Coping With Stress

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