

# Essay writing 4

Problem solution

# Main Essay structure

- Introduction
- Body paragraph 1
- Body Paragraph 2
- Conclusion

# Question

- Stress related illness is becoming increasingly common nowadays.

## **Introduction:**

1. **Paraphrasing:** People are increasingly suffering from sickness as a result of stress.
2. **Causes:** This essay will discuss the main causes of **Stress related sickness** including longer working hours and increased job pressure.
3. **Suggestion:** This essay will also suggest solutions to these problems including improving one's work life balance and diet.

- **Paragraph body 1:**

- **Introduce both causes:** People are working longer working hours than ever before. In addition, they have more job pressures.
- **Give reason:** Nowadays, competition is increasing day by day which is the main reason behind the extra pressure of work.
- **Give example:** 70% employees now prefer overtime office for promotion and better quality of job.
- **Conclude causes:** This often results in mental and physical suffering because of their additional work pressure.

- **Paragraph body 2:**
- Introduce both solution
- Give reasons
- Give examples
- Conclude solutions

- **Conclusion: (same as introduction):**

In conclusion, in today's fast paced world, more and more people are becoming ill as a result of stress. This essay **discussed** how stress is often caused by long working hours and irregular diet for intense work pressure. This essay also **suggested** that the solutions of this problem are: managing a better work life balance and eating a healthier diet.

# Homework

- More and more wild animals are on the verge of extinction and others are on the endangered list. What are the reasons for this? What can be done to solve this problem?