**话题：人与自我《健康与生活》Reading(1)课后作业**

You have received a letter from your friend, who is preparing for the final exam of this term. He is facing some problems. You are asked to give some advice.

Write a letter of advice to your friend and offer some practical advice based on your own experiences.

Dear Li Hua,

Recently, I have heavy pressure in preparing for the final exam, and now I feel anxious and don’t know how to do. Can you give me some suggestions?   
 Looking forward to your reply.

Yours,

Li Hua