Stress is the emotional and physical reaction to pressure from the outside world and almost everyone in the modern world suffers from it. In one paragraph of 150-180 words, discuss two or three solutions to the problem of stress.

You may use the following points or you may develop your own ideas.

- a regular life-style
- time management
- positive attitude towards life

In your paragraph, make sure:
- you write a topic sentence, major and minor supporting sentences, and a conclusion,
- all your ideas are relevant to the topic,
- you use appropriate connectors.

Write your paragraph on the lines provided below.