

Respond to the problems below with advice or a solution

1. I've been feeling stressed at work.
2. My friend and I had a big argument.
3. I haven't been sleeping well lately.
4. I have a deadline tomorrow, but I'm not finished.

Write about two problems you've faced and the solutions you found. Use modals of obligation and advice in your writing

**Example:**

Last month, I was feeling stressed at work because of tight deadlines. I realized I must manage my time better, so I started making a daily schedule. It helped a lot. Another problem I faced was a lack of sleep. I decided I should avoid using my phone before bed, and now I sleep much better.