

IELTS Writing Task 2 - Problems and Solutions

Essay Sample with Model Answer

Nowadays, more and more people are suffering from stress-related illnesses. What are the main causes of this problem, and what solutions can you suggest?

Model Answer (Band 9):

Stress-related illnesses have become increasingly common in today's fast-paced world. This essay will discuss the main reasons behind this growing problem and propose several effective solutions. One major cause of stress is the pressure to succeed in both personal and professional life. Many employees face long working hours, tight deadlines, and constant competition in their workplaces. At the same time, financial burdens and social expectations add to their emotional strain. Another contributing factor is the lack of work-life balance; modern technology allows people to stay connected to their jobs even outside working hours, preventing them from relaxing or spending quality time with family. To address these issues, both individuals and governments must take action. Employers should encourage flexible working hours and provide mental health support programs for their staff. Governments can run public campaigns that promote healthy lifestyles, mindfulness, and the importance of taking regular breaks. On a personal level, people should learn stress management techniques such as meditation, exercise, or time management to maintain emotional well-being. In conclusion, stress-related diseases mainly result from modern lifestyle pressures and overwork. However, with proper awareness, workplace reforms, and healthier habits, their impact can be significantly reduced.