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1. How does stress affect overall academic performance, and how can students overcome it without turning to substance abuse?

Stress can affect the academic performance, so reducing the memory and also the concentration and this can lead to low grades and procrastination. It can have an impact on physical health, headaches, sleep problems and also mental health, causing anxiety, mood swings, lack of motivation and also at a behavioural level, a student with lots of stress might end up not meeting friends or having more arguments and not following what the parents are saying and can also lead to some unhealthy habits.

Do student's needs a little bit of stress for motivation?

So, a small amount of stress is good because that can motivate the students but the chronic, long-lasting stress can really have a bad impact on the quality of the studies, health and health, mental health and relationship.

What are the ways to manage chronic stress and what activities are to be avoided and what activities are to be encouraged?

So, the solution can be to learn how to manage time, so how to plan, how to take breaks and then avoid unhealthy habits like being too much too long on the screen or on social media, sleep like eight, nine hours per night, exercise, it's very important especially for mental health, regular exercising regularly and also following a balanced diet, avoiding junk food and sugar and the student can introduce practice like meditation and breathing exercises, having a hobby can also be a good distraction, healthy distraction and obviously talking to friends and family if and when the student feels overwhelmed or finding it too difficult to carry on in his studies or in, you know, like everyday kind of challenges and opening up, also to a psychologist or a school counsellor. Yes, I think that stress, it's okay when it's in a small, you know, if it's a small amount of stress can push to perform better but we need to be very careful because sometimes the student doesn't know and the stress can become too much and can actually have the opposite effect.

What can be the role of the parents in this?

So, important for the parents also to monitor, parents and teachers to monitor how the student is doing.

2. What lifestyle changes affect mood?

Lifestyle affecting the mood can be sleeping, sleeping less than seven, eight, nine, nine hours, and diet, skipping meals, especially while people are, you know, for young people, eating too much sugar is not good junk food, even having caffeine or energy drinks. So it needs to be a balanced diet. Physical activity, obviously, is very important, as I said before, for mental health.

Can you give an example how lifestyle changes affects you?

I can give my own example, being a therapist for me, it's very important, I exercise almost every day, because it makes me feel very good. Basically, it has an impact on your mood. Going out, being exposed to the sunlight, it helps with the vitamin D and serotonin, and reducing the screen time and how much time somebody's spending on social media, scrolling, especially at night, because that's when our brain should shut down to help us to sleep.

You have moved to Delhi, how could this affect some people?

And not having a social network, you know, the isolation and loneliness, which can have an impact on our mood and the use of substances like intoxication, alcohol, drug, that is not obviously good for our wellbeing. And also working too much or not having enough fun time that can, you know, these are all lifestyle which can have an impact on our life, on our wellbeing. And so it's better to keep this in check.

3. ADHD seems more prevalent than before (even outside clinical diagnosis) — how can it be managed through behaviour and routine?

Concentration, alertness and resistance to distraction. As I was saying before, you know, in terms of the good life habits that we should implement every day, like I said, the sleeping, exercise, exposure to sunlight, limiting the time to screen and that already put us in a place where you can be more able to concentrate and not so prone to distraction. So eliminate what are the not good lifestyle habits and implement, yes, sleeping seven, nine hours and removing the distractions, like on the phone, maybe putting on silence the notification or

putting the phone away and giving intervals when we are working, you know, so that we can take breaks and then come back and being able to focus again.

What are the ways to reduce the affects of ADHD?

And also, yes, not multitask, but concentrate on a single task, starting maybe for 10, 15 minutes and then gradually increasing it. So it's basically like training yourself, training to develop new habits is not going to happen overnight. And this is also a process which have setbacks.

So it can be that when you train yourself to implement these good practices, you might one day go back. But that doesn't mean that you are actually going back. It means that you are facing a setback and from there you can start and build again.

So basically is not a straight line, the progress, yes, to develop concentration and alertness.

4. How can concentration, alertness, and resistance to distraction be built?

Schools can teach students to control impulses through some practical skills, like, for instance, pause, think of a strategy so that you'll give a, you know, a time between what the person wants to do and the action. So stop. Pause and think about a strategy.

Then the school can teach emotional regulation. So how to recognize the emotions, how to name them, how to be able to recognize where we feel it in our body and learn that emotions. Are anyways there and they have a peak and then they will leave our body.

So we are not supposed to be stuck in an emotion. The more we relax through an emotion, the more quicker the emotion will go. And also the school could teach problem solving.

So the students should learn to ask themselves. What is a pen? What are the choices? What can happen next? What are the consequences of certain behaviour? And obviously, this can be done when the student learn to pause. So that comes first, learn to pause.

And then what can I do? This is the situation, given the situation, what can I do? And Sorry, I have routines, routines where, you know, the student knows what is going to happen and what are the consequences of a certain behaviour. The school can also put in place role play. So practicing certain situation where the student can learn how to argue, how to react to criticism, how to handle difficult situation and also teach communication.

Yes, healthy communication. So teach the students not to attack the other person by saying, I feel this is what I feel so that the person can actually express himself or herself without sounding like he's attacking the other person. So talk about their own feelings and that can be done, you know, when the school can teach communication and I think also an important

role is the role of the parents, the parents, apart from doing, you know, some of the things that I just mentioned, maybe lead by example.

Because I think lots of adults also are impulsive. Nobody can call them out because they don't have a parent on top of them. But, you know, adults are also more skills.

They have more Tools to be able to actually rectify their own behaviour. And if they are not able, how can they expect children to be able to do it.

5. Is AI affecting our motivation?

Yes, and it can be seen in a positive manner, like it's easier to have some explanation immediately, if you have a curiosity, if you have a question, you will get an answer. The important bit is that AI can hallucinate, so also be very careful not to rely too much, because it's not that whatever AI says is actually and always true. But for certain things, it's, you know, you can have a quick answer and then you double check and, or it can give, you know, the initial opening to, if you need to research about something, AI can help with the starting point.

And it can be helpful when you want to do some brainstorming, having someone who can think with you or challenge your thinking, and also can be used for the repetitive task, so that the person has more time to do the creative work. But obviously, as I said, there is also the negative aspect of it. That means that if you ask AI to do the thinking and the writing for you, that means that you will put less effort, you struggle less, and then you also learn less.

What is the effect of AI on a student's confidence?

It can lower the confidence, because how can you be confident in your own abilities if you're not the one doing the work? Less satisfaction, because it's less rewarding, you have not done the work. So yes, it's good, the work is done, but you've not learned much. And it can also reduce the memory, the ability of doing critical thinking, problem solving.

So especially for young people who has not developed all this yet, it can actually be, it can actually get in the way of them learning. So AI should be used as a coach, or, you know, somebody who's helping you to think and to learn, but not to do the work for you.

6. Is AI affecting our concentration and ability to focus on a task?

Yes, because instead of doing your own thinking, you take a shortcut, you'll have a quick answer, but you're not actually into the task, you're not absorbing what you're doing. So

you're just looking for some quick result, and also can create dependency, so that you will always need assistance, and reduce the ability of reading, writing, remembering things, because you're not doing it, you're actually delegating your work. And sometimes then if you're not used to do the work, you will feel much easier frustrated when you need to get some results, because obviously, if you do it yourself, it's going to take longer than the quick answer you can get from AI.

What strategy would you suggest to work with AI?

And so it will be good to work independently, or to try to do the work, and then maybe check with AI about, you know, getting some feedback about the work that you have done, or, you know, also trying to give yourself answers. Or if AI is helping you with the answer, then try to and use your own memory, your own ability to explain the task, so that you are part of it, you're not, as I said earlier, delegating to somebody to do the work.

7. Is AI affecting human connections?

Yes, because we can see now there are people already asking many questions to AI more than asking to professionals or friends or family. I see also some of my clients do that and they actually then tell me they come with whatever AI has already told them. And if you interact with AI, obviously, you don't have to listen.

Would AI affect the ability to listen and communicate with other people?

Okay, and active listening is an important ability and skill, which can help us in relationship. So we're not practicing that by using AI as, you know, somebody to interact with. And then, because we have immediate answers to our in our conversation with AI, then it can be that the everyday conversation with people can look slower, and maybe also less rewarding because we don't have a friend who has all this knowledge.

And so there are people who have become dependent on AI. It has not happened to any of my clients yet. But I have read and seen online situation where people are in a relationship with an AI agent.

Are our everyday skills getting affected by AI?

And that obviously doesn't teach much in terms of how to negotiate, how to solve problems, how to communicate, because AI is anyways in a down position. It always, when answering questions or when challenge, is always taking the down position. It's not confrontational.

And that doesn't allow the person to experience lots of, how do I say, difficulties that you actually encounter in a relationship. And yes, I think this is it.