

Dear [Cousin's Name],

I hope this letter finds you well! I heard your exams are coming up soon, and I just wanted to share some advice that might help you handle any anxiety or nervousness you might be feeling.

First of all, remember that it's completely normal to feel a bit anxious during exam time-almost everyone does! The important thing is learning how to manage that stress so it doesn't get in the way of your performance. Here are some things that have really worked for me:

- **Practice relaxation techniques:** Try deep breathing exercises or short guided meditations whenever you feel overwhelmed. Even just taking a few minutes to close your eyes and breathe deeply can make a big difference.
- **Plan your time:** Creating a study schedule can really help you stay organized and reduce last-minute cramming. Break your study sessions into smaller chunks and set achievable daily goals. This way, you won't feel too pressured and can track your progress.
- **Keep a positive mindset:** Instead of focusing on what could go wrong, remind yourself of how well you've prepared. Positive self-talk, like telling yourself "I can do this," really helps boost confidence.
- **Talk about your feelings:** Don't bottle up your worries. Sharing your thoughts with friends, family, or even teachers can relieve a lot of stress. Sometimes just talking about it makes things seem more manageable.
- **Stay healthy:** Don't skip meals and aim to get enough sleep. Try to fit in some physical activity- even a short walk or stretching can help clear your mind.
- **Take breaks:** Give yourself regular breaks during study sessions. Even a few minutes away from your books can refresh your mind and help you focus again.
- **Be kind to yourself:** Remember, nobody is perfect, and it's okay to make mistakes. What matters is that you're trying your best!

I'm always here if you need to talk or need more advice-just give me a call or drop me a message. You're stronger than you think, and I know you'll do great!

Take care of yourself and believe in your abilities. Good luck-you've got this!

With lots of love,

[Your Name]