

3B (21) TAMANG SOMYA

Letter of Advice

Dear Sam,

After reading your letter, I feel sorry to hear that you are going through a rough patch in the starting of your third year. I hope I can help you by giving you some of my methods that could be helpful.

In the letter, you said that you are snowed under homework and revisions and have been sleeping very badly. You should ask your teachers for help if you're having trouble with your homework and revision. If I were you, I would take a nap whenever I had a break, so that I would have enough energy for the whole day. I also advise you to take a back seat and relax. Maybe you can try doing meditation.

Secondly, you wrote that you didn't dare to waste your time to eat a proper dinner because of the lack of time and couldn't go out eat with your friends. Even if you can't have a proper dinner, always remember to eat something. If I were you, I would make a schedule. It's a good way to manage your time. You ought to try it! If you do, you can spend time with your friends, relax, eat a proper dinner and sleep properly more frequently. Ever heard of the saying "Every cloud has a silver lining?" It means every difficult situation has a hopeful aspect. Don't worry! A lot of teenagers are facing the same problems that you're going through.

Hope this helps! Feel free to write a letter to me again. I will always support and help you. Believe in yourself!

Cheers,

Chris