

## Problem – Solution Essay by Ula Vyskupainytė

In this essay, I'm talking about these days problems. I am the kind of person who doesn't really care about politics and that kind of stuff. I am interested in mental problems and problems that include psychology.



My age is really complicated. When we are teens it is very hard to handle all the emotions and pleasure, we have very big mood swings and sometimes bad thoughts about life. These are three problems I see most often in teens.



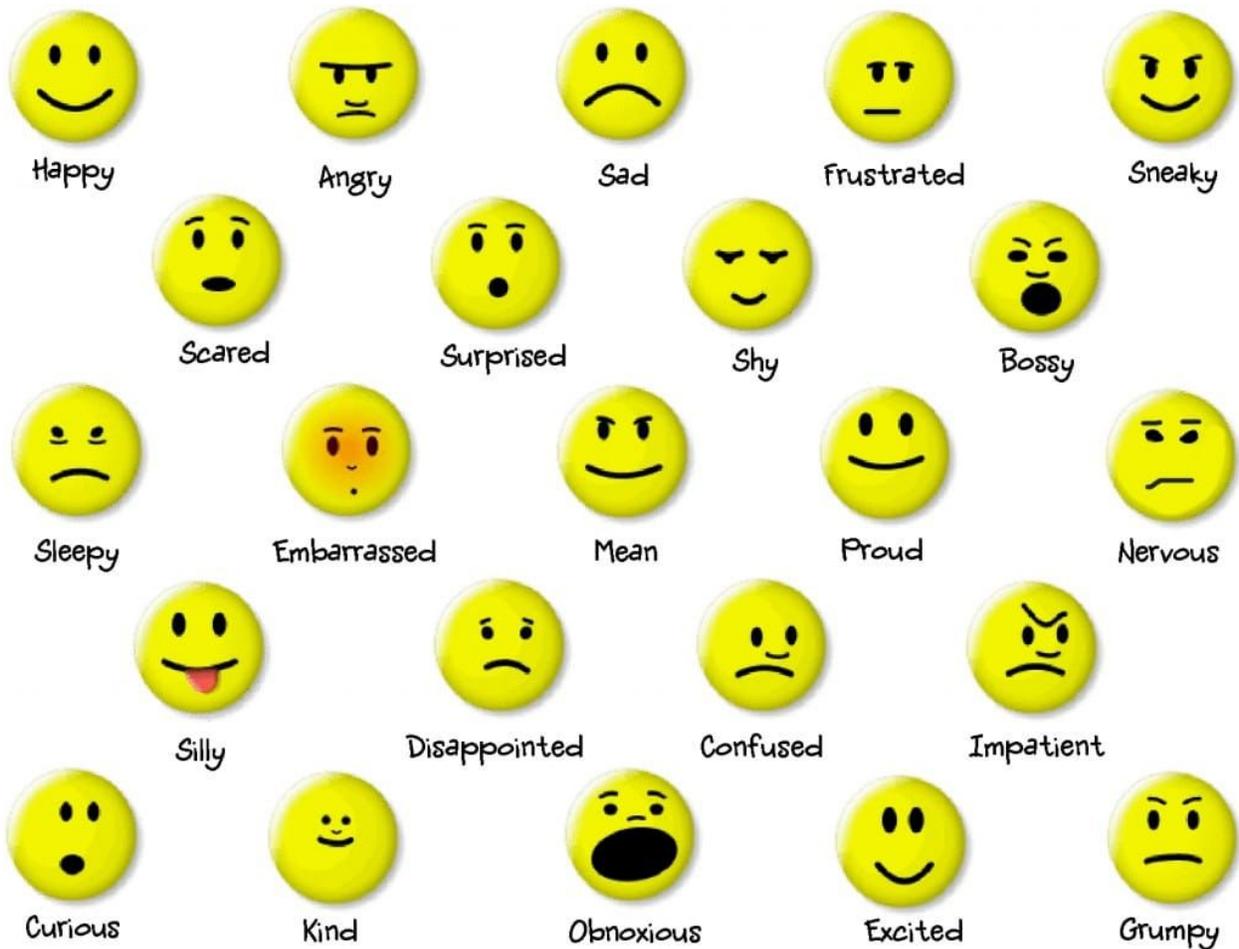
### **Not having an ability to be with yourself**

There are a lot of teens who are completely extraverts. In my opinion, there's is nothing wrong about being an extravert but people have to be able to

understand that being with yourself is one of the most important things. When you can be with yourself, without social media, you learn a lot of things about yourself. And knowing yourself, who you really are is very important when you are teen. Of course, it's the time you have to discover and learn new things, but knowing who you truly are at least temporarily is very important.

### Overreacting emotions

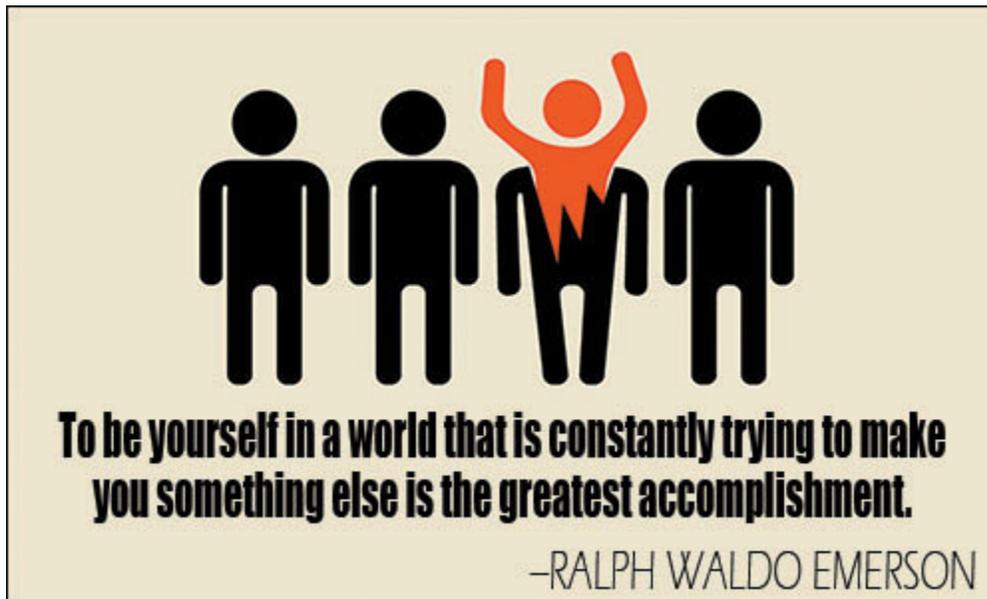
Teens these days have a very big problem with not controlling their emotions. One of the most often things I hear is that they have "depression". And the worst thing about it is that they think that it's cool to have "depression". Teens don't understand that being sad or lonely or angry is not the same as being depressed.



### Cliché

Cliché (a phrase or opinion that is overused and betrays a lack of original thought. one of the most important in a teen's life is to be recognized and to adapt to

another. And this problem makes teens a life that is not original at all. They buy things that are popular, they do things that everybody does, just to be recognized. Teens often have issues about truly 100% being themselves and that is a very big problem because everybody is different and kids these days have to understand that.



To make these problems not that complicated I would provide teens with more lessons about ethics and being nice to each other. To limit teens being on social media

and spend more time on working with themselves discovering what they can and cannot do would be a solution as well.