

Stress

Modern life can be stressful. Our busy lifestyles mean we have less time to relax. This sheet looks at causes of stress in developed parts of the world, especially in cities.

Causes of Stress

People work long hours with strict deadlines.

Unemployment is a major cause of stress.

Divorce is more common these days.

Children may be affected by their parents' relationship problems.

Tests and exams can also cause stress.

Summary

Modern life is stressful for a number of reasons. First of all, many people work long hours with strict deadlines. This is made more stressful by the fact that many jobs are not secure, and people fear unemployment. Furthermore, divorce is quite common these days and this means that people may worry about their relationship. Children are likely to be negatively affected by their parents' relationship problems. Finally, tests and exams can cause a lot of stress for young people.

How to Reduce Stress

Stress can be reduced by exercising regularly and eating a healthy diet.

It is also important to get enough sleep and make leisure time a priority.

People should work less overtime and take regular holidays.

Schools have started to employ psychologists.

They can offer emotional support to students.

They can help students cope with exam stress.

Summary

Stress can be reduced by looking after our bodies. We should exercise regularly and eat a healthy diet. It is also important to get enough sleep and make leisure time a priority. In order to do this, people should work less overtime and take regular holidays. Secondly, schools can support stressed students by employing psychologists. They can offer emotional support and help students cope with exam stress. If a student has someone to listen to their issues, then they make feel better.

Question

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?