

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?

These days, people have become more and more stressed out ful than before as a result of ungovernable population growth and lives' unpleasant problems that cause makes us mental and physical suffering.

We live in an era of rapidly changing of technology. In most societies especially in developed countries one of the biggest challenges is avoiding or overcoming to stress and decreasing it. In the other words, our world becomes more complex and its is necessary need to work and study harder. In this case, repetition of the same jobs everyday makes us bored. our boring. In comparisone with of before, nowadays we are using have-use modern mother facilities and been up-to-date which on the on the other hands its causes commercial problems.

Another cause should be population growth and traffic. Every day we spend a lot of time in on the back of traffic jams. It means that we spend less time with family and resting. Similarly, air pollution from traffic fumes, can be one of the most important reasons motive for stress increasing, so what can we do? Is there any convenient way for running way from this riddle?

For solution, the first step is becomeeing up-to-date by studying and learnsing modern technologies and developsing our skills. For example sometimes I see elders who which are really confusedd about using cell phones or other gadgets. Furthermore, last but not least less, exercising and doing some hobbies probably help us to lessen stress.

In conclusion, For instance, based on a survey, there is no certain solution. Scientists believe that not only can stress not be detrimental, but it is is-it also been useful if we can control it.