

This is part of an email from Alex, an English friend of yours:

*Please help me !*

*I'm finding life really stressful at the moment .  
Schoolwork , friends, family - everything is  
stressing me out.*

*Have you got any advice?*



Write back to Alex. In your **email (about 200 words)** you should

- describe a time when you felt really stressed
- say what you did to make things less stressful
- offer Alex some advice

**Room for corrections**

