

By Tamang Sejal, 3B (20)

Letter of advice

Dear Sam,

I understand you are in a difficult situation. I know you are going through a hard time. I am sorry to hear that you have some problems with the new school term. Here are some of my advice.

In the letter, you said that you have been stressed out due to being completely snowed under homework and revision. If I were you, I would make a timetable that allows me to finish my homework and also enjoy my free time. Make it a habit to follow the timetable. After you get used to it, you will be able to go out to see a film with your friends at the weekends. You will soon be able to see the light at the end of the tunnel.

Secondly, you said that you have been sleeping badly because of your studies. If I were you, I would listen to soft music while studying, so I could stay calm. After studying, you should leave the soft music on so you can fall asleep without worries. It is because soft music can calm people down. If you continue to wake up at midnight, you can take long deep breaths and try to go back to sleep. Deep breathing is a great way to relieve stress. In order to stay calm and collected, you should start focusing on having enough sleep because sleeping is very essential. I think you should try my advice instead of taking sleeping pills. You could get addicted and it will take its toll on your health.

Hope my ideas and advice will help you fix your problems. Always feel free to write back to me, I will always support you.

Cheers,

Mrs Tam