

This is part of an email from Martin, an English-speaking friend of yours:

Help ! I'm finding life really stressful at the moment. Schoolwork, friends, family – everything is stressing me out! Do you have any tips ??

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

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

Room for corrections

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