

In this day and age, it is believed that stress is now a major problem in many countries around the world. This problem is caused by some factors, and it should be dealt by some available solutions which I will write in this essay.

There are 2 reasons which can explain the increasing stress of people in modern life around the world. To begin with, the people's work may be the cause because people can't live without money which is needed to buy food and other necessities. Moreover, some people need more money to support their aging parents, and their workloads can be too much or very hard to complete. As a result, people can become more stressed and have no solutions to address this issue. It is becoming an issue of the era because everyone should have to cope with this challenge. The second reason, it is social network. Now, many people have flexed those success in social network to make a content or just for fun and those satisfy. It is trending now, the remaining people see it and they can think that many people without them are having success. They can become stressed with succession and try harder.

However, there are various solutions to address a part of these problems. Firstly, individuals should prioritize their mental and physical which is some travel, listen to music, They need have more time for themselves and shared those stressed for another one like their life partner who can share or concerned everything in those life each other. The workload needs to be restricted to allow more time for themselves. Finally, governments should invest in mental health awareness programs and create new laws to restrict work times or revise them.

In conclusion, this is an influential problem in the society, and requires careful considerations from involved parties for the benefits of individuals and community.