In recent years, life has become more stressful than it has ever been. As a consequence, more and more people are suffering from stress-related problems. What factors are contributing to this increase and what do you think can be done to overcome the current problem?

Stress and stress-related illness ~~is~~ are an unavoidable consequence of urbanization that most of us now are grappling with ~~lead to~~. There are several factors at play in this case.

The key factor ~~lays~~ lies under is the ever-growing complexity of modern life, which changes and constantly go~~es~~ forward ~~way to frequently~~ and pervades every aspect of life. In less than half a century ago, people were guaranteed ~~by~~ a job for their lifetime, but this is no longer the case. Nowadays, people are obliged to alter their profession more than once during their life. From my perspective, the main reason is developing technology; for instance, computerizing play~~sed~~ a pivotal role in this case ~~as to~~ because of doing work faster and of course being accurate. Thus, as a result of population growth people who are up-to-date and scouring for opportunities will immediately take the place of less skilled people.

Another problem which arises ~~arouse~~ from overpopulation is resources such as food and land or services namely hospitals and public transportation become more **scarce** ~~scares~~ and expensive.

It ~~This~~ is true that there are numerous issues to be worri~~ed~~ed about in our lives and they are continuing to grow, but there are actions to cope with them too; for example, embarking upon a campaign for stress-awareness to make people aware of how to tackle ~~with~~ stress by yoga or having quality time with relatives ~~relevant~~ that boosts moral~~e~~. In addition, employers must be involved by running relaxation courses to reduce stress at the workplace.

Referring to the aforementioned discussion, the problems are here and the solutions as well. human beings have the capacity to adapt and survive.