

Your friend Xiu from China has written to you saying that she's been feeling a little depressed lately. You remember seeing this and decide to give her some advice. Write an email to her explaining some things that she could do to feel better. You communicate with Xiu in English but her level is not very good. Write 80-100 words.

# 5 Tips To Keep Your Chin Up

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**1 Do something impulsive.**  
Do something impulsive that you haven't planned every day. It's better to have no plan so we can seize the opportunities that may arise.
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**2 Have rituals.**  
We are less who we are than what we do. Do 3 things that you love every day. As a result, feeling the gratitude will help you better sleep. Better sleep helps to be in a better mood. A better mood helps to make better decisions.
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**3 Exercise at least 10 minutes a day.**  
Exercising has an influence on your brain, on your mood, on your ability to reflect and on your health.
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**4 Take breaks.**  
Prevent burnouts by stopping what you are doing and do something else. Create a different atmosphere, add some novelties in your daily routine.
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**5 Learn something new.**  
Learning helps to create new connections in your brain and to come up with new ideas and new opportunities.

Source