

## The Cause and Solutions of Work Stress 5B Fok Chun Ming

Many employees in Hong Kong feel stressed. However, they do not know what to do to relieve it. Consequently, it will have an adverse effect on their health. In this article, I will discuss the causes of work stress and the solutions to the problem.

One of the reasons why employees have work stress is that they need to work long hours. Many people have to work for as long as 12 hours every day. This is mainly because of very fierce competition and a heavy workload. They are worried that they may lose their job if they refuse to work. The job is important for them as they rely on the income to support their family. This is especially true for those who have to pay off their mortgage or have to raise children. These people spend most of their time working, so they do not have time to relax. It may not only ruin their health, but will also deprive them of the time to rest. Also, they work overtime without extra pay, but they still need to work long hours. It is unreasonable for employees to work overtime.

Another reason why employees are under a lot of stress is high expectation from bosses. Because of this, a lot of employees need to accept a heavy workload. It is unreasonable for employees to handle too much work, but they can hardly refuse. In order to finish their work, they may burn the midnight oil or finish it from morning till night nonstop. Also, their boss may give them a very tight deadline. They must complete it on time. As a result, employees may become irritable.

There are many ways to relieve work stress. First, employees can voice their concerns and worries to their employers. Employees should tell their bosses that they cannot afford a heavy workload. If their bosses still give them a lot of work, they have to explain to them that it is detrimental to their health and job performance. Some reasonable employers may listen to them and will give them a reasonable workload and they will not be overworked as a result.

Another method is to do more exercise on holiday or in their spare time. Employees cannot underestimate the importance of exercise. It can help them wind down. Sports activities like running, swimming and kickboxing are some popular choices among employees. They will be able to reduce pressure and be more cheerful. I hope these two methods can be helpful for every employee.

In conclusion, the main causes of work stress are long working hours and high expectations from bosses. To relieve work stress, employees can do more exercise and voice their worries or concerns to their employers.

**Teacher's Feedback :** The topic is well discussed and well elaborated. It is a very well organized piece of work with good use of topic sentences making it very clear for readers to follow. A range of sentence patterns was also used. It shows the student's solid writing skills. (Mr. Tam Yat Fung)