

3B (15) RAI PRATIGYA

Letter of Advice

Dear Sam,

I know you are going through a hard time right now. I understand how it's like to be stressed about school while managing other parts of your life. It's overwhelming.

You mentioned in the letter that you have been having trouble with sleeping. I had trouble sleeping in the past too. I can give you some suggestions on improving your sleep. If I were you, I would set an alarm on my phone. Another thing that is important for a good sleep is a healthy diet; the food you eat can affect your sleeping quality. If things don't improve, I do recommend taking sleeping pills as a last resort. I know these suggestions seem difficult to adjust to at first, but you will slowly get used to it the more you do it. Take small steps first.

You have also mentioned that you've been stressed about too much school work. This is a very common problem among students. I have also gone through this problem before. If I were you, I would make checklists and do one task at a time. You should remember to take breaks when needed. It's important to take a back seat sometimes. Also, don't let bad grades discourage you from trying to improve. Don't give up!

I hope you find these tips helpful. Remember to always look at the bright side of life!

Best Regards,

Chris