so introduce your solutions again here are mine maintaining a good work-life balance and improving one’s diet there my solutions now I want you to write yours remember your solutions must match to your causes all right let's have a look at these answers here from you guys in order to eradicate stress-related problems physical exercise and work-life balance is important beautiful okay so we can see now it's funny it's like you mention these bad things like financial stress and health problems and dietary issues and then you say okay here are the solutions you're the solutions you've nailed the two causes now you're nailing the two solutions and we've got a beautiful financial management essay appearing paper Ellie people should maintain a good lifestyle to reduce their stress that's one solution I hope you've got another one coming maria getting as much as seven hours of sleep and unwinding from work means that you are helping yourself cope with the stresses in life good so sleep and unwinding excellent fell above maintaining an optimum work-life balance one an appropriate dietary habits to will result in overcoming stress-related issues fantastic prasanna regular exercise and taking help about budget receiving advice about your finances there's your second one suresh in the modern competitive world balancing between haha okay that one's a bit off go pre it maintaining good dismembered offering solutions to the problem solutions to the problems cool let's push on sentence two like we did in paragraph one give reasons let's look at this again again you need to ask yourself why when if you give a reason ask yourself why so stress related illnesses are becoming increasingly common what solutions can you suggest and I said maintaining a good work-life balance improving one’s diet are both critical to mitigating stress-related illnesses why well I said people need to realize that if they live only for work they will suffer either mentally or physically and a poor diet will further exacerbate these issues so give reasons or a reason or reasons for your first sentence whoopsie sorry all right let's look at these answers rhea unbalanced work-life might bring depression in daily life guru good reason an unbalanced work-life might bring depression in daily life depression or yet stress-related depression you could probably link it a little bit more to stress-related although depression stress definitely very related well done ruchi people should focus on their this is a reason why why ricci people should focus on their health along with their work because if they are not healthy it will impact their personal as well as professional life good well done smitha having enough money and good health a crucial for leading a happy life good well done that's a good reason why kudos it's obvious that good and balanced diet will make and control their stress hormones and physical activities will keep them fit and give them a chance to release their stress good reasons are important well done well done oops where am I here I am excellent give some examples so what are my examples so I I mentioned my two suggestions my solutions rather I mentioned my two solutions of maintaining a good work-life balance and improving one’s diet ok fine and then I say why well people need to realize bla bla bla bla then I give an example for example many employees burnout from working too much and neglecting family friends exercise and hobbies as well as the foods they eat cool so now you can give some examples for your
reasons by the way if you're on YouTube I would appreciate it very much if you clicked like and feel free to leave a comment and do subscribe