

## Letter of advice

Dear Sam,

I know you are going through a hard time. I understand your problems and difficulties.

In the letter, you said that you have been stressed out due to being completely snowed under homework and revision. If you want to stop feeling stressed all the time, I suggest you practice self-care regularly. For example, going for a walk outside, doing yoga, reading a book or spending time on hobbies.

Secondly, you have the problem with homework and revision. If you want to get better academic results, you may take the following tips: practise good time management. Make a timetable to plot your work. List important dates, due dates and exam dates. Time management is the key to avoiding homework stress. Ask teachers and classmates for help when you have any problems about your exams and homework. Every day after school or at least every couple of days, refresh your memory regularly. Go over what you have learnt from previous lessons. It will help you remember the syllabus better. Also, you should avoid procrastination.

Lastly, have a good night sleep. Take time to relax and clear your mind, stick to a sleeping schedule and try listening to soothing music. If I were you, I wouldn't take sleeping pills for, as you said, you could get addicted.

Hopefully things will get better soon. I'll always support you!

Cheers

Mrs Tam