

Writing Prompt (IELTS Sample Question)

Life nowadays is generally much more stressful than in the past.

Give some reasons why people suffer more from stress nowadays, and say what they can do to reduce it.

MY EXAMPLE

Today, more and more people complain of having too much stress. With the continued modernization of everyday living, there are several reasons why people suffer from stress, but there are also several ways to manage it.

Two of the most common causes of stress are work and social media. For starters, we now live in a more competitive job market. Employers expect more from their workers in terms of quality and quantity of work output. This, in turn, causes employees to suffer from mounting stress due to their fears of not meeting their companies' expectations. Aside from increased work demands, social media is virtually controlling modern lives. Most people feel that they have to be updated with the latest stories from their friends' lives, so they regularly check social media sites like Facebook and Twitter. What they do not realize is the amount of stress that they get from not finishing the tasks that they actually need to do. For example, my friend Lora spends 5 hours on Facebook every day while at work, so she always has to deal with backlog in her work. People do not realize how work and social media are slowly taking over their lives.

Fortunately, there are many ways that modern humans can cope with stress. One sure way to do this is by having work-life balance. Employees have the right to ask for changes in their workplace, especially if they feel that certain procedures are giving them unnecessary stress. For instance, cutting back on some superfluous paperwork would improve employees' sense of productivity enormously. At home, people can also make small changes such as having a no-work policy and even shutting down their mobile phones and computers and just focus on their family and hobbies. This leads us to the second method, which is to spend less time online. Working people should never open their social media accounts at work and when they get home, they should allot a maximum of one hour for social media. Having a schedule for social and work priorities helps achieve work-life balance and eliminate stress from our lives.

In the end, managing stress depends on our capacity to control ourselves and to harmonize our work and social lives. We can all have work and social media as excuses for our stressed state of mind, or we can start making little changes that would help us live healthier, stress-free lives. (402 words)