**话题：人与自我《健康与生活》Reading(1)课后作业答案**

Dear Chris,

I'm sorry to hear that you have a great deal of stress in preparing for the final exam. Anyone in your situation would suffer a certain amount of stress, you'd better take it easy. I have the similar experience to yours, but with the help of my teacher I succeed in relieving my pressure. Here I will share it with you.

I don’t know what makes you have so much pressure. It is reported that students’ stress is mainly due to three aspects. The first one is that some teachers have a high demand for students. Another one is that they fear that their parents compare them with other children. The most important one is that they have a high expectation for themselves, and they fear that they may not do as well as their classmates. My heavy pressure comes from all these aspects, what about yours?

Studying under a little pressure may keep us motivated, but too much pressure does harm to us. It can lead to mental problems or disorders. For example, heavy pressure has bad effects on our sleep，appetite，or even memory. Once I faced an important exam, because I had too heavy pressure, I couldn’t sleep at night, which led to I couldn’t concentrate myself on reviewing. Finally, I didn’t perform as well as I did when I was not under pressure.

Afterwards, my teacher talked with me about my problem, and gave me some advice. Firstly, she told me that I’d better have a right attitude towards it. Don’t concern too much about the results. I should leave all my fears behind, free my mind before study and believe in myself. Secondly, she advised me to prepare a timetable, which should include all the subjects, but tough subjects should be given more time while easier ones less, and some time should be spared for entertainment and there should be enough break time between each subject. Lastly, she suggested that I should do something which can take one’s mind off the stress, such as, talking to your friends, listening to music, doing exercise, etc. All of these can make us more relaxed．Eventually, I overcame myself and succeed.

I do hope these suggestions can also help you. I believe it will all work out. Cheer up! Let me know if I can help further．

Yours,

Li Hua