

Dear Sam,

Thanks so much for your letter. I'm sorry to hear your problems. I understand that you're currently feeling stressed, and I hope I can offer some advice that will help you.

In your letter, you mentioned that you feel stressed recently because you have been snowed under with homework and revision. If I were you, I would feel stressed too. I've been in a situation very similar to yours. So let me share with you something I learnt from my experience. To make better use of time, I suggest that you could set a timetable. We only have 24 hours a day but there are many things and responsibilities we need to complete. So, we should set a timetable to plan our time. Scheduling time in advance can help us complete the work methodically and avoid us from doing something which is unimportant. With better time management, I believe you can set aside some leisure time to do something you enjoy, for example, going out with your friends or having meals properly.

Another problem you're facing is insomnia. You need to relax and try not to think about your studies. For example, do other things to distract yourself from your studies, like reading books, drawing and painting before you sleep. Don't worry, there's light at the end of every tunnel. Things will work out fine. As a suggestion, you shouldn't watch electronic equipment before sleeping because they will reduce the quality of sleeping with the strong light from the devices. You also asked me if you should try taking sleeping pills. If I were you, I would definitely not try this. Taking sleeping pills will bring many negative impacts on our health. So, my advice is that you need to calm down because you are so obsessed with studying. Instead, listen to some lullaby or parlour music before you sleep. Soft music can help us wind down.

I hope that my advice helps. Feel free to write to me again if you need more help. Let me know how you get on.

Good luck,

Yannis

Peer Counsellor