

## **How to deal with life's little problems**

You don't have any money, you never finish anything you start, your house is dirty, you can't find a good job and your whole life is terrible. Well, maybe it isn't that bad! If you'd like to improve things, we can help. Here are our top ways to deal with some of life's little problems.

### **1 My home is a mess.**

Learn to enjoy cleaning and \_\_\_\_\_. People who enjoy this usually have clean homes. \_\_\_\_\_ the TV or listen to music while you clean. Start by cleaning every day, but only for \_\_\_\_\_ minutes. When the \_\_\_\_\_ minutes are finished, you should stop. Don't worry if things aren't \_\_\_\_\_ clean. Do a little bit of cleaning every day and in a week your place will look great.

### **2 I'm \_\_\_\_\_ to my mobile.**

It's important to give yourself rules. When you go out with friends, \_\_\_\_\_ how many times you will look at your phone – maybe only two or three times in an evening. Ask your friends about how they feel. If they have the same problem as you, put all of your phones together, in a \_\_\_\_\_ and out of the way. That way, no one can look at their phone and you can all enjoy each other's \_\_\_\_\_.

### **3 I can't concentrate on my work.**

The machine we use so much for work – our computer – is the same machine we often use to have fun. So \_\_\_\_\_ how you use your computer. If your problem is that you check your email \_\_\_\_\_ five minutes, you can get programs that stop the Internet from working for a period of time you choose. Use this time to \_\_\_\_\_ on your work. But you shouldn't work for hours without a break. Work for 25 minutes, and then have a five-minute rest. \_\_\_\_\_ are really important, too. Have a biscuit or get some \_\_\_\_\_ air every hour or so.

#### 4 I don't sleep well.

First think about your body. Exercising regularly will help you to fall asleep more easily. You should try to drink \_\_\_\_\_ coffee and smoke less, too. These bad habits keep you awake. Don't use \_\_\_\_\_ with bright screens, for example, your mobile phone, before you go to sleep. They make your brain think that it is \_\_\_\_\_, instead of night. Read a book and drink a cup of \_\_\_\_\_ milk or herbal tea in the evening. Then you'll feel ready for sleep.

#### **PUT THESE ADVICE INTO YOUR OWN WORDS**

- 1/ IF I WERE YOU, I WOULD .....
- 2/ MY RECOMMENDATION WOULD BE TO \_\_\_\_\_
- 3/ WHY DONT YOU \_\_\_\_\_
- 4/YOU'D BETTER \_\_\_\_\_