

### **A Letter of Advice**

Dear Sam,

Thanks for your letter. It seems like you're in a very difficult situation. I'm very sorry to hear about your problems and I hope I can give you some advice to offer help to you.

First of all, you mentioned that you feel stressed because of huge amount of homework and revision. I understand your feelings. If I were you, I would feel frustrated, too. I suggest you tell teachers the details of your situation and ask them to give you some help or advice to solve the problem. Besides seeking help, you should also change your living habits, which are rather unhealthy. For example, you always go to bed late. You must not keep such habit anymore. It definitely ruins both your physical and mental health. Without sufficient sleep or rest, you cannot concentrate on your lessons or pay attention to teachers' explanation. No doubt, your academic results will be adversely affected.

In your letter, you also mentioned that your quality of sleep was bad as you kept waking up frequently in the middle of the night and having nightmares. You asked me if you should take sleeping pills. My answer is – absolutely NOT! Taking sleeping pills is never a solution to ease sleeping problems. Also, taking sleeping pills without doctor's advice or instructions is very dangerous! Instead, you'd better listen to some relaxing music or drink some hot milk before sleeping. I'm sure if you give yourself an appropriate amount of work and release your stress in a proper way, you'll be able to stay strong and healthy. Leading a healthy lifestyle is a key to success.

I hope my advice could help. Please let me know how you get on.

Best wishes,

Chris Wong

Trainee Peer Counsellor