

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 problems?

Having stress and anxiety can ~~confront-expose~~ everyone ~~to~~with serious physical and psychological disease such as having heart attack or cancer. Destructive effects of prolonged stress may remain for long years inside individuals. The amount of stress that people endure is affected by their personality and their environmental situation.

Having noted the consequences of having stress, there are different factors that lead to increasing people's stress. The competitive life that all of us are dealing with and huge worries about the future, security, and health can make everybody anxious. Increasing violence and war in the world, such as terrorist attacks, rising the rates of bad news, and the spread of dangerous disease are all the reasons for growing stress.

Changing the people's lifestyle that leads to reducing the portion of exercising is one of the most important factors. Having Proven the impact of exercising on stress reduction, **scientists** and psychologists encourage individuals to exercise at least 30 minutes a day. Gaining weight that is the result of the new lifestyle is another factor of being anxious. Moreover, the popularity of social networks, not only has replaced ~~the~~ exercise but also has led to spreading rumours specifically bad news.

In my opinion, besides that this new lifestyle should be changed, governments must interfere/intervene in this issue. Encouraging people to meet psychologists, propagating/encouraging happiness and peacefulness, supporting people with lower incomes, and promoting health and medical services are a number of works-measures that can be done by governments.

To sum up, stress ~~consequences~~ can affect our life and ~~our~~ relationship. We can control our anxiety by travelling, being in a happy relationship, making friends, and exercising. We also should avoid being in a stressful situation or socializing with nervous individuals.