

# Calm Down, My Dear Friend

4D Wesley Lam

Dear Kelly,

Thank you for your letter. I know that you have suffered stress from school work and your family. Luckily, your problem has not yet reached an acute level. Counting on all this I will give you three solutions.

First of all, you should try to calm yourself down when you encounter a dispute or conflict. Panic is the mother of pressure. Being calm will guide you through everything in a more simple way.

Secondly, try not to be so offensive. The challenging remarks make your friends stay away from you. Be more liberal and you will have your own circle of friends.

Lastly, do not negotiate with your parents. Sit down and make a little family conversation is what I would suggest you to do. Try to accept their ideas. It is one of the many best ways to ease the tension between you and your family.

As I have mentioned before, you are not in serious trouble. If you can manage this well, you can end this in no time. Have faith and confidence in yourself and always think positively.

Regards,

Chris Wong

Teacher's Feedback : Indeed, I am very much impressed by the English Language you try to explore. You have tried to use a very new style of English to express your thoughts. (Miss Ruth Wong)

Food For Thought : Family dispute sare often very hard to be resolved. How can young people change their attitude and view towards their own family within a short period of time?

Subject .....

Class .....

Session .....

Life  
young people seem to have  
alth. They think it is  
However, they have a bad  
and ailing. If