

Dear Faisal, I'm doing poorly since our move. Making friends at my new school is hard; I'm always the outsider, even after trying to be friendly. My attempts to socialize have failed, leaving me feeling down, impacting my grades and health. I've gained weight and stopped playing football. I'm isolated, spending my time studying, and playing video games alone. I feel hopeless and need advice on how to improve this situation. Please help. Hope to see you soon, Nasser