

HIGH ON LIFE

What is it like to truly feel alive? It is to live in a constant state of awareness and wonder - where one continuously encounters fresh experiences and simply, marvels at the beauty around them. That is what it should be like to live and be in love with life.

Instead, we spend a substantial amount of our youthful days with heads buried in school work. With the increasing stress and mounting expectations, sometimes we just hope to escape from the mundane reality. Most of us would turn to the movies or the arcade games. Some of us join parties or head to clubs where we bob our heads in unison to the dance music.

There is nothing wrong in attending parties or music/dance festivals to let your hair down so long as you are of a legal age and you party safely, sensibly and responsibly. Do not let your night of fun turn into a nightmare with drugs, or it may well become your last night of party; just like what happened to the 6 partygoers who attended the Future Music Festival Asia in Kuala Lumpur in March 2014.

In Singapore, Heroin and Methamphetamine are most commonly abused, followed by Cannabis. It is not clear what the 6 youths who died from drug overdose during the Future Music Festival Asia had consumed, but regardless, all drugs are dangerous and harmful.

Since drugs are illegal and expensive, you might wonder why some people are abusing them and taking it as alternative means of recreation. To a large extent, the pop culture and the media are guilty of promoting and misleading people with messages and images that tend to suggest that drugs are 'cool'. What is often not shown is the repulsive and unglamorous side of drug abuse. As someone who has a lot to live for, do not ever be tempted by drugs.

There are many ways to live high without having to resort to drugs. Engage in activities that enrich your life and make you feel better.

Time to get high on life - without drugs.



SEE THE WORLD

Tell your parents that it is time for a holiday! Travelling is one of the best ways to feel alive. It's a big, big world. Get out there, expand your horizons and live new experiences.



GET THAT ADRENALINE PUMPING

Find your favourite outdoor sport and work it out. Physical exercise causes your brain to release pleasure-inducing endorphins into your body, allowing you to feel good and temporarily cast your worries aside.



FAMILY BONDING

Spend time bonding with your family and loved ones, for they are one of the closest support networks you will ever get in life. Share your worries and grievances with them. You might just feel enlightened by listening to them and their life experiences!