# **Đề bài:** **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?**

In the present day, stress is now a major problem in many countries around the world. This may be wrong for some countries, but it is quite true of the current situation. There are many situations for this problem, and this essay will elaborate on the two major causes and how to solve them most effectively.

The first reason is economic pressure. Because of today’s society is relatively rejectional, opportunities for job are getting less and less resulting in insufficient living expenses making it difficult to create a stable and long life. The second is due to suppressed work pressure. Many people have solved the employment problem, but then another problem arises. For example, the working time is prolonged, or due to a large amount of work that has to be done in a certain period of time causing them to lose food and sleep, having to run deadlines to meet deadlines. As a result, from those many sleepless nights, they have to work throughout the day, causing their minds to lose consciousness, worrying about the fear of losing their job, causing stress.

There are 2 very effective methods to eliminate this problem. Firstly, need to learn how to manage your time effectively, prioritizing important tasks. This will help to no longer have too much headache thinking about what you will do, minimize 1 large amount of work, from which it will help reduce stress significantly. Secondly, it is recommended to regularly exercise sports every day. Exercising or playing your favorite sports helps your mind feel more relaxed without worrying about current problems, helps reduce stress and also promotes your health.

In conclusion, stress results from mainly work and others' criticism. Therefore, there is a need to plough ahead with measures to help people be satisfied with their work as well as control the negative and impulsive thoughts of individuals.