

**CLASS:**

You should spend at least 25 minutes in this part.

Read the message from your friend, Jakson.

My exams are around the corner and I've been feeling overwhelmed and moody. I also have trouble sleeping. I think it's due to stress. Do you have any suggestions on how to handle exam stress?  
Do share!

*Jackson*

In about **80 words**, write a message to Jackson giving some advice.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

( \_\_\_\_\_ words)