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Hello Sarah. How are you?



Hey David. I'm great, just got off work. How about you?



I'm okay, I have been really stressed lately and not getting a lot of sleep.



I'm sorry to hear that. Why are you stressed?



Mostly work and school. Just a lot of things to do and not enough time.



Working and studying is definitely a lot. Don't forget to also take some time for yourself.



That's good advice. I will as soon as work slows down a bit.



Can I help you with some of your school work?



No, don't worry about it. It's just a stressful period right now.



How about we get together and do something to cheer you up this weekend?



That would be very nice. Maybe we could go to the pool? Thank you, Sarah.



Of course! That's what friends are for.

