

《实用口语：小伙伴请放宽心!》

小伙伴吃不下，睡不着，做什么都不能集中，心里一直焦虑某件事。你该如何让他放宽心呢？

1. It'll turn out all right.

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2. There's nothing to worry about.

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3. It isn't as bad as all that.

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4. Things are never as bad as they seem.

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5. You'll be fine.

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6. What are you worrying for?

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7. There's no need to worry.

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8. Every cloud has a silver lining.



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