Daily life problems

* Not having time for some activities
* To be late for certain events
* Can’t sleep

I chose those problems because I think that those situations can happen to anyone.

What solution do you propose?

* Organize your time depending on the activity, so you can have extra time for other activities
* If you have activities to do after the event , try to do them as fast as possible and as early as possible, so you can measure your time and be on time for your event.
* Try not to do very elaborate things during the night and if you have free time, use it to sleep as early as possible.

Conclusion:

We are accustomed not to worry much about the things we do every day, but it is important to measure our time to be able to have better results in the activities we do and do not have problems.

Our activities may even be more relaxed and easier to do.

In addition it is important to keep our health in good condition to make our activities better.

If we follow these tips we will have less stress in our day to day.

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DG.