**A Problem-Solution Essay Outline**

Many people around the world are suffering from **stress** these days. Discuss this problem and suggest some solutions. **Write at least 150 words**

**Follow this outline for any problem-solution essay topic:**

**Paragraph 1: Introduction**

**A- introduction**. Write **3 sentences**:

**1. Introduce the problem:**

You can use: **“One of the biggest problems facing the world today is …”**

 **2. Give general/extra information about it**

You can give a **definition, cause, effect, …** of the problem.

**3. Thesis statement:**

You can use: **“This essay will examine the problem of …………… and suggest some possible solutions for it.”**

## Paragraph 2: Problem

**B- Body Paragraph 1**. Write **5 sentences**

**1. Topic sentence:**

You can begin with: **“There are many problems connected with …………”**

**2.** **Introduce the first problem:**

You can use: **“One problem is that …”**

**3.** **Give extra information about the problem: Explain it.**

**4. Introduce the second problem:**

You can use: **“Another issue is that …”**

**5.** **Give extra information about the problem: Explain.**

## Paragraph 3: Solution

**C- Body Paragraph 2.** Write **5 sentences**

**1. Topic sentence:**

You can begin with: **“There are many ways to solve the problem of …”**

**2.** **Introduce the first solution:**

You can use: **“One solution is that …”**

**3.** **Give extra information about the solution: Explain it.**

**4. Introduce the second solution:**

You can use: **“Another possibility/alternative is that …”**

**5.** **Give extra information about the solution: Explain it.**

Paragraph 4: Conclusion

**D- Conclusion**. Write **2 sentences**:

1. **Restate your best solution.**

Begin with: **“In conclusion, …….. is the best solution to the ………...problem because……………”**

1. **Make a general comment.**

You can start with **“If we….”**

**B: Use your outline to write your essay here:**

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One of the biggest problems facing the world today is stress. Stress is your mind and body’s response of event or change in life. This essay will examine the problem of stress and suggest some possible solutions for it.

There are many problems connected with stress. One problem is that stress can cause physical problems. This could result of headaches, high blood pressure, even cancer. Another issue that stress can cause emotional problems. This could result of being moody, nervous or sleeping problems.

There are many ways to solve the problem of stress. One solution is time management. Making schedule to organize your time will lower this stress. Another solution is enjoy yourself with fun activities and going out with friends. For example, do things like exercising, eat a balanced diet or getting enough sleep keep your body healthy.

In conclusion, time management is the best solution to manage stress. If we follow this solution it will helps managing stress better.