



# BE FREE WITH MIZZB

ASK A  
loveLife  
COUNSELLOR



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## OFFER SUPPORT DURING EXAMS

Exam season has begun. It can be an emotionally challenging time for young people as they are tested on whether they can turn their curriculum into a beneficial learning experience.

It is a stressful time for most students, which can leave them with feelings of anxiety, depression, stress – and even thoughts of committing suicide.

During this stressful period, students can be irritable and experience bad sleeping patterns, changes in appetite and even physical pain like recurrent headaches or stomach cramps.

Families play a very important role in being pillars of support as students write their exams.

You should create an environment in

your home that encourages daily studying every day and also ensure that kids aren't given duties that take too much time away from studying.

Most importantly, ensure they get enough sleep and eat nutritious meals so they can maintain mental agility and have the energy to keep studying.

Talk openly with your children's teachers so you're aware of their strengths and weaknesses in the classroom and can assist them with subjects they're struggling with.

Support those who are studying by letting them know that doing well in exams helps to open the doors to opportunities that can bring their dreams to life.

## I've met a man who respects me

Dear MizzB

*I've been married for 25 years. My husband cheats on me, especially with young women.*

*He used to tell me that I'm not good enough for him and should find somebody else. He doesn't want a divorce though. Now I've met someone who is divorced and treats me so well. The only problem is that he's not financially stable. My husband provides financially for me and our kids.*

*I love the new man but I help him financially.*

■ *Needing Advice*

Dear Needing Advice

It sounds like you've been through a lot in your marriage and it's understandable that you're drawn to a man who makes you feel loved and shows you a lot of respect.

Is being financially comfortable worth living in a marriage that you describe as unhappy?

Money is a necessary commodity for everyone but this doesn't equate to being happy. It's up to you to choose the type of life you wish to lead and most importantly, when you want to start living your new life.

## My boyfriend is dating my friend now

Dear MizzB

*I wronged my boyfriend but was hoping we could sort things out.*

*But he doesn't want to hear anything from me.*

*I love him and always think about him. Now he is dating my friend and that makes me sick. I love him with all my heart. Should I give up on him?*

■ *Reader*

Dear Reader

Relationships with dedication and commitment make it easier

for disagreements to be sorted out.

Moving on is a sign of leaving the past behind and embarking on new beginnings.

Your ex-boyfriend dating your friend shows that he has forgotten about you.

I think you should also do the same and move on with your life.

Love is mutual and in order for a relationship to survive, both partners must be committed.

Healing takes time. So allow yourself to take things at your own pace.



### NEED HELP?

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