

Dear [Sibling's Name],

I hope this letter finds you well. I know that exam time can feel really overwhelming, and I wanted to share some advice to help you manage stress and do your best.

First, try to organize your study schedule. Make a realistic plan that includes all the topics you need to cover, and break your study time into smaller, manageable chunks. Don't forget to take regular breaks-your mind needs time to rest and recharge!

It's also important to look after your health. Eat balanced meals, drink plenty of water, and get enough sleep. If you can, do some physical activity-it's a great way to clear your head and improve your mood.

When you start to feel anxious, try some relaxation techniques like deep breathing or just taking a short walk outside. Stay positive and remember, it's okay to ask for help if you need it. Talk to me, our parents, or friends whenever you feel stressed-sometimes, just sharing your worries can make a huge difference.

Finally, don't forget to make time for things you enjoy. Read a book, listen to music, or play a game-balancing your studies with leisure activities can help you stay focused and happy.

I'm always here for you, so don't hesitate to reach out. You've got this! Do your best, but remember that one exam is not the end of the world.

Take care and good luck!

With lots of love,
[Your Name]