

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?

These days, anxiety and stress are increasing around the world. Most of the people are suffering from depression and other mental disorders because of stress. It should be surveyed meticulously and methods need to be found in order to reduce this issue in a serious way. In this essay some indicators that can create stress will be discussed, followed by recommendations to address the issue at hand.

According to the last survey conducted by a reputable institute (which is called Tehran Health Care Center), results have shown that there is a proven association between competitions and stress. Inasmuch as people have limited job opportunities so they should contest and try hard for recruiting in a small company and undergo a lot of tension during it. Moreover, people in each social class in a society are attempting to acquire a better situation. As a result, they go into competition for achieving it also young people are working day and night without relaxation or any exercises during the week and all of these tensions can create stress.

Another reason behind stress would be financial problems, financial trouble is a common source of stress. Credit card debt, rent, the inability to provide for a family, or not being able to make ends meet can put a serious amount of stress on a person. In this society, where so much emphasis is on what a person has and what can afford, financial stress is something that nearly everyone can relate to and also usually a person is not able to deal with his/her stresses and it would lead to mental disorders.

The former problem would be effectively reduced by governments. For those people who are struggling with managing their stress, governments are able to hold free psychological counseling classes or have free public exercises such as Yoga, Pilates or jogging in parks for relaxation. The latter problem could

be alleviated by increasing ~~in~~ jobs opportunities in a way that encourages entrepreneurs or factory~~y~~ies owners~~s~~ to create new jobs.

To put it in a nutshell, from my point of view, although tackling such problems will not be easy, people should try hard to manage ~~eradicate~~ this inevitable problem in their life.