

Dear Diary,

09/16

Today has been terrible. I failed a physics test. I've never gotten below a 90 on any test before this one. I haven't told my parents. I know they'll be furious.

12/04

I don't know how to handle it all. All the schoolwork and extracurriculars- it's too much. My grades are at an all-time low and I'm always sleep-deprived. I never have time to do anything that I enjoy. When we got our tests back today, I was the only person to get below an 80. On top of that, my parents keep tossing chores over my head. I'm too nervous to tell them anything.

12/17

When I got home today, my parents noticed my dull look and asked if everything was fine. I tried to say the response that always met their ears before- "Yeah, just tired" - but this day I couldn't bring it out. I felt a tear roll down my face. Before I knew it, I was bawling.

1/3

My parents arranged me to meet with a therapist. It felt strange. There was no judgement in her eyes. I felt for the first time all year that I could be open with someone.

3/1

I did badly on a math test today. I was upset but my parents reassured me. They suggested that I go on a walk, and do activities I enjoy. I complied. As my therapist said, burnout happens when you avoid being human for too long.