing myself, whilst incorporating an altruistic message. So the whole topic of this film is going to be a PSA essentially as to why you, along with so many other people on this planet, aren't alone in the adversity that they face.

Considering that I myself am a rising Senior in the New York City College of Technology, I think breaking down stress in a multitude of ways can help foster healthy discussion. And I figured that incorporating my own perspectives as to how I can handle stress can ultimately make for an emphasizing argument.

Body 1

So to start off, considering that I was a freshman around 2020 when the pandemic started. My stress did occur simply based on the anxiety that I had when trying to meet up with the expectations that a student at college should have. So for example, turning in assignments on time, wanting to get a good grade, or always being attentive in class. All of these things have resulted in horribly sleep patterns, anxiety, and fear of missing out which then led to a lot of stress in my life. And I want to platform these thoughts because I believe that so many other college students have gone through the same adversity that I have too.

And I think it's important to platform these thoughts and discuss them because being a part of the class of 2024, I think I can speak for everyone where the transition of going from online to in person was relatively challenging.

Now granted, networking does exist and I have created several WhatsApp chats throughout my four years here by essentially asking people for their contact information. That was relatively an easy thing to do on Zoom or Collaborate Ultra chats whenever a Professor would say "hey we have a group project to do, please exchange contact information so it can be easier." But I speak along with so many of my other students in the class of 2023 when I say that I feel like we all relatively carry that feeling of being lonely and having anxiety in a way. Because I've talked to some of the friends that I have created, and we all reflected on our thoughts regarding the pandemic and our adversity.

And some of the conversations that I've even had with my friends, they've often said that a lot of their stress has stemmed from that event. That stress was then carried into campus and even they were struggling with how to adapt. After discovering that from my friends, I found that fascinating and comforting because I didn't think I was alone in what I was facing. I think it's very important to platform those thoughts for that reason.

And that made me feel a lot better you know? Because once I started to open up about my own adversity as a college student, it made me alleviate all of these insecurities that I've had about wanting to meet a lot of these unrealistic expectations.

And that made me feel a lot better you know? Because the more I started to open up about my own adversities as a college student, the more of my insecurities of wanting to meet these false expectations as a perfect student. Because realistically, nobody is even perfect. So to feel more alive and to feel more in tune post pandemic, it made for a healthy, engaging, and overall fun college experience for me at my final two years here as a Junior transitioning into a rising Senior.

And I wanted to further reiterate this claim before breaking down my solutions of what I think are great destressing methods for me personally. I just wanted to take a moment to say that as long as you keep telling yourself positive things, that reality that you want is something that you will eventually achieve as long as you incorporate persistence.

And with that being said I would love to break down my own personal solutions of what I often do in order to destress, and I hope that these solutions can be able to help you out in whatever adversity you may be facing.

Body 2

So the first solution that I would definitely tell you guys to do is to collect things you're passionate about in a physical medium. For example, it's always going to be music and I love to collect vinyls. Music has always been a passion of mine. Considering that that's my concentration in Emerging Media Technology, I've always loved the idea of wanting to know the fabrication of a song and how it can be created.

So speaking of the concept of collecting music and listening to music, one of my favorite genres of music happens to be ambient music or meditative music. What I liked to do is go on Spotify and search up a page known as Miracle Tones. Miracle Tones essentially deals with different frequencies that can help put you at a calm and meditative state. I can definitely say that it has helped me throughout my four years at City Tech.

So what I usually like to do for example is play a song from the page, and I liked to do a slow breathing exercise. I inhale through the nose and exhale through the mouth, and usually repeating that cycle 5 times or maybe even 10 times has given my mind a lot of clarity.

Body 3

So now that we're on the topic as to how physical media can essentially help you, I also wanted to talk about literature. That's always been another passion of mine because writing has always

been a really powerful art form and it's caused me to balance my thoughts in a more creative and efficient way.

So for example, what I usually like to do is take a pen and a notepad for anybody that's passionate about writing as I am, and I like to write some of my thoughts out whenever I'm having a stressful day. I write my thoughts on a piece of paper in a notebook, read it out loud, rip the page out the notebook, and then crumple it in a ball and throw it away.

Furthermore, I just wanted to mainly emphasize the fact that writing has always been a great tool for me in order to cultivate an idea through something that's known as the creative process. This is for sure a prevalent thing for people who are in my Entertainment Technology field. What I usually like to do in the midst of a creative process is if I ever have an idea and if it's overlapped by way too many ideas, writing has essentially been a great tool to organize those thoughts.

For instance, there was one time where I was doing a coding project and being that that's not necessarily my strong suit, a lot of positive comments that were written by students was something that I mainly kept throughout my day. Moreover, I would often look at those comments again and reassure myself that I'm on the right track, my pacing is good, and my idea will eventually turn out great.

I think a great thing for professors and educators alike to do is to essentially cultivate an environment where different students can compliment each other based on the creative process. This is great mainly because it reassures students that everything is going to be fine. So when I used to read those comments, it would make me stop overthinking, and I carried that same type of concept of giving a compliment as a way to further relax my peers. Whenever that would put too much stress on themselves, I would always do the same thing that others have done for me and I would basically hype them up.

I also wanted to further elaborate how physical media has helped my life such as collecting vinyls as aforementioned. I like to collect books just as much as I like to collect vinyls. One of my favorite books I've ever read in my life is RJ Palacio's Wonder which revitalizes themes of an academic environment. It's about a protagonist who is perceived as different and the messages behind the story has always resonated with me a lot.

So overall, I really think that writing and literature and finding different forms of creative escapism can be a great destressing method. And I most importantly love seeing people open up as to what they're favorite pieces of art are. It ultimately created really fun conversations at City Tech and it overall made the experience a lot better.

Body 4

So now that we have broken down several solutions as to how destressing can potentially help you, I will now break down my personal favorite solution which is going out for walks.

So since I live in Lower Manhattan, what I usually like to do during warm weather is to go out for walks at least a half an hour (to an hour, and sometimes even two hours) and I like to go explore the sights around the city.

Conclusion

So to wrap up this video, I just want to take a moment to say that it is ok to not be ok, because you and the viewer are going through what millions around the world are going through. I hope that this video can not only provide a safe space for you guys out there who are struggling with stress, but I am confident enough to say that this film project can be able to foster better mental health discussion. Because I believe that my voice is my currency and I believe that your voice is your currency, and together we could very much acknowledge this adversity that has constantly been overshadowed for so long.