

Stress is now a major problem in many countries around the world.

What are some of the factors in modern society that cause this stress, and how can we reduce it?

Stress is a problem that can have detrimental effects on many people's lives, and there are various factors in a modern society responsible for this. However, there are ways to limit/minimize/manage it.

In The modern world we live in, there are many issues that we did not have to cope with in the past. Firstly, there are issues of terrorism that we do not know whether these are real or not but we believe that our lives are always in danger. Secondly there are also more health problems to be concerned about than in the past. Diseases have become widespread increased such as Alzheimer, cancer and diabetes all of which that all of these can result in stress. Thirdly most people think that happiness in-is related to money, luxuries-luxurious houses and cars, branded clothes. As a result, people are working day and night after-and therefore they do not have enough time for relaxation and their families sustain lead high stress levelss-very high.

Although it is very difficult to change the human nature, but there are some methods to reduce all these tensions.the stress.

First of all, governments can take the several steps to overcome with this problem-me, they can arrange educationalal classes which teach them how to become happy without money., another one reduce is controlling disease. we can teach people a healthy diet, and exercise each day, having a good night's sleep and spending good/quality time with their families, all of these are variant ways to reduce the stress.

To conclude, there are many factors which may cause stress but we have a solution to with this problem., governments and individuals can work together to help the situation/reduce this issue.